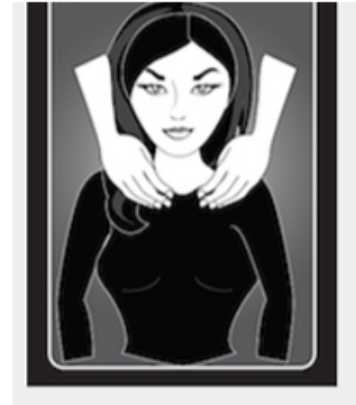


## SHORT REIKI SESSION

- Position 1 – Stand behind the recipient with your hands on their shoulders
- Remember to set your intention



- Continuing to stand behind the person
- Position 2 – place both of your hands on their crown chakra



- Move to the side of the recipient
- Position 3 – place one hand on the 3<sup>rd</sup> eye chakra and one hand on the back of the head



- Remain at the side of your client
- Position 4 – Place one hand on the throat chakra & one hand on the back of the neck



- Remain at the side of the recipient
- Position 5 – Place one hand on the heart chakra & one hand on the back



- Remain at the side of the person
- Position 6 – Place one hand on the solar plexus chakra & one hand on the back



- Remain at the side of your recipient
- Position 7 – Place one hand on the sacral chakra & one hand at the back



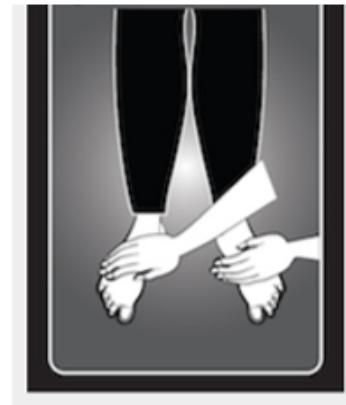
- Remain at the side of your recipient
- Position 8 – Place one hand above the root chakra area & one hand at the level of the sacrum



- Move to the front of the individual
- Position 9 – Place one hand on each knee

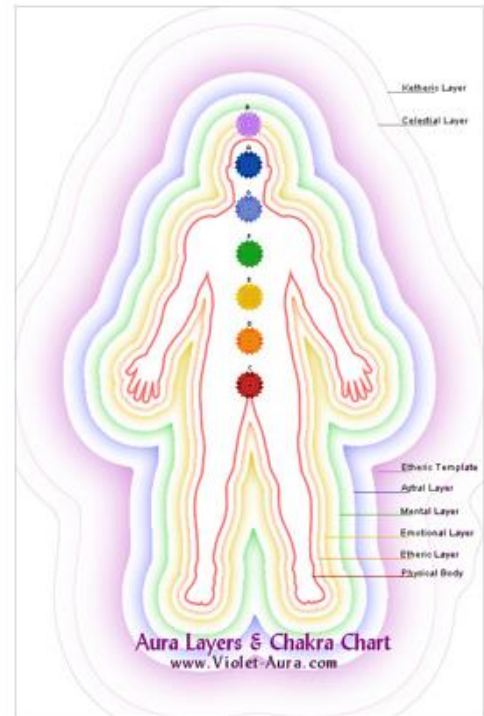


- Kneel down in front of the recipient
- Position 10 – Place one hand on each foot



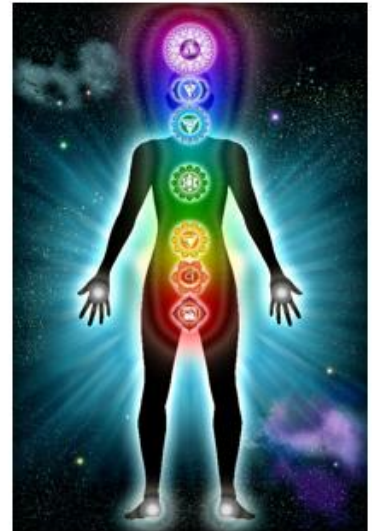
## SHORT REIKI SESSION

- Finally sweep the aura as you normally would
- Wash your hands under cold running water and offer a cold drink of water to assist grounding



## SHORT REIKI SESSION

- For your comfort, you can sit in a chair for positions 3 – 8
- Spend 3 – 5 minutes on each position unless your intuition tells you otherwise



Remember that the hand positions are a starting point and if you feel called to use other positions you can do so.