





POSITIONS	AUTO TREATMENT	TREATMENT
<p>BODY SCAN</p> <ul style="list-style-type: none">• From the head to the feet (30 cm away from the body)• Keep a regular pace• Keep your hands side by side glued at the thumbs and index <p><i>... You may or may not feel anything, but your hands will gather all the information necessary.</i></p>		
<p>FACE AND EYES</p> <ul style="list-style-type: none">• Ensure you have washed your hands• Start with the hand over the face• You may want to rub your hands together to build heat• Do not place your hands on the person's cheeks <p><i>...Do not press or apply pressure in this area!</i></p>		

EARS

- Create little cups with your hands
- As you breathe deeply this will create a soothing effect

... It is important to do the ear position, as it helps to close down the senses and create an inward feeling of calm.



HEAD

- Avoid moving the neck
- Focus your attention at the base of the skull
- You may prefer having one hand on your head and one on your neck – good for headaches

... Don't do too much Reiki on the head at night, as it may affect the ability to sleep.



THROAT

- You can rest your thumbs onto the clavicle so the shoulders can rest
- On others, leave a space between the neck and your hands
- For yourself you can apply a gentle pressure against your neck.

... Avoid closing the hands around a person's throat, as it can feel threatening or uncomfortable.



SHOULDERS

- Do not cross the arms to the opposite shoulder
- Focus on opening up your energy and relax your shoulders using the breath

... You can do one should at a time and use the other arm to support your elbow.



HEART

- Some people like to start with the heart position to help connect with the energy
- Be thankful for the force of life and wisdom of the heart
- In this position, it is important to have a calm mind and a pure intention

... To help focus, you can imagine the colors green or pink.



SOLAR PLEXUS

- Make sure you place a very light pressure in this area
- You can place the hands on each side of the body
- Imagine the energy circulating all the way to the back

... Here, you can request blessings for your advancement in Life.



STOMACH

- Place hands below the belly button
- Make sure your hands touch to cover the whole area
- Relax your shoulders and knees

...Never - ever - do Reiki directly on the belly button.



HIPS

- Place your hands on the side of the hips without pointing fingers inward
- To avoid leaning over a person, you can do one side and then the other.
- It also works to place your hands over the person with an intention to free the hip area.

... When working on the hips, don't direct the energy; allow it to flow how it needs to.



THIGHS

- Place your hand mid-thighs on other people
- Be very clear and aware when placing your hands (especially for men)

... Stay there long enough so it does not feel like a sweeping of energy. The big muscles accumulate a lot of memory.



KNEES

- It is best to complete the treatment with the knees followed by the feet
- Imagine the energy freely flowing towards the lower limbs and back into the earth

...This is often a “feels great” moment of the Reiki treatment.



FEET

- Place one hand on top of the foot and one underneath it; it is best if both hands touch each other
- When working at another person's feet, imagine a white line of protection so as the energy flows out of the body, you do not absorb it into your body

...Put just enough pressure so it does not feel ticklish!



LOWER BACK

- Place the hands towards the lower back
- Placer hands without straining the shoulders
- You can place your hands over a person with the intention to send the energy to the back

...Avoid sliding the hands under someone's back or placing a person on their stomach during a treatment.



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