

Reiki Hand Positions – Others

The 12 Hand Positions of Reiki

This chart shows the Reiki Practitioner placement of the hands on the body.

Head Positions



Eyes

Hands are placed together over or just touching the eyes.



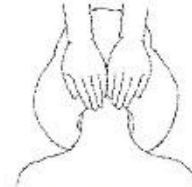
Temples

Hands are placed over the temples, so that the thumbs touch in the center of the forehead.



Neck & Throat

Hands are placed together, so that fingertips touch in the center of the neck and throat.



Base of Skull

Hands are placed together over or just touching the base of the skull.

Front Positions



Heart

Hands are placed, so that the fingertips of one hand touch the base of the other, across the heart area of the body.



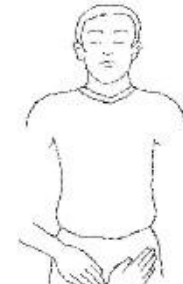
Solar Plexus

Hands are placed, so that the fingertips of one hand touch the base of the other, across the solar plexus area of the body.



Navel

Hands are placed, so that the fingertips of one hand touch the base of the other, across the navel area of the body.



Groin

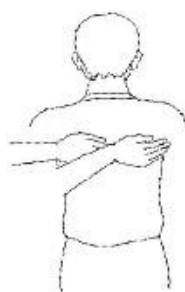
Hands are placed to form a V shape, over the groin area of the body.

Back Positions



Top of Shoulder

Hands are placed, so that the fingertips of one hand touch the base of the other, across the top of the shoulder area of the body.



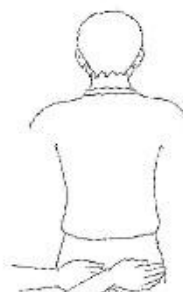
Shoulder Blades

Hands are placed, so that the fingertips of one hand touch the base of the other, across the shoulder blade area of the body.



Waist

Hands are placed, so that the fingertips of one hand touch the base of the other, across the waist area of the body.



Coccyx (lower tailbone)

Hands are placed, so that the fingertips of one hand touch the base of the other, across the coccyx area of the body.