

Scanning

The attunement not only opens the palm chakras so Reiki can flow, it heightens their sensitivity to psychic energy. By using the palms of your hands it is possible to sense where the Reiki is needed.

Place your non-dominant hand about 12 inches away from the top of the person's head. Then move your hand closer, about 4 inches from the head and, begin moving your hand over the face and slowly towards the feet. When you feel any change at all, then you will know this is a place where the person needs Reiki. You may feel coolness, warmth, tingling or just a knowing. The change may be very slight and you may think it is your imagination – trust your intuition. After a while you may be able to scan with your eyes and sense where a problem lies.

As soon as you find a change in the energy field, bring both hands together and channel Reiki. Remain channeling Reiki until you feel the flow of Reiki subsiding and you “feel” it is changed. Then re-scan the spot to confirm it is complete. Continue to move your hand down the body until you find another area in need of attention. Continue until you have scanned the entire body to their toes.

Scanning and healing the energy field is very healthy. In addition, healing the aura first, helps the person's energy field to accept Reiki more completely and allows it to flow easier.

Self - Scanning

Follow the same steps as above, looking for distortions and administering Reiki when you find them. Self-scanning can bring into consciousness aspects of yourself that you were not aware of. You will get to know yourself better and be shown new levels of yourself that need healing.