Reiki Self-Treatment

STEP BY STEP GUIDE



Step 1: Get Comfortable

Find a quiet, comfortable place where you are unlikely to be disturbed.

You can:

- Sit comfortably in a chair.
- Lie down on your bed or couch.
- Practice Reiki before going to sleep.

There is no perfect position. Choose whatever feels most comfortable and allows your body to relax.

Take a few slow, deep breaths. With each breath, allow your body to soften and your mind to become quiet.

Once you feel comfortable and relaxed, you are ready to begin your self-Reiki treatment.

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Step 2: Set Your Intention

Before you begin, take a moment to set your intention. An intention helps guide the Reiki energy to where it is most needed and allows you to receive the greatest benefit from your self-treatment.

My Intention

Write a simple, positive statement for your self-Reiki treatment. You can use one of the examples or write your own.

_____

_____

_____

_____

Examples:

- I am open to receiving Reiki for my highest good.
- I choose to relax and release stress.
- I am grateful for my body and all that it does for me.
- I invite healing, balance, and peace into my mind, body, and spirit.
- I am safe, calm, and centered.

Areas to Focus On

Choose any areas you would like to focus on during your self-treatment. You can check all that apply or write in your own.

- ☐ Physical health
- ☐ Emotional balance
- ☐ Mental clarity
- ☐ Stress relief
- ☐ Better sleep
- ☐ More energy
- ☐ Spiritual growth
- ☐ Self-love and compassion
- ☐ Pain relief
- ☐ Specific area of the body: _____
- ☐ Other: _____

What I Need Today

What would you like to experience or receive from your self-Reiki treatment today?

_____

_____

_____

_____

_____

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Step 3: Center and Connect

Take a few moments to center yourself and connect with Reiki. This helps you feel calm, present, and open to receiving the healing energy. There is no right or wrong way to do this. Choose the method that feels best for you.

Ways to Center and Connect

You can use one or more of these simple practices:

- Take a few slow, deep breaths.
- Place your hands over your heart.
- Close your eyes and feel the Reiki energy flow.
- Say a prayer or use a short affirmation.
- Visualize a warm, bright light surrounding you.
- Ask Reiki to flow for your highest good.

My Centering Practice

Write the method or methods you will use to center and connect with Reiki.

_____

_____

_____

_____

My Affirmation

You can use one of the examples below or write your own affirmation.

- I am open to receiving Reiki.
- I am calm, relaxed, and centered.
- I trust the Reiki energy to flow for my highest good.
- I am grounded, balanced, and at peace.
- I welcome healing and positive energy.
- I am safe, supported, and loved.
- I am open to whatever I need today.

My Affirmation

Write the affirmation you would like to use during your self-treatment.

_____

_____

_____

_____

_____

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Step 4: Begin Your Reiki Self-Treatment

Now that you are comfortable, have set your intention, and taken a moment to center and connect, you are ready to begin your Reiki self-treatment. Start at your head and slowly work your way down your body. At each position, gently rest your hands on your body or hold them slightly above it—whichever feels most comfortable.



Top of the Head

Place both hands gently on the top of your head.



Forehead and Eyes

Place both hands over your forehead and eyes.



Sides of the Head

Place your hands on the sides of your head (or one hand on the front and one on the back).



Throat

Place your hands gently over your throat.



Heart and Chest

Place both hands over your heart and chest.



Upper Abdomen

Place your hands on your upper abdomen, just below your ribs.



Lower Abdomen

Place your hands on your lower abdomen.



Hips / Pelvic Area

Place your hands on your hips or pelvic area.



Knees

Place your hands on your knees.



Feet

Place your hands on your feet.

How Long?

Try spending 2–5 minutes at each position. Some areas may feel like they need more time, and that is perfectly fine.

Hands On or Above?

You can rest your hands directly on your body or hold them a few inches above the area you are treating. Choose what feels most comfortable for you.

Follow Your Intuition

The hand positions are a guide. You can spend more time on any area, return to a position, or place your hands wherever you feel drawn to.

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Step 5: Finish Your Treatment

When you feel your self-Reiki treatment is complete, take a few moments to gently close your session. Bring your hands back to the Gassho position, take a few slow breaths, and give thanks for the Reiki you received. Drink some water afterward and take a moment before returning to your normal activities.



Return to Gassho

Bring your hands together in front of your heart. Close your eyes and take a few slow, comfortable breaths. Allow yourself to sit quietly for a moment and notice how you feel.

Give Thanks

Take a moment to express gratitude for the Reiki you received. You can simply say, "Thank you for the Reiki I received today," or use your own words.

Drink Some Water

Have a glass of water after your treatment. This helps support the flow of energy and keeps you feeling balanced.

Take a Moment

Give yourself a few minutes to rest, stretch, or simply enjoy the relaxed feeling before returning to your normal activities.

Session Details

Date: _____

Start Time: _____

End Time: _____

Session Length: _____

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Step 5: Finish Your Treatment

How I Feel

Before My Treatment
(Check all that apply)

- ☐ Stressed
- ☐ Tired
- ☐ Anxious
- ☐ Overwhelmed
- ☐ Physically uncomfortable
- ☐ Emotionally drained
- ☐ Calm
- ☐ Other: _____

After My Treatment
(Check all that apply)

- ☐ More relaxed
- ☐ More calm
- ☐ More balanced
- ☐ More energized
- ☐ More clear
- ☐ More positive
- ☐ Emotionally lighter
- ☐ Other: _____

What I Noticed

Write about any sensations, thoughts, emotions, or insights you noticed during your treatment.

Areas That Needed Extra Time

List any areas where you felt drawn to keep your hands longer.

Final Thoughts

Write any additional thoughts, reflections, or messages you would like to remember.

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What You May Feel *During Self-Reiki*

Every Reiki experience is different.

As you practice self-Reiki, you may begin to notice different sensations in your hands or body. These sensations may be strong, very subtle, or change from one treatment to the next.

Warmth

Your hands or the area beneath them may begin to feel pleasantly warm or hot.

Tingling

You may notice gentle tingling, buzzing, or a pins-and-needles sensation in your hands or body.

Pulsing

Some people notice a subtle pulsing, throbbing, or rhythmic sensation beneath their hands.

Coolness

Instead of warmth, your hands or certain areas of your body may feel unexpectedly cool.

Heaviness or Lightness

Your hands, arms, or body may feel heavier than usual—or you may experience a light, floating sensation.

Deep Relaxation

You may notice your breathing slowing, your muscles relaxing, and your mind becoming quieter as you settle into your treatment.

Sleepiness

It's completely normal to become sleepy during self-Reiki. You may even fall asleep, especially when practicing Reiki in bed.

Emotions May Surface

Sometimes quiet moments of self-care bring emotions or memories to your awareness. If this happens, allow yourself to notice what you're feeling without trying to force it away or interpret it.

You May Feel Nothing at All

You do not have to feel warmth, tingling, pulsing, or any other particular sensation to practice Reiki. Some sessions may feel very noticeable, while others may feel quiet and uneventful.



Remember

There is no "right" way to experience Reiki.

Try not to compare your experience with someone else's or worry about whether you're doing it correctly. Instead, relax, breathe, and allow yourself to simply be present with your practice.

Notice without expectation. Relax without judgment. Allow each Reiki session to be its own experience.

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Quick Reiki *for Everyday Moments*

You don't always need a full treatment. A few quiet minutes of Reiki can bring comfort, balance, and renewed energy whenever you need it.

Feeling Stressed?



Place your hands over your heart and abdomen for 5–10 minutes. Breathe slowly and allow the Reiki energy to bring calm and relaxation.

Busy Mind?



Place your hands over your forehead or on the sides of your head. Let Reiki help quiet your mind and bring mental clarity.

Before Bed?



Place one hand over your heart and one over your abdomen. Breathe slowly and allow Reiki to calm your mind and support restful sleep.

Need Grounding?



Place your hands on your thighs, knees, or feet. Feel the Reiki energy help you feel more centered, stable, and connected.

Feeling Emotional?



Rest both hands gently over your heart. Allow Reiki to support emotional balance, self-compassion, and inner peace.

Only Have 5 Minutes?



Choose the area that feels most supportive and simply place your hands there. Relax, breathe, and let Reiki flow for a few minutes.

Even a few quiet moments of Reiki can make a big difference.
You are always supported, and the healing energy is always available to you.

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21-DAY

Reiki Self-Care Practice

Commit to 21 days of self-care and watch the energy of Reiki deepen your healing, balance, and inner peace.

START DATE

_____ / _____ / _____

MY INTENTION

_____

_____

COMPLETE YOUR REIKI PRACTICE EACH DAY

Check off (or color in) each day you practice.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	2	3	4	5	6	7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
8	9	10	11	12	13	14
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
15	16	17	18	19	20	21

You are nurturing your energy, body, mind, and spirit.

Be patient and kind with yourself. Every day you show up for your practice, you are honoring your highest good.



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