

Reiki Self-Treatment Procedure: Reiki 1

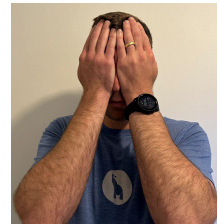
This is the same self-treatment procedure Hawayo Takata taught her students. Set aside at least one hour each day to dedicate to your self-treatment. This hour can be divided into smaller chunks of 10-15 minutes each if necessary. It is recommended that you **stay in each position for at least 3-5 minutes** before moving to the next position.

Important Tips:

1. Reiki energy flows through the entire body. To reach the back of the torso, simply stay in each position for a longer period of time to allow reiki to penetrate to the back of your body.
2. Reiki heals on the physical, mental, emotional, and spiritual levels, and facilitates healing and balance to memories that may be stored throughout your body. See the “Post-Reiki Care” section below.
3. Fingers together! Reiki energy concentrates in your palms and can escape through your fingers if your fingers are apart.

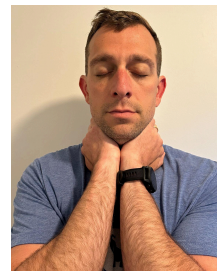
Position 1: Eyes, Sinuses, Pineal Gland

- Treats eye problems, the nasal cavities, respiratory allergies, the brain
- Treats Pituitary Gland (controls metabolism) and Pineal Gland (controls body cycles)
- Brow/Third Eye Chakra



Position 2: Throat Area

- Pulmonary airway, esophagus, voice box, lymph nodes
- Carotid artery
 - Brings blood to the brain and influences blood pressure.
 - To improve blood pressure, add the “Ear Muffs” to this position. Place your hands over your ears and apply reiki.
 - Applying reiki here at least 20 mins/day can help reduce plaque buildup in the artery. Helps prevent strokes.
- Treats Thyroid Gland (influences metabolism), Parathyroid Glands (balance calcium and phosphorus)
- Throat Chakra

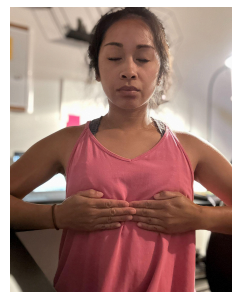


Position 3: Upper Chest

- Upper areas of the heart and lungs
- Thymus Gland (immune system; negatively affected by stress)
- High Heart Chakra (a sub-chakra between the Throat and Heart)



Position 4: Heart, Lungs, Breasts, Heart Chakra



Position 5: Upper Stomach Area

- Stomach, pancreas, spleen, liver, gallbladder, diaphragm
 - Stay in this position longer if you experience digestive issues
- Solar Plexus Chakra



Position 6: Lower Stomach Area

- Small intestines, transverse colon
 - Stay in this position longer if you experience back pain
- Solar Plexus/Sacral Chakra



Position 7: Reproductive Area

- Small intestines, ascending and descending colon, sigmoid, rectum, female reproductive system, urinary bladder, male prostate gland
 - This area tends to need extra energy because the lower *dan t'ian* or “sea of qi” is located here. This is one of the main places your body stores energy. Stay here longer for an extra energy boost.
- Sacral/Root Chakra



Position 8: Pelvis and Hip Joints

- Any hip-related problems, lymph nodes (contain immune cells), energy flow to the legs for any leg problems
- Root Chakra

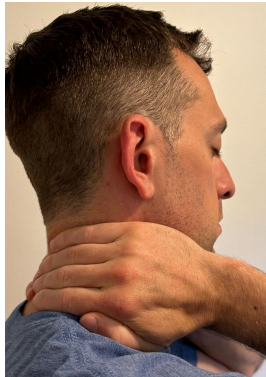


Optional Self-Treatment Positions:

Occipital Hold



Neck Cradle



Shoulder Melt



Elbow Cup



Ankle Sandwich



Shoulder Position



Chest Position 6A



Chest Position 6B



Chest Position 6C



Chest Position 6D



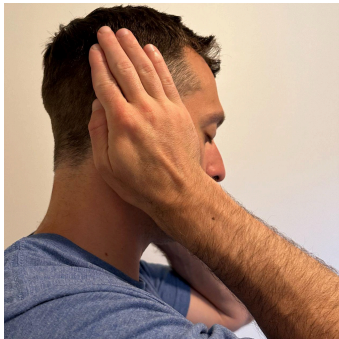
Mouth Cradle



TMJ



Ear Muff



Side of Neck



My Reiki Self-Treatment Plan

Health Concerns (Physical, Mental, Emotional, Spiritual):

Health Goals (Physical, Mental, Emotional, Spiritual):

	S	M	T	W	Th	F	Sa
Time spent self-treating							
Any Optional Positions Used							
Experiences During & After Treatment							
Other Notes							

Post-Reiki Care

In rare instances after your first reiki session, you may experience an emotional or physical detox period. This usually occurs 12-24 hours after your reiki treatment and can last about a day.

Reiki is like “Drano” for the spirit; sometimes negative energies, emotions, or things that no longer serve the physical body are released. Some of these reactions can include headache, cold-like symptoms, frequent trips to the bathroom, or an emotional release like crying, anger, or even laughter. These are all normal and show that your body is getting rid of any blockages. **Staying hydrated helps!**

If you experience any of these symptoms after a reiki session or experience discomfort for longer than a day, it is recommended that you have another reiki treatment to help clear out those negative energies.

Please feel free to call or email Courtney with any questions!

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You may also reach out via FB or Instagram @ReikiWithCourtney