

# Treating Others

## HAND PLACEMENTS

There are twelve basic hand placements used when delivering a Reiki session on a client. You may choose to take a contact or non-contact approach depending on your preferences and that of your client. 3-5 minutes is suggested on each area.

- **FACE**

Hands are placed over the recipient's face. Place your palms gently on the forehead, cupping your fingers lightly over the eyes and covering the third eye chakra. Take care not to constrict the recipient's breathing, keeping the nostrils' and airways open. Use only a very light pressure.

- **CROWN OF THE HEAD**

With your inner wrists touching wrap your hands around the recipient's head covering the crown chakra, allowing your fingertips to touch the ears.

- **BACK OF THE HEAD**

Tuck your hands gently under the recipient's head. Your hands will form a comfortable cradle for their head. Allow the back of your hands to relax and rest upon the table (or pillow).

- **CHIN AND JAWLINE**

Surround the recipient's jawline with your hands. Allowing your fingertips to touch underneath the chin, rest the heels of your hands near or gently over her ears.

- **NECK, COLLARBONE AND HEART**

Place your hand over the recipient's neck, if you are using touch this should be very light. Or if the recipient is uncomfortable, allow your hand to hover slightly above the neck. Stretch your other arm downwards and place your hand over the heart center, or hover above this area.

- **RIBS AND RIBCAGE**

Place your hands on the upper rib cage directly below the breasts taking care to avoid touching any inappropriate areas.

- **ABDOMEN**

Place your hands on the tummy (solar plexus area) above the recipient's navel.

- **PELVIC BONE**

Place one hand over each pelvic bone.

- **SHOULDER BLADES**

Help the recipient change positions to laying on their stomach. Place your hands on the shoulder blades.

- **MID-BACK**

Place your hands on the middle back area.

- **LOWER BACK**

Continuing down the back of the body, now place your hands on the recipient's lower back.

- **SACRUM**

The final hands placement is the sacrum. Lower your arms and place them on the sacral region.

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