

Self-Reiki Healing

A Gentle Guide to Inner Balance

HEALING · MINDFULNESS · ENERGY





WHAT IS REIKI?

Ancient Healing for Modern Wellbeing

Reiki is a Japanese energy healing practice rooted in the principle that life force energy flows through all living beings. When this energy is balanced, we thrive – physically, emotionally, and spiritually.

Reduces Stress

Calms the nervous system

Restores Balance

Harmonizes mind & body

Promotes Healing

Supports natural recovery

Setting the Stage

A mindful environment is the foundation of an effective self-Reiki session. Give yourself at least 20–30 minutes of uninterrupted time.



Choose Your Space

Find a quiet, comfortable spot — seated in a chair or lying on a mat. Dim the lights and silence notifications.



Set the Mood

Soft ambient music, a candle, or calming crystals can help signal to your body that it's time to relax and receive.



Set an Intention

Begin with a simple intention: *"I am open to healing and balance."* Take three slow, deep breaths to arrive fully.



Hand Positions: Crown & Face

Begin at the top of your body and work downward, spending 2–3 minutes at each position. Allow warmth or tingling to flow naturally.



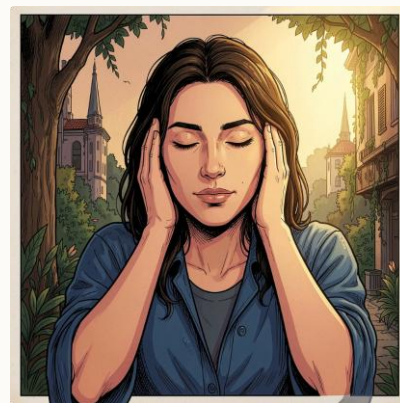
Crown (Top of Head)

Cup both hands gently over the crown. This position connects to your higher self, clarity, and spiritual awareness. Breathe deeply and feel the energy settling.



Eyes & Face

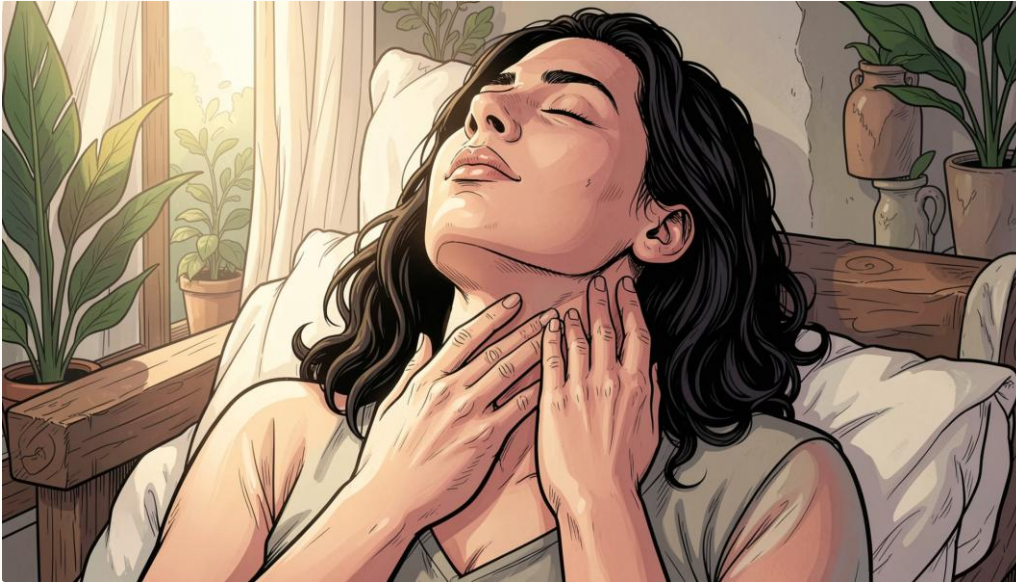
Rest your palms lightly over your closed eyes, fingertips touching the forehead. This soothes mental tension, eye strain, and promotes inner calm.



Temples & Ears

Place hands over the temples and ears. This position helps release headaches, mental chatter, and supports energetic clarity of the mind.

Hand Positions: Throat & Chest



🗣️ Throat (Communication)

Lightly rest fingertips on the throat. This position supports authentic expression, the release of suppressed emotions, and clarity in communication. Breathe slowly here.

♥️ Upper Chest (Heart Center)

Place both hands flat over the heart. This is one of the most powerful positions – it nurtures self-love, grief release, compassion, and emotional resilience.

✨ Lower Chest (Solar Plexus)

Move hands to the lower chest and sternum area. This supports personal power, confidence, and the release of anxiety or nervous tension held in the body.

Hand Positions: Abdomen & Hips



Upper Abdomen (Navel Area)

Rest hands just below the navel. This center governs creativity, emotional processing, and gut intuition. Warmth here is common and deeply soothing.



Lower Abdomen (Sacral Area)

Move hands just below the navel toward the pelvis. This position supports reproductive health, emotional flow, and a sense of safety and groundedness.



Hips & Root Center

Place hands over the hip bones. Connected to your root chakra, this grounds your energy, cultivates security, and releases deep-seated tension or fear.



Hand Positions: Knees & Feet

Complete your journey downward, grounding your energy fully into the earth. These final positions anchor and close your session with stability.

Knees

Cup both hands gently around one knee at a time. The knees hold emotional rigidity and fear of change. Reiki here encourages flexibility — physically and spiritually.

Feet & Soles

Cup your hands around the soles of each foot. The feet are our connection to the earth. This grounding position releases excess energy, restores balance, and signals the end of your session. Breathe out fully and feel the ground beneath you.



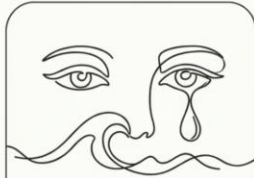
Warmth or Heat - gentle heat radiating from hands



Tingling - electric buzz at fingertips



Pulsing - rhythmic pulse beneath palms



Emotional Release - tears or waves of relief



Deep Relaxation - heavy, melted body sensation

靈氣

ENERGY AWARENESS

Understanding What You Feel

During self-Reiki, your body communicates through subtle physical and emotional sensations. There is no "wrong" experience — every feeling is valid and informative.

- ❗ If you feel nothing at first, that's perfectly normal. Sensitivity deepens with regular practice. Trust the process and stay present.

Over time, you'll develop an intuitive sense of where energy is blocked and which positions your body calls for most.



Integrating Reiki Into Daily Life

Self-Reiki doesn't require a full session every day – small, intentional moments of healing can be woven naturally into your routine.



Morning Ritual

Begin the day with 5 minutes of Reiki on your heart and solar plexus before rising. Set an intention for the day ahead.



Midday Reset

Place hands on your abdomen during a lunch break. Even 2–3 mindful breaths with intention counts as a micro-session.

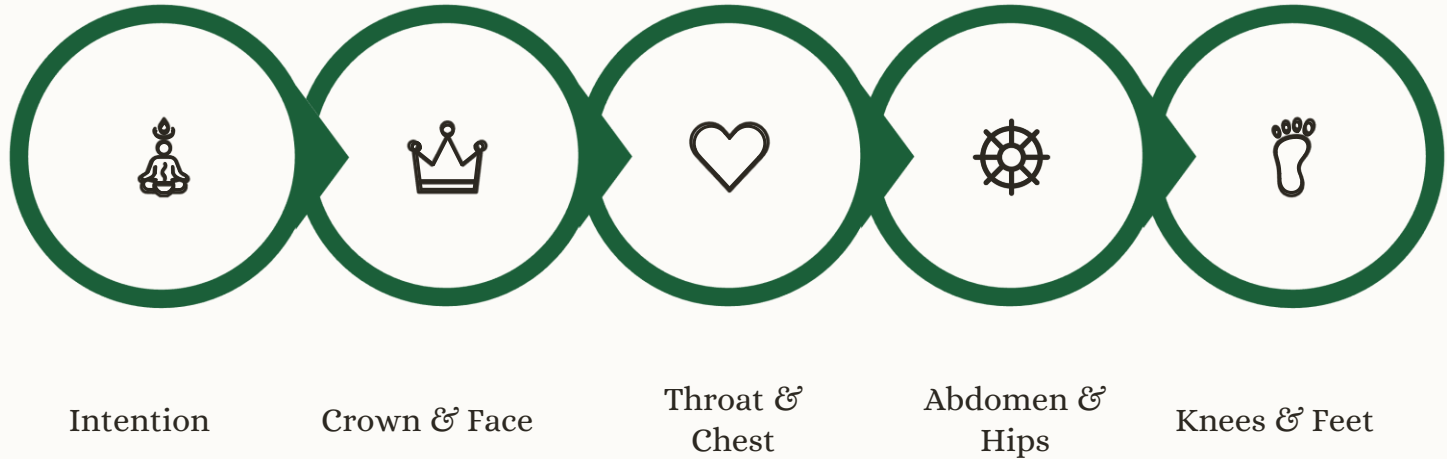


Evening Wind-Down

End your day with hands on your chest or forehead. Release the day's stress and prepare your body for restorative sleep.

Your Self-Reiki Journey

A complete session flows gently from crown to feet — an act of profound self-care and inner listening.



♥ Remember

Consistency matters more than duration. Even 10 minutes of sincere self-Reiki, practiced regularly, creates meaningful shifts in wellbeing over time.

📖 Continue Learning

- Seek a Reiki Level I certification for deeper training
- Explore books by *Mikao Usui* and *Penelope Quest*
- Join local or online Reiki share circles for community support
- Keep a healing journal to track your experiences and growth