

5 REIKI PRINCIPLES - CHAKRA HAND POSITIONS

HOLISTIC J – Jason Wakefield



CHAKRA HAND POSITIONS (Left hand then Right hand)

Just For Today I Will Not Worry (Heart & Root)

Just For Today I Will Not Be Angry (3rd eye & Root)

Just For Today I Will Give Thanks For My Many Blessings (3rd eye & Occipital Ridge)

Just For Today I Will Do My Work Honestly (3rd eye & solar plexus)

Just For Today I Will Be Kind to My Neighbour and Every Living Thing (3rd Eye & Root then Throat & Heart)

Just For Today I Will Not Worry (Root & Heart)

Use Reiki to re-balance your mind body and spirit and boost your resolve. Place one hand on the root chakra and the other hand on the heart chakra. Reiki will bring your mind body and spirit into equilibrium. Keep your hands over these chakra points for as long as you intuitively feel you need to. This Reiki technique will remove the blockages caused by stress, worry and anxiety. It can be used for self healing or on another person.

Just For Today I Will Not Be Angry (3rd eye & Root)

Use Reiki to assist the re-balancing process. Place one hand on the third eye chakra and the other hand on the root chakra. Keep your hands there for as long as you intuitively feel is necessary. This Reiki technique will help you control and eliminate this destructive emotion. It can be used for self healing or on another person.

Just For Today I Will Give Thanks For My Many Blessings (3rd Eye & Occipital Ridge)

Place one hand on the third eye chakra and the other hand on the occipital ridge. Use Reiki to re-balance this principle in your life or in the life of another person.

Just For Today I Will Do My Work Honestly (3rd Eye & Solar Plexus)

Place one hand on the third eye chakra and the other hand on the solar plexus chakra to use Reiki to assist in the re-balancing of this principle. Keep your hands there for as long as you intuitively think they need to remain on these chakra points. This additional hand position can be used for healing yourself or other people.

Just For Today I Will Be Kind to My Neighbour and Every Living Thing (3rd Eye & Root then Throat & Heart)

To bring balance to this principle for yourself or others first place one hand on the third eye chakra and the other hand on the root chakra. When you feel you are ready, move your hand from the third eye chakra to the throat chakra, and move your hand from the root chakra to the heart chakra keeping it there until you intuitively feel you have finished.