



Reiki eZine by Taggart King

[Liberate Your Reiki!] What hand positions should I use?

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Liberate your Reiki!

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The eZine for Open-minded Reiki people



Are there hand positions that I should always use? Rigid hand positions? Go with the flow? What should we do?



In some Reiki lineages, students are taught 'the' hand positions that they need to use, 'the' twelve hand positions, as if it were set in stone.

But do Reiki treatments really need to follow a set format, no matter what the energy needs of the client? Does every client have to be treated in exactly the same way?

I believe that having a set of hand positions to follow when you are starting out on your Reiki journey is very useful: you have some basic instructions to follow, you don't need to worry, and you can concentrate on getting used to working with the energy, becoming comfortable with being with people in a treatment setting.

You are firing the energy from lots of different directions to make sure it has the best chance to get to where it needs to.

But this 'one size fits all' approach is a bit limiting. Not everyone is the same, so why would we apply the same hand positions to everybody we treat?

So how might we start to adjust or alter where we are resting our hands?

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