



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] What Hand Positions Should I Use?

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## Liberate your Reiki!

The eZine for Open-minded Reiki people  
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### What Reiki Treatment Hand Positions Should I Use?



#### Are there hand positions that you should always use?

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?

#### Varying your hand positions for each client

There are two ways to adjust the hand positions that you use: through scanning and through intuition. Scanning is taught on most Reiki course and it is a way of finding out where the energy is flowing to on the client's body in the greatest amounts. Energy flowing strongly gives people a variety of sensations, and common feelings might be heat in your hands, or warmth, fizzing, tingling, buzzing, throbbing, heaviness, a magnetic feeling etc.

You hover your hands a few inches away from the client, drift your hand from one place to another, or sweep from one area to another, and focus your attention on the sensations that you are getting on your hand/fingers.

When doing this, you may notice that there are areas of need that don't tie in with the standard hand positions that you are taught, and you could add an extra hand position when you get that part of the body during your treatment, or alter the hand positions away from the standard ones, to accommodate this area of need.

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