



Reiki eZine by Taggart King

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

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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What Hand Positions Should I Use?

Hi, Taggart here, from Reiki Evolution. We're carrying on with ideas and themes for people at First Degree this week, focusing on giving Reiki treatments, though my comments are relevant to people giving treatments whatever their Reiki level might be.

Last week we talked about "Doing your 21 days" and whether you should always "Treat Both Sides" and this week I am going to focus on hand positions, both what hand positions you should use and how long you should hold each hand position for.

So, there are a few things to consider, really, and you can find out what I think by clicking the link below:

What Hand Positions Should I Use?

I hope you find this article interesting and helpful.

Best wishes,

Taggart :)

The "Liberate Your Reiki!" eZine is produced by Reiki Evolution www.reiki-evolution.co.uk