

OM

Group Reiki - 2 channels

<u>OTHER</u>	<u>SELF (lying down)</u>
Front:	
1 - Front and Back of forehead	5 – Front and back of neck
2 – Both Eyes	6 - Front and back of Thyroid
3 – Temple and ears	7 – Front of heart chakra
4 – Back of the head	8 – Front of Solar Plexes
18 – Both knees	9 – Front of liver and pancreas
19 – Ankles of both legs	10 - Front Swadhistana (hara)
20 – Foot soles of both legs	11 – Front Muladhara
Back:	
17 – Both shoulders	14 – Back of both kidneys
12 – Back of heart	15 – back swadhistana (hara)
13 – Back of Solar plexes	16 – Back Muladhara

Group Reiki – 3 channels:

<u>SELF (lying down)</u>	<u>Reiki Channel 1(head side)</u>	<u>Reiki Channel 2 (side)</u>
FRONT:		
5 – Front and back of neck	1 - Front and Back of forehead	7 – Front of heart chakra
½ of 6 - Front of Thyroid	2 – Both Eyes	8 – Front of Solar Plexes
9 – Front of liver and pancreas	3 – Temple and ears	18 – Both knees
10 - Front Swadhistana (hara)	4 – Back of the head	19 – Ankle and foot sole of Right leg
11 – Front Muladhara	17 – Both shoulders	20 – Ankle and foot sole of Left leg
BACK:		
RELAX – do nothing	½ of 6 – Back of Thyroid	14 – Back of both kidneys
	12 – Back of heart	15 – back swadhistana (hara)
	13 – Back of Solar plexes	16 – Back Muladhara



ONE



Seven



Eight



Six



Five



Four



Three



Two