



Video Transcript

Learn The Practice Of Self Reiki

Today I'm going to be talking about self -Reiki technique, and this is something that I use in practice every single day. What is Reiki? Reiki is a Japanese technique for stress and relaxation reduction, and it also promotes healing.

And the way we practice Reiki is by laying our hands on parts of the body.

Now, this could be on your body or off your body. And it is the light force energy that flows through us. And it is what causes us to feel and be alive, right? It's the light force energy that moves, right, within us.

And so today I want to invite everyone to practice this technique and to be able to experience this. The word Reiki is made of two Japanese words,

Ray, which means God's wisdom or higher power, and key, which is life force. So Reiki is actually spiritually guided life force energy.

It's beautiful, right? So a treatment feels like wonderful. It's glowing, it's radiant, it flows through us and around us. Reiki treats the whole person, including your body, your emotions, and your mind. And also your spirit, right? Your spirituality has so many benefits, so many great effects, helps with relaxation, feeling peaceful, feeling secure, just general well -being, right? And many have reported just amazing results from Reiki.

It's so simple, it's very natural, and it's very, very safe. It's a self -healing technique that you can use on yourself or you can use on others. You can place your hand on the body or slightly off the body and you're still going to get the same energy effects.

Okay, so one more thing I'd like to share about Reiki. It also works in conjunction with other modalities, other therapeutic techniques. And so this helps, you know, it just helps promote any kind of recovery from anything that you may be

going through. So it enhances and it works well with other healing arts. So okay, so we're going to begin today with eight hand positions that I've learned through my teacher that I studied with in New York City. I'm going to go over the eight -hand positions, and then we're going to practice together. The first position is placing the hands on the head. You can keep your hands here for a few breaths. You can keep your hands here for a minute or up to five minutes, depending on where you feel you need to improve the energy in your body. The second hand position is over the face, right? So we cover the eyes, placing the hands on the skin or slightly off. Okay? The third position is on the neck.

Here we have the thyroid, right? So placing our hands on the neck and again, breathing into this area, breathing into the space of your hands and just feeling the energy. The next position is the hand behind the head, the nap of the neck, and then the other hand on top, right? And breathing into this point. This is the vagus nerve back here, so I love this point, and I usually stay here a little bit longer because this is an amazing point to reduce inflammation and really help with stress, right? Just taking down stress and inflammation in the body.

The fifth hand position is on the lungs and the heart area, this whole area, right? The respiratory and the heart. The sixth position is right under the rib cage, right? So here we're contacting so many organs here, right? We have the spleen, the liver, the stomach, the pancreas, even the gallbladder, right? So placing our hands in this area really, you know, helps with digestion. The seventh hand position is right over the navel, and I like fingers to slightly touch here. And again, what an important area in our body. Our kidneys, reproduction system, everything having to do with digestion also, right, colon, small and large intestines. And then the eighth hand position is right on top of the pubic bone, right? And this area here just really connects us with the earth energy, right? Connecting us into the earth star, the ground, right? And just really rooting us into our center.

Okay? So let's begin by just taking a few breaths here, right?

So I'm inviting everyone to close their eyes, put a gentle smile on your face. I just like to always feel very soft and uplifted, right, in this centering technique. We'll take a few breaths together. Inhaling through your nose.

And this time exhale through your mouth.

And again, inhaling through your nostrils, evenly and equally.

And then exhaling out through your mouth with the sound of ah.

And one more breath, just like that. Inhaling through your nose and exhaling through your mouth.

And let's begin by placing our hands on top of our right brain and left brain, closing your eyes. And just let's take a few moments to breathe in this hand position. Position one.

Very simple, very easy. Just breathing and holding.

Soft, natural breaths, no forceful breathing, natural and easy.

Again, bridging the right brain and the left brain and also balancing the right side and the left side of our bodies, right, the masculine and the feminine.

I like to call this the yin -yang hand position.

Great, let's move our hands to the next hand position two, over the face, and gently touching the skin or slightly off. And just take a few breaths here, calming down the senses, the eyes, the ears, nose and the mouth, listening to the sound of your breath.

You may even notice your hands start to feel a little heated or hot. And that's just your energy.

Let's finish up with one more breath here, inhaling, and exhaling.

Moving to position three bringing your hands on either side of your neck just breathing here

a thyroid sits in this area in our fifth chakra and so when When I place my hands here, I notice this expansion of openness in space, allowing communication to flow and just really balancing our thyroid in this space. And again, you could just notice what's going on for you in this area. You may feel blocked. You may feel tension.

May want to swallow, right? And just notice how that feels.

And again, you can stay here a little longer if you feel like you need this area to be more tended to or you can move on to the fourth hand position, which is hands behind the back of the head and the back of your neck.

Self -healing techniques.

Breathing to your entire body. Helps to calm down the mind.

Helps to calm down the body.

And this hand position really helps to reduce inflammation.

The vagus nerve again sits in this area of the body.

It's just a great reset to relax and also reduce

And then we're going to move to our heart center, placing our hands right under the collarbones. And close your eyes again and just start to breathe.

Giving yourself the gift of healing is very, very empowering.

Knowing that you can heal yourself with your breath and your energy is very empowering.

Really tapping into the respiratory system, the lungs, life force, the vitality, the heart, the knower, and connection and

this is the area of happiness right joy take a few moments here a few more breaths

And if and when you're ready, we can move down to our next hand position, which is

right under the ribcage.

Breathing into this beautiful area of so many organs that live here, right? We have the liver on the right side, we have the spleen on the left side, all the organs in between, and just giving them love, right? Because that's what we're doing. We're giving love to ourselves.

Light force energy.

Take a few more breaths here.

Let's move down to the navel area.

You could practice this lying down or sitting up, right? So there's no right or wrong way.

Placing your hands on your body allows your body and your mind to connect. net.

It allows that energetic body, that meridian system that runs through our entire body to really activate. So we're activating our energy body.

And when we breathe and we activate, magic happens let's

take a few more breaths here

being our own healer

The last position, hands on the pubic bone, fingers pointing down towards the earth, right? Earth star, Gaia, really connecting into the Earth element and the Earth grounding. And close your eyes and breathe here for a few more breaths.

Be rooting in.

Notice what you feel and you connect to the Earth star.

The whole body feels alive, vital energy.

Take a few more breaths here and

when you're ready release your hand just place them on your thighs your lap keep your eyes closed for a few more breaths just look inside your body.

Notice how you feel.

Notice any shifts, notice any changes.

And when you're ready, you can gently open your eyes.

I know I feel really relaxed and I feel very alive.

And if you ever have any questions on Reiki or healing energy, you can always reach out to Gaya Goddess or you can reach out to me on my website, [susanhally .com](http://susanhally.com), and I can answer any questions. Thank you.