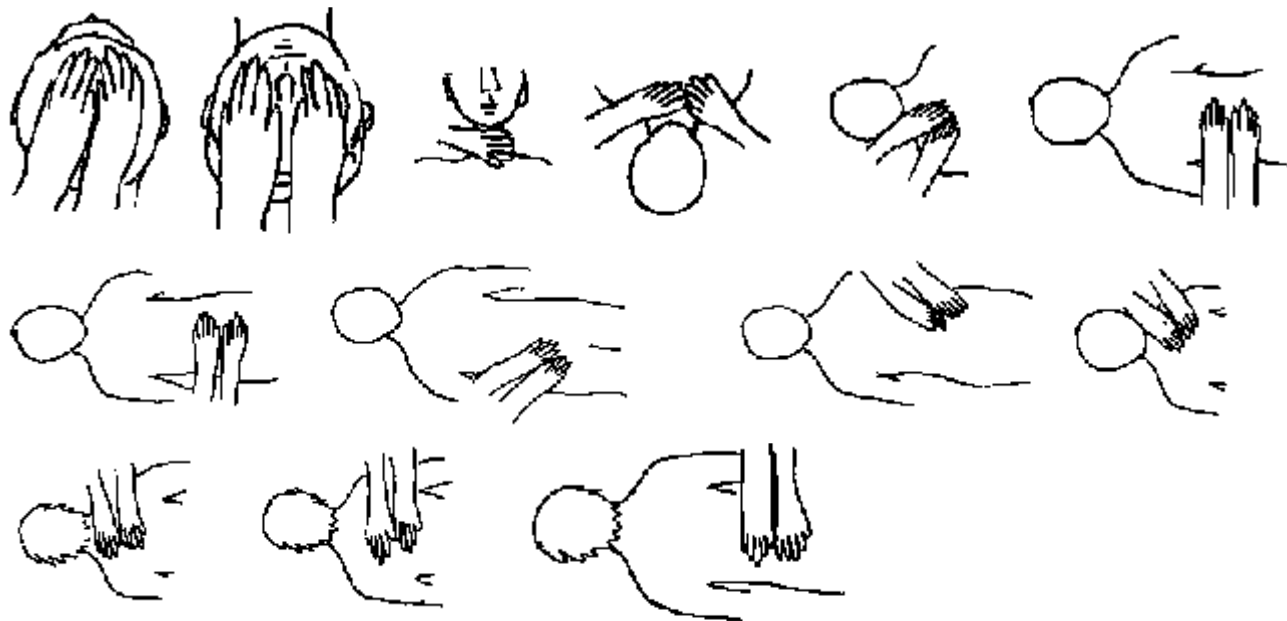


Figure

## Traditional Reiki hand positions



**Key:** (from left to right, beginning with top row) crown chakra; third eye chakra; throat chakra; heart center; heart chakra, right side; solar plexus chakra, lower abdomen chakra; root chakra, right side; root chakra, left side; heart chakra, left side; upper back, middle back; lower back.