

REIKI BLESSING FOR SELF-PRACTICE  
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Please enjoy this excerpted section of my Level One training manual for Reiki Self Practice! Blessing yourself daily as you practice is a powerful way to enhance change and deepen spiritual growth.

**May I be at Peace:** Hands to face/third eye/vision/wisdom/inner knowing

**May my Mind be Clear:** Hands to top of head – anywhere there they feel good for you.

**May My Memories be Healed:** Hands to back of head – Vagus Nerve area just above where neck joins head. Smooth neural flow.

**May I have Balance:** Hands over ears pointing up so fingers cover temples, brings balance to right and left brain.

**May my Voice speak Truth:** Hands to throat area – front and back or any way that is comfortable for you

- Note: if your hands get tired being “up” for so long, feel free to lower them to one of the other positions and then come back up to the upper positions.
- This is your practice – it does not matter what order you use
- Remember to let your hands linger where your intuition and senses tell you that you want them to be!

**May my Work be Healing and Abundant, or Peaceful and Purposeful:** Hands to shoulders, bless your work!

**May my Heart remain Open:** Hands to upper heart, breastbone area over Thymus gland, responsible for resistance to illness, area where we hold fear and shock, trauma.

**May I Awaken to the Light of My Own True Nature:** Hands to heart. Remember that crossing is good for balancing energy. Cross hands.

**May I be Healed:** Hands to upper ribcage just below heart area - spleen on the left – major lymphatic organ; in Qi-gong – upright energy holding up the organs in place; smooth digestion, lymphatic balance.

**May I be Healed:** Move hands to mid abdomen – liver and stomach – how we digest and process life, stress (stomach) and anger (liver).

**May I be a Source of Healing for all Beings:** Hands to lower abdomen just above where you sit, in a slight V position near your Hara. Root connections, how we connect to earth energy, grounding, centeredness stability.

**May my Family be Healed:** Hands to lower back – kidneys, water, emotions family.

**May I Move with Ease:** Hands to hips. Bless our walking! Remove blocks, moving forward fearlessly.

**May I be Flexible:** Hands to knees – where we learn to bend. There is strength in being bendable, non-rigid. Smoothness of gait and progress if the knees are aligned and moving well.

**May I Stand Strong:** Bring a foot up toward your knee or use whatever position is comfortable for reaching your ankles and feet.

- Note: If you cannot reach, hold your hands in front of your knees on your shins and visualize the energy moving to your ankles and then your feet and toes!

**May I be Grounded:** hand to bottom of mid-foot

**May I follow my Own True Guidance:** hands to toes, especially that big one we follow around all the time!

- ❖ Notice how you are using the precepts in these concepts: Healing self and others is compassion for self and others, peacefulness is no worries, open heart is no anger, true self is being true to your way and your being, following your guidance.

**End with Gassho. Give thanks. Blessings in your Practice!**

As you practice let your intuition lead you in where to place your hands. Plan to spend about 1-3 minutes in each position.