



How to Practice Self Reiki

If you'd like to practice Reiki for yourself, here's something reassuring: *there are as many ways to self-practice Reiki as there are Reiki practitioners*. In other words, the *best* way is the one you'll actually do.

Here's the sequence I follow:

1	2	3	4	5, 6, 7, 8
				
Crown of the head	Face	Neck	Back of the head	Upper chest Lower ribs Navel Lower Abdomen

Keep it simple. Keep it yours.

I start on my side with a pillow under my head for the first three placements, then switch to my back. Staying on your back the whole time works too. Use a pillow or towel for extra comfort if you like. 30–40 minutes is great, but as Hawayo Takata reminded us: *“A little Reiki practice is better than none.”* Come back to it as often as you can, and trust that each session supports you exactly where you are.

— Pamela

