



USUI REIKI TRAINING HAND POSITIONS

HOLISTIC SOLUTIONS

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1. EYES



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2. TEMPLES



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3. EARS



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4. FOREHEAD & BACK OF HEAD



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5. BOTH HANDS AT THE BACK OF HEAD



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6. THROAT



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7. THYROID & THYMUS GLAND



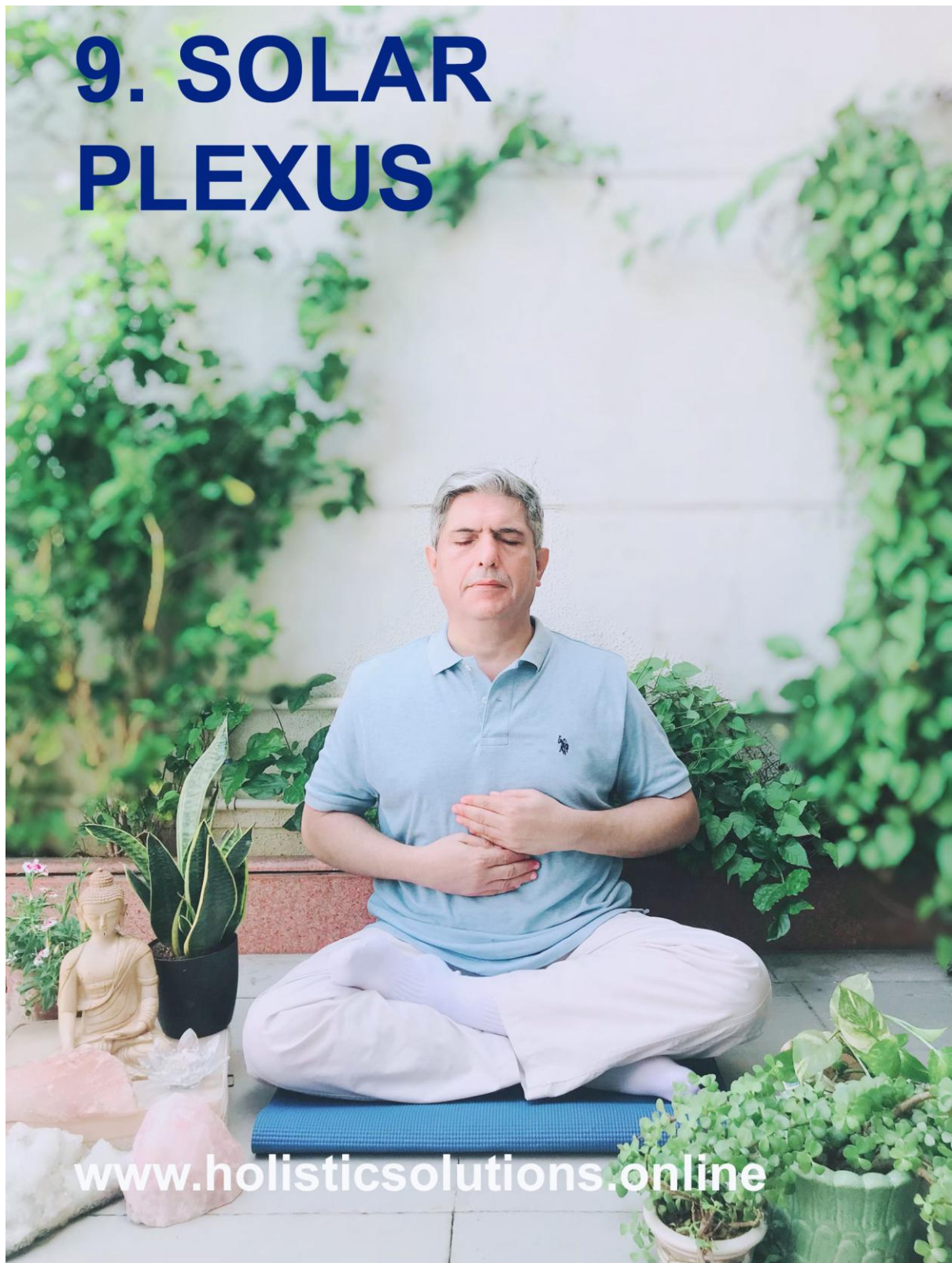
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8. HEART CHAKRA



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9. SOLAR PLEXUS



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10. LIVER



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11. TIPS OF LUNGS



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12. LIVER



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13. HARA CHAKRA



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14. ROOT CHAKRA



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15. KNEES



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16. ANKLES



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17. FEET SOLES



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18. SHOULDERS



19. THYROID & THYMUS GLAND (BACK)



20. HEART CHAKRA (BACK)



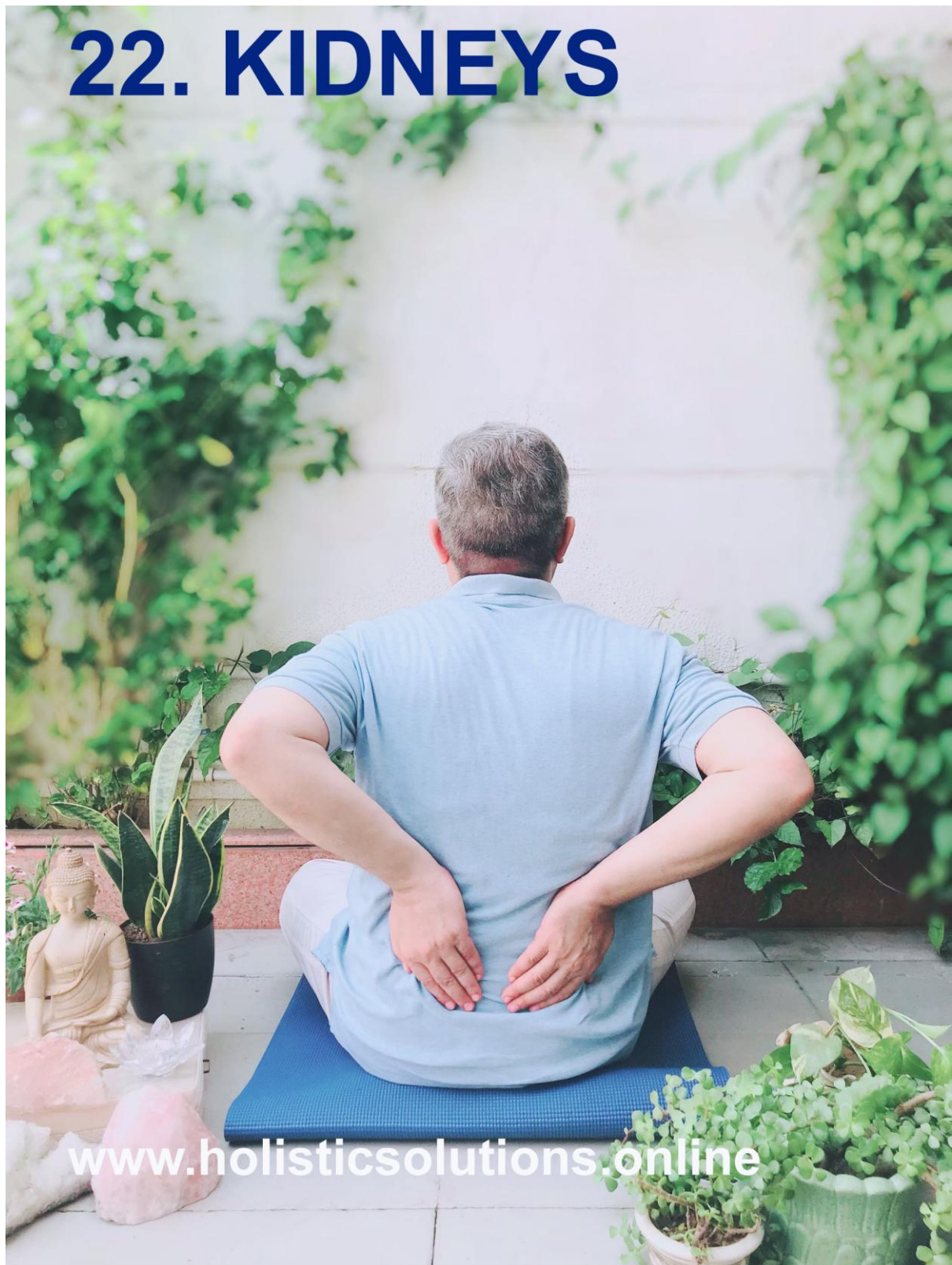
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21. SOLAR CHAKRA (BACK)



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22. KIDNEYS



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23. HARA (BACK)



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24. ROOT CHAKRA (BACK)



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