

Self-Healing Hand Positions:

These positions can be done in a sitting position:

1. Place your hands over your head.
2. Palms over the forehead.
3. Hands over the cheeks, thumbs next to the ears.
4. Hands on the back of the head and neck.
5. Palms over the throat.
6. Hands side by side over the heart.
7. Hands over the solar plexus, the stomach area.
8. Hands over the navel area.
9. Hands over the navel sacrum area.
10. Hands next to each other over the pelvic region, Root chakra.
11. One hand on each knee while sitting.
12. Lean over, both hands on each ankle or one hand on the heel and the other hand on the top.
13. One hand on the sole of each foot (or one hand on each foot or one hand on the sole of the foot and the other hand on top).
14. Bring your hands to your head, between the crown area and the base of the skull.
15. Both hands on the back of the neck, pointing towards the middle back.

16. Both hands on the upper back, without straining.
17. Bring both hands across the middle of the back, aligned with the bottom of the rib cage.
18. Bring both hands onto the lower back at the sacrum area, or around the base of the spine.
19. Each hand to the back of your knees, both hands on each knee, or one hand on the front of the knee and the other hand behind the knee.
20. One hand on the back of each ankle, or both hands on each ankle.
21. One hand on the soles of each foot.