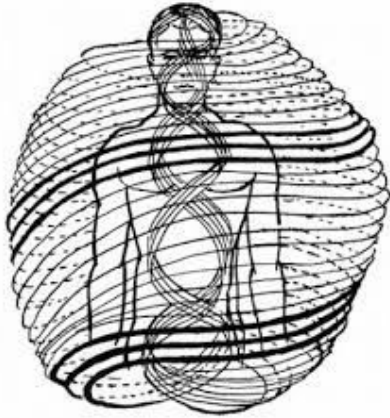


Energy work



All medicine is energy medicine. In our respective traditions we have channeled energy from what lies outside our body into ourselves, exchange energy being to being, and carry an understanding that energy cannot be destroyed, though it can be created. We are children of energetic currents that live in orbit, rotation, and in constant reciprocity within, outside + around us. Most healing traditions work with energy in more codified or culturally accepted ways. Energy therapies + practices are a recognition of spirit, and are tools, such as reiki, tai chi, yoga, sound healing, electromagnetic therapies, etc. Energetic healing helps maintain balance and health between the mind, body, and spirit.

When we connect with plant ancestors we begin to experience the breath of energy that exists as well as what is possible when we surrender to this form of spirit. Plants call us to exchange energy through words, prayers, songs, stories, dances, memories, sensations, touch, and forms yet not born in us.



The act of working with life-force is as ancient as breath. Universal life-energy, also known as *chu'lel*, *chi*, *prana*, *orgon*, animal magnetism, spirit, *archaeus*, *ruach* + vital force is what gives breathe + rebirth to all. Reiki is a healing practice that works with the "universal" *Ki* or life-energy that is divine + human by connecting to source to heal with energetic touch. Reiki offers us a transformative practice of remembrance that it is our connection to spirit/source/insert the name of your faith for energy that brings healing to ourselves, healing to our lineages, healing to all beings. Healing is at your fingertips.

We bow with gratitude + humility to reiki lineages that extend to so called India and codified in so called Japan. Below we offer self reiki hand positions to build + strengthen your self-healing practice. By no means is this a substitution for a Reiki I attunement.

Reiki I Hand Positions

For self treatment you lay your hands, a couple of inches away from your body on these various positions:

1. Hands over your face, on both sides of the nose.
2. Hands with the fingertips held together on both sides of the skull.
3. Hands at the back of your head.
4. Hands around your throat or in the surroundings of your throat
5. Hands on the breast(s) ñ only for self treatment.
6. Hands under the breast(s)
7. Hands on the upper belly
8. Hands on the lower belly
9. Hands above the pubic region ñ only for self treatment.
10. Hands on both knees.



created + blessed by xóchitlcoatl of [la mala yerba](#)

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Energy work

11. Hands on the soles of the feet. Stay at each position for about 5 minutes and longer if you feel the need for it. At the end of any treatment for yourself, others, situations or goals it is a good practice to give thanks to the force of reiki.

Self-healing: The Front-Head positions



Energy work

Self-healing: The Front-Knees, Ankles + Feet



10. Front of both knees.



11. Front of both ankles.



10a-11a. Knee and ankle done together. Do both legs.

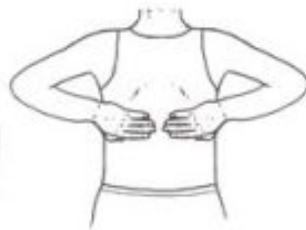


8. Over pelvic bones—lower abdomen.

12.



14. Back of the neck and over top of shoulder muscles.



15. Over ribs, below shoulder blades, back of heart.



16. Middle back.



17. Lower back over sacrum.

18. Backs of both knees. (refer to figure 10, but do position from back).

19. Backs of both ankles. (refer to figure 11, but do position from back).

19a. Hold back of knee and ankle at once on same leg. Repeat with the other leg.

Illustrations by Diane Stein



Energy work

Energetic exchange with Plants Hand Positions



Document the hand positions that you are inspired to practice as you connect with plant ancestors. Allow them to guide your heart + hands to best engage with the medicine you have to offer each other. We will be sharing them in sessions to come.

