
BYŌSEN SCANNING

What Is Byōsen Scanning?

Byōsen means "a line or streak of illness or imbalance." In Reiki practice, byōsen scanning is a way to detect areas of energetic disturbance in or around the body using your hands.

It helps you learn to listen with your hands, becoming more sensitive to the subtle messages the body and energy field are sharing.

How to Do Byōsen Scanning

1. Ground and Centre Yourself
2. Start with a few breaths. Bring your awareness into your body. Open to Reiki and invite it to flow.
3. Place Your Hands Gently Above the Body
4. Hover your dominant hand about 2–6 inches above the recipient's body, starting at the crown of the head. (You can use both hands if you prefer.)
5. Slowly Sweep from Head to Toe
6. Move slowly down the body. Stay relaxed, and don't "search" too hard. Let your hand be soft and receptive.
7. Notice Sensations
8. Pay attention to anything unusual—heat, cold, tingling, pressure, stickiness, resistance, or pulsing.
9. Pause When You Feel Something
10. If you notice an energetic difference, pause and hover your hand there. Trust your instinct. You can then place your hands and offer Reiki to that area if the person is comfortable with that.

What Might You Feel?

Sensation	Possible Meaning
Heat	Active energy flow or inflammation in the field/body
Cold	Energy depletion, numbness, stagnation
Tingling/Buzzing	High energy activity, nerve energy
Dense/Heavy	Emotional or energetic congestion
Resistance	Blocked or defended area—may relate to held trauma
Sticky/Static	Unprocessed emotional energy or tension
Nothing	This is also okay! Sensitivity develops with practice

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Tips for Practice

- **Less is More:** Don't overthink it. Stay in a state of quiet observation and trust what you sense.
- **It's Unique to You:** What you feel might differ from what others feel. That's fine—energy speaks to each of us in its own way.
- **Don't Diagnose:** Reiki isn't a medical practice. You're simply observing where energy feels out of balance, not defining what's "wrong."
- **Practice Often:** Scan yourself, plants, pets, or family members. Sensitivity develops over time.

Byōsen Self-Scanning

Sit or stand comfortably, with enough space to move one hand slowly over your own body.

Begin grounding and connecting:

Begin by closing your eyes and taking a slow, deep breath in... and gently out.

Feel the support of the ground beneath you.

Imagine roots flowing from the base of your spine or the soles of your feet, anchoring you into the earth.

Bring your hands together in gassho. Call in Reiki, asking it to guide your awareness as you explore your own energy field with kindness and curiosity.

When you feel ready, let your hands part.

Begin the scan:

Raise your dominant or more sensitive hand a few inches above your head.

Slowly begin to move your hand down the centre line of your body—from crown to chest, then belly, hips, legs—keeping it about 2 to 6 inches away from your physical body.

Take your time. This isn't about doing it right, it's about noticing.

What do you feel in the space just above your body?

You might notice warmth, coolness, tingling, pressure, a pull, or maybe nothing at all—and that's okay.

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Pause where guided:

If your hand is drawn to linger in a particular spot—pause there.

Trust your instincts. It might feel denser, warmer, lighter, or sticky.

Just be present with it. Breathe. Notice.

Offer Reiki:

You might choose to rest your hand on that area and allow Reiki to flow for a moment.

Let it be gentle. You're simply offering support to yourself, wherever it's needed today.

Complete the scan:

When you reach your feet or the end of your body, take one more deep breath.

Thank your body and energy system for sharing with you.

Shake out your hand if you'd like. Bring your awareness back to the room.

You can complete the same process on a client, as always, don't forget to note what you observe or feel in their records. For yourself, add your observations into your journal.