

## ARR2 Week 2: Your Journaling Assignment

(Pick One. Or all if you are a rockstar ☺)



This week is intended to take you through your own emotional process so that you may be open to take others through THEIRS. You're doing GREAT!

### **Topic 1: "Power of the Principles"**

Each day this week, continue picking one of the 7 Angel Reiki Principles to journal about stream of consciousness and observe your emotions and insights.

### **Topic 2: "Let Go, Let Goddess"**

Begin your journaling each day with the following:

"Today, I am aware that I need to let go of \_\_\_\_\_.....and write stream of consciousness, observing your emotions and insights.

### **Topic 3: "Dear Chamuel" Letter**

Begin each day by writing a personal letter to ArchAngel Chamuel releasing any and all emotional concerns to him. You may type or hand-write any of these. You may want to begin with "Dear Archangel Chamuel, thank you for letting me release

\_\_\_\_\_ .....