

## Week 2: Sequence Practice!



### Directions:

This week, please try the **entire Angel Reiki sequence** on yourself from start to finish using both Cho-Ku-Rei and Sei-He-Ki. You may, if you feel guided, do the sequence on a friend or family member too! (If you do this, make sure you have them fill out a release form so you can practice professional protocol) 😊

\*You may feel guided to include the mantras from Level I and that is AWESOME. I would just invite you to use the 2 AA Chamuel Mantras/Mudras as primary ones for the sake of practice.

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Your Name:

Your Client's Name (if applicable)

Date:

Intention:

Mantras/Mudras used:

Length of Session:

Observations and Insights: