



# Your Successful Reiki Practice Workbook

## Reflect on Your Reiki Training

Why did you take Reiki training? Have you found what you hoped for?

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What else do you want in your Reiki experience?

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What do you hope to learn from this webinar?

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# Your Successful Reiki Practice

## Why It's Important

How it feels...

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Why it's important...

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# Your Successful Reiki Practice

## Core Practice Element #1: Hands-on Practice

### Gassho

Place your hands together with palms touching gently, encouraging Reiki to flow and noticing the sensations you feel in your hands and body.



# Your Successful Reiki Practice

## Basic Hand Positions

### Three Tanden

Rest your hands on your head, heart and belly for a few minutes in each position for Reiki self-healing.



### Notes

How does that feel?  
What are you noticing?

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# Your Successful Reiki Practice

## Your Reiki Routine

### 1. When & Where

Time of day  
Length of practice  
Quiet, comfortable place

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### 2. Start Your Practice

Set intentions  
Gassho  
Notice and feel

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### 3. Hand Positions

Three tanden  
Seven chakras  
Direct/local treatment

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### 4. Finish Your Practice

Gassho  
Gratitude  
Pause and listen

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# Your Successful Reiki Practice

## Core Practice Element #2: Meditation

### 1. When & Where

Time of day  
Length of practice  
Quiet, comfortable place

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### 2. Start Your Practice

Set intentions  
Posture  
Breathing

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### 3. Focus

Relax mind  
Mantra, affirmation  
Listen and feel

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### 4. Integrate with Reiki

Evaluate your practices  
Combine  
Experiment

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# Your Successful Reiki Practice

## Core Practice Element #3: Gokai

Kyo dake wa  
Ikaru na  
shinpaisu na  
kanshashite  
gyo wo hagemе  
hito ni shinsetsu ni

Just for today  
Do not cultivate anger  
Do not cultivate worry  
Cultivate grateful  
Devote yourself to your inner and outer work  
Have compassion for yourself and others

### Your Notes

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# Your Successful Reiki Practice

## Accomplishments & Best Next Steps

### Your Successful Reiki Practice Checklist

Revisit Reflections & Intentions

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Core Element #1: Hands-on Practice

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Core Element #2: Your Meditation Practice

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Core Element #3: Five Reiki Precepts

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### What has been most helpful?

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### My gift to myself

