

**TRADITIONAL JAPANESE REIKI
DOCUMENTATION OF CHUDEN PRACTICE REIKI SESSION**

Student Practitioner Name: _____

Date: _____

- After class and prior to graduation, **students must complete and submit the following Practice Reiki sessions** in order to receive Chuden degree certification.
- **11 Distant sessions** may be performed on anyone, anything, or any situation whether in the present, the past, or in the future using one or more of the shirushi (symbols). No set time limits are suggested/required as sessions are 'distant' and therefore out of the realm of time and space. Sessions may be long as the student feels is necessary.
- **9 sessions performed** using the **Traditional Japanese Reiki techniques**. Each technique must be practiced and documented at least once.
- Practice Reiki Sessions must be **20 varied, separate sessions**, and performed on **20 varied, separate recipients/situations** - *in other words, only one session per person/subject/situation may be submitted*
- Practice Sessions are to be performed outside of class and submitted to the Instructor within the approximate 6 week timeframe between class and graduation/certification.
- See '**Documented Sessions Guidelines**' for more details on criteria.
- **Forms** and **Guidelines** are available for download at traditionaljapanesereiki.com/Class-Forms
- **Mail completed forms to:** Traditional Japanese Reiki, PO Box 1160, Colfax, CA 95713

Client Name or Issue/Situation Needing Reiki: _____

Method Used: *(Check one: include at least one Practice session utilizing each of the following methods):*

- ____ Distant session using SHIRUSHI (symbols) -
(11 separate distant sessions are required)
- ____ Tanden Chiryō Ho (Gedoku Ho) –
Detoxification Method
- ____ Koki Ho – *Exhalation Method*
- ____ Gyoshi Ho – *Gaze Method*

- ____ Heso Chiryō Ho – *Navel Treatment Method*
- ____ Seiheki Chiryō Ho – *Habits Treatment Method*
- ____ Uchite Chiryō Ho – *Patting Technique*
- ____ Nadete Chiryō Ho – *Stroking Technique*
- ____ Oshite Chiryō Ho – *Acupressure Technique*
- ____ Zenshin Ketsueki Kokan Ho – *Full Body Blood Exchange Method*

List Reason for Method Chosen : (i.e. if using shirushi - list reason for choosing that/those particular symbols)

Practitioner Observations/Comments after Reiki Session: _____

Recipient Session Feedback/Comments *(if any, comments may be written or verbal - paw prints allowed):*

(Use reverse side of paper if necessary)