

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

Student Practitioner Name: _____

Date: _____

- After class and prior to graduation, **students must complete and submit 30 documented combination of 15 'Hands-on' and 15 combination 'Distant' Reiki sessions** utilizing the fourth shirushi and **Traditional Japanese Reiki techniques** from Chuden class, in order to receive Okuden degree certification.
- **Eligible Practice 'Hands-on' Reiki Session recipients** may include but are not limited to self-treatments, adults, children, pets, animals and/or nature.
- **'Distant' sessions** may be performed on anyone, anything, or any situation whether in the present, the past, or in the future. 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.
- Practice Reiki Sessions must be **30 varied, separate sessions**, and performed on **30 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):*

- Hands-on session
 Distant session using Fourth Shirushi (symbol)
 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. hands-on, shirushi, or Traditional Technique)

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)