

# My Self Reiki Record Sheet

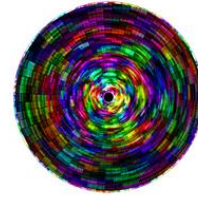
Name: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Other: \_\_\_\_\_

My chakras before Reiki:

My chakras after Reiki:

12	_____	12	_____
11	_____	11	_____
10	_____	10	_____
9	_____	9	_____
8	_____	8	_____
7	_____	7	_____
6	_____	6	_____
5	_____	5	_____
4	_____	4	_____
3	_____	3	_____
2	_____	2	_____
1	_____	1	_____
0	_____	0	_____



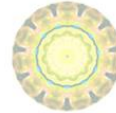
12. Divine Gateway Chakra



11. Galactic Chakra



10. Universal Chakra



9. Spirit Chakra



8. Soul Star Chakra



My Incarnational Star

Before: \_\_\_\_\_ After: \_\_\_\_\_

My Insights:



0. Earth Star