

Intuitive Reiki

An Integrative Approach

A Supplemental Guide

by Reiki Master Teacher
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CALIFORNIA

In this supplemental guide you will have access to all diagrams and illustrations in the book so you can zoom in and view on your computer. You will also have all homework pages for easy printing and writing.

For easy flow, I have put the questions and images in the same order they are in the book.

CHAPTER ONE

Ki (Life Force Energy)

Understanding Ki

Take a moment to write about your perception of energy below. What does energy mean to you? Write, draw, list, and explore all the ways energy impacts your life and fuels the universe.

CHAPTER TWO

Healing Temple

Discovering Your Sacred Space

After you have completed your meditation, write about your experience and anything you wish to remember about what you discovered regarding your healing temple.

The Three Pillars of Reiki

Gassho, Reiji-Ho, Chiryō

Write any notes you wish to remember about the Three Pillars of Reiki and your experience doing them.

Purifying the Spirit through Breath

Joshin Kokyu-Ho

Tanden

Write your illuminations or anything you wish to remember about doing traditional Joshin Kokyu-Ho and Joshin Kokyu-Ho with the Tanden.

Self-Care

Intuitive Self-Care Visualization

Write about your experience doing the exercise here.

Self-Care

How Do You Take Care?

MIND. In what ways do you take care of your thoughts? How do you nourish your mind (or head/brain)?

BODY. In what ways do you take care of your external form? How do you strengthen, soothe, and tend to your physical body?

SPIRIT. In what ways do you take care of your spiritual health? How do you support your spirit?

SOUL. In what ways do you take care of your soul? How do you serve the core of your being?

EMOTIONS. In what ways do you take care of your emotions? How do you honor the emotions that arise?

THE GUT. In what ways do you take care of your gut? The gut is the part of you that just knows. For instance, "I just knew it in my gut." This is the seat of intuition, and in many ways, the gut is synonymous with intuition. How do you take care of your gut and your intuition?

Self-Care

How Do You Not Take Care?

Now, think about the way you don't take care. Are there things you do that work against your ability to care for yourself? Do you jeopardize certain opportunities? Do you ingest anything that leaves your body depleted or not feeling one hundred percent? Do you bury or try to ignore certain thoughts, feelings, or intuitions in your life? Also include any judgments that come in about your health and body. Write your illuminations here.

Affirmation Station

We will now pull into the Affirmation Station! Like a train stop, en route to your dream destination, create a short affirmation based on how you are not taking care of yourself. To do this, you will take one of the negative thoughts or feelings you wrote above and flip it to its positive counterpart, thus turning that frown upside down. If your belief is that your digestion is bad, your affirmation is, "my body digests things perfectly." If you have a long list, start with just one. You will use this in your upcoming self-care protocol. If you are moved to, write an affirmation for everything on your list. In this way, you can explore doing the self-care protocol with all the affirmations you create!

Self-Care

Self-Care Protocol

How was your experience doing the self-care protocol?

CHAPTER TWO

Check Your Understanding

Homework

1. Practice Gassho, Reiji-Ho, and Joshin Kokyu-Ho.
2. Give yourself a self-care session using the self-care protocol.
3. Watch the following clip at this link: <http://bit.ly/DrEmotoReiki>. This is from the movie, *What the Bleep Do We Know!?* Dr. Emoto was a Japanese author and researcher who used photographs to illustrate how the molecular structure of water changes based on the words, sounds, and feelings that it is exposed to.
4. If you are enrolled in Chantel's Intuitive Reiki class, schedule your first Reiki attunement and one-on-one session.

Put Your Knowledge to the Test

1. What are the three pillars of Reiki?
2. What is Gassho?
3. What is Reiji-Ho?
4. What is Joshin Kokyu-Ho?
5. Why do we go to our healing temple?

6. Where is the Tanden?

7. What did you learn from giving yourself a self-care Reiki session?

8. Write any illuminations or discoveries you had while doing the homework and in practice.

CHAPTER THREE

The Healing Techniques of Mikao Usui

The Seven Healing Techniques

What was your experience trying the seven techniques on yourself? Were there techniques you liked more than others or that felt more impactful? Similarly, were any of the techniques difficult to do or did not feel as powerful?

Kenyoku-Ho

Spiritual Cleansing/Dry Bathing

How was your experience dry bathing? Once you've tried all the techniques, which one resonated most? Or do you find yourself creating one of your own?

Byosen

Body Scanning

Try conducting a body scan on yourself. For the body scan, you can do this literally as you look over your physical form or in your mind's eye. I find lying down on my back the most comfortable. I then enter my healing temple, ask Reiki energy to be present with me today for the greatest good of all, and then conduct the body scan with eyes closed to best sense my inner and outer body. What did you feel or sense when doing the body scan?

CHAPTER THREE
The Aura



The Aura

Scanning, Cleansing, and Beaming

What was your experience doing the aura exercises? We're you able to see or sense the aura?

How was your experience with aura scanning, cleansing, and beaming?

Mawashi Group Exercise

If you are able to try this exercise, write about your experience here.

CHAPTER THREE

Check Your Understanding

Homework

1. Practice Aura Scanning, Cleansing, and Beaming on oneself and another.
2. Ask someone to commit to receiving a 15-minute distant Reiki session with you. Let them know to be sitting or lying down in a comfortable position. Make plans to speak with them about their experience within 24-hours of the session.
3. Do the self-care Reiki protocol every day for six days. Record your notes in the Self-Care Log in the back of this book or in your Supplemental Guide. Sessions can be between five to thirty minutes.

Put Your Knowledge to the Test

1. What is Aura Scanning?
2. What is Aura Cleansing?
3. What is Aura Beaming?
4. How do you conduct a body scan?
5. How do you dry bathe?

6. Why is dry bathing important?

7. What is the Reiki Mawashi Group Exercise?

8. What are Mikao Usui's Seven Healing Techniques?

9. Who is Dr. Emoto?

10. What did you learn and/or feel from giving Reiki to yourself every day?
Has your experience or state of being shifted at all since doing daily self-care?

CHAPTER FOUR

The Chakras



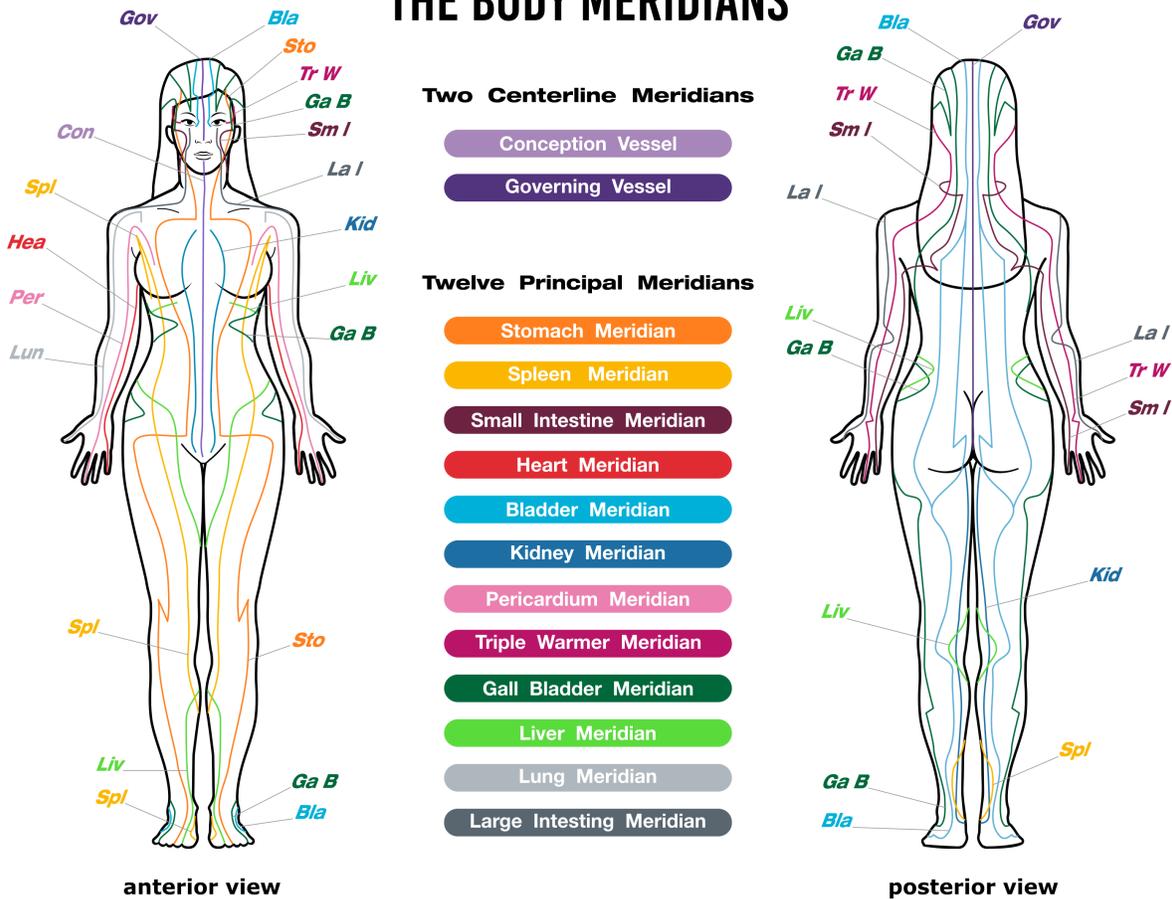
Chakra Meditation

Take a moment to write about your experience doing the chakra meditation. Note any illuminations. Were some chakras sluggish or spinning too fast or too slow? Was there any imagery that came in? Any stories? Memories? Or insights? Record your thoughts below.

CHAPTER FOUR

The Meridians

THE BODY MERIDIANS



Sweeping the Meridians

Explore gently sweeping over the six meridians on your own body. Perform sweeping each meridian three to five times. Practice this technique directly on the body, at a distance, and in your mind's eye. On the following page, record which feels most organic to you. Also, note any sensations you experience while doing the exercise. Do you feel energized, relaxed, or perhaps nothing at all?

Traditional Chinese Medicine

The Five Element Theory (Free Association)

What comes to mind when you think of the following elements? For instance, which foods would nourish them? What season would fuel them? Which colors represent them? What sounds would the element make if it could express itself?

Wood:

Fire:

Earth:

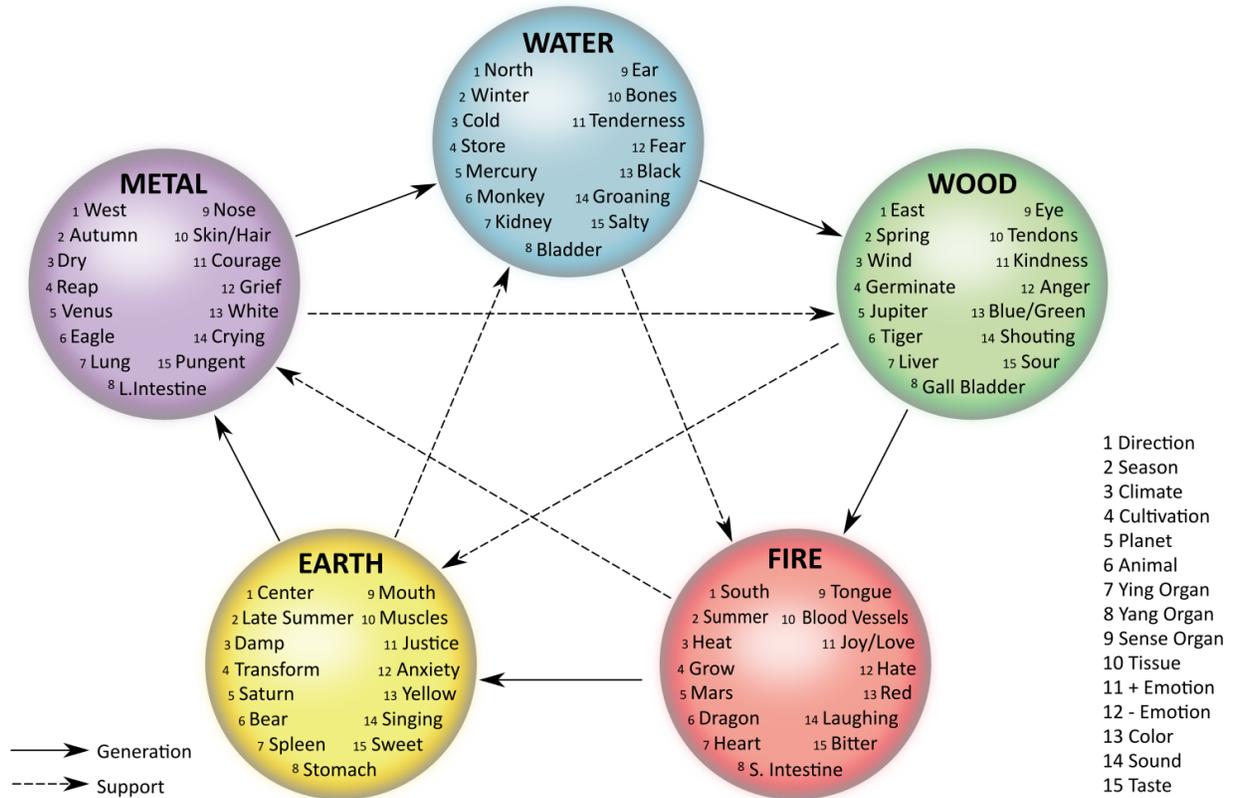
Metal:

Water:

Ether:

Air:

Five Element Theory Diagram



Should your brain prefer a list, here is a list of the various qualities of the elements and how they relate to nature and your body.

	FIRE	EARTH	METAL	WATER	WOOD
Direction	South	Center	West	North	East
Season	Summer	Late Summer	Autumn	Winter	Spring
Climate	Heat	Damp	Dry	Cold	Wind
Cultivation	Grow	Transform	Reap	Store	Germinate
Planet	Mars	Saturn	Venus	Mercury	Jupiter
Animal	Dragon	Bear	Eagle	Monkey	Tiger
Yin Organ	Heart	Spleen	Lung	Kidney	Liver
Yang Organ	S. Intestine	Stomach	L. Intestine	Bladder	Gall Bladder
Sense Organ	Tongue	Mouth	Nose	Ear	Eye
Tissue	Blood Vessels	Muscles	Skin/Hair	Bones	Tendons
+ Emotion	Joy/Love	Justice	Courage	Tenderness	Kindness
- Emotion	Hate	Anxiety	Grief	Fear	Anger
Color	Red	Yellow	White	Black	Blue/Green
Sound	Laughing	Singing	Crying	Groaning	Shouting
Taste	Bitter	Sweet	Pungent	Salty	Sour

The Five Element Theory and You

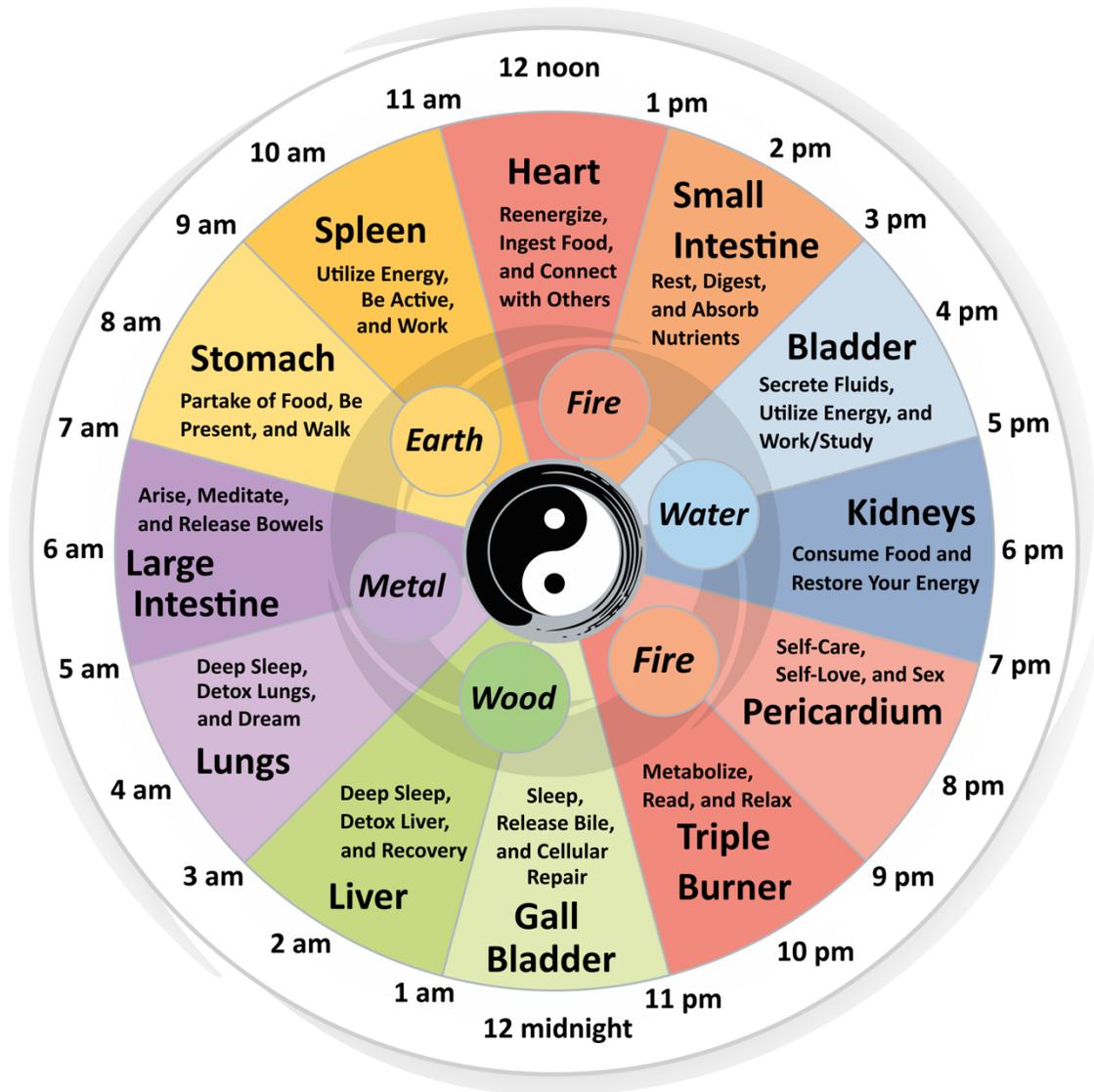
When looking at this chart, notice what lies in each column. I tend to be very fiery, so I work well and thrive in the summer months. I love bitter foods and when in a good space, I am prone to laughing and smiling. I am also prone to digestive imbalances, so if I do not take care of my gut, it affects my physical, mental, and emotional states. I also have a strong aversion to the cold. In the winter months, I have more difficulty focusing and feeling on top of my game.

Write a little below about your perception of yourself. Consider which seasons, climates, tastes, and emotions are most prevalent in your life. In what ways are you nourished and thriving? In what experiences are you hindered and not your best self? Also, do you notice any similarities from the list above? What aspects of the chart above resonate for you?

Five Element Meditation

Write about your experience doing the Five Element Meditation. Record any insights and illuminations that occurred before, during, or after the meditation.

The Chinese Clock



Here we have The Chinese Clock! Meditate on the organs, what time of day they are processing, and what that time of day is best for—for instance, working, sleeping, walking. Once you have studied it thoroughly, try your hand at creating one of your own!

Your Chinese Clock

Draw your Chinese Clock below.

CHAPTER FIVE

Chair Sessions

Provide a Reiki chair session to someone; fifteen to thirty minutes is the perfect amount of time for a session. Once you have concluded, record any insights below. Note if there was any position that was difficult for you or if you discovered a better method for you.

Lying Down Sessions

Provide a Reiki session to someone lying down. Thirty to sixty minutes is sufficient for a lying down session. Once you have concluded, record any insights below.

Long-Distance Reiki

Provide a few people with some long-distance Reiki sessions. If possible, choose seven people, so that you can try every method. Each session can be between fifteen to sixty minutes. Once you have given the sessions, record any insights here. Also, note which method or methods you prefer most.

Meiji Emperor and Poetry

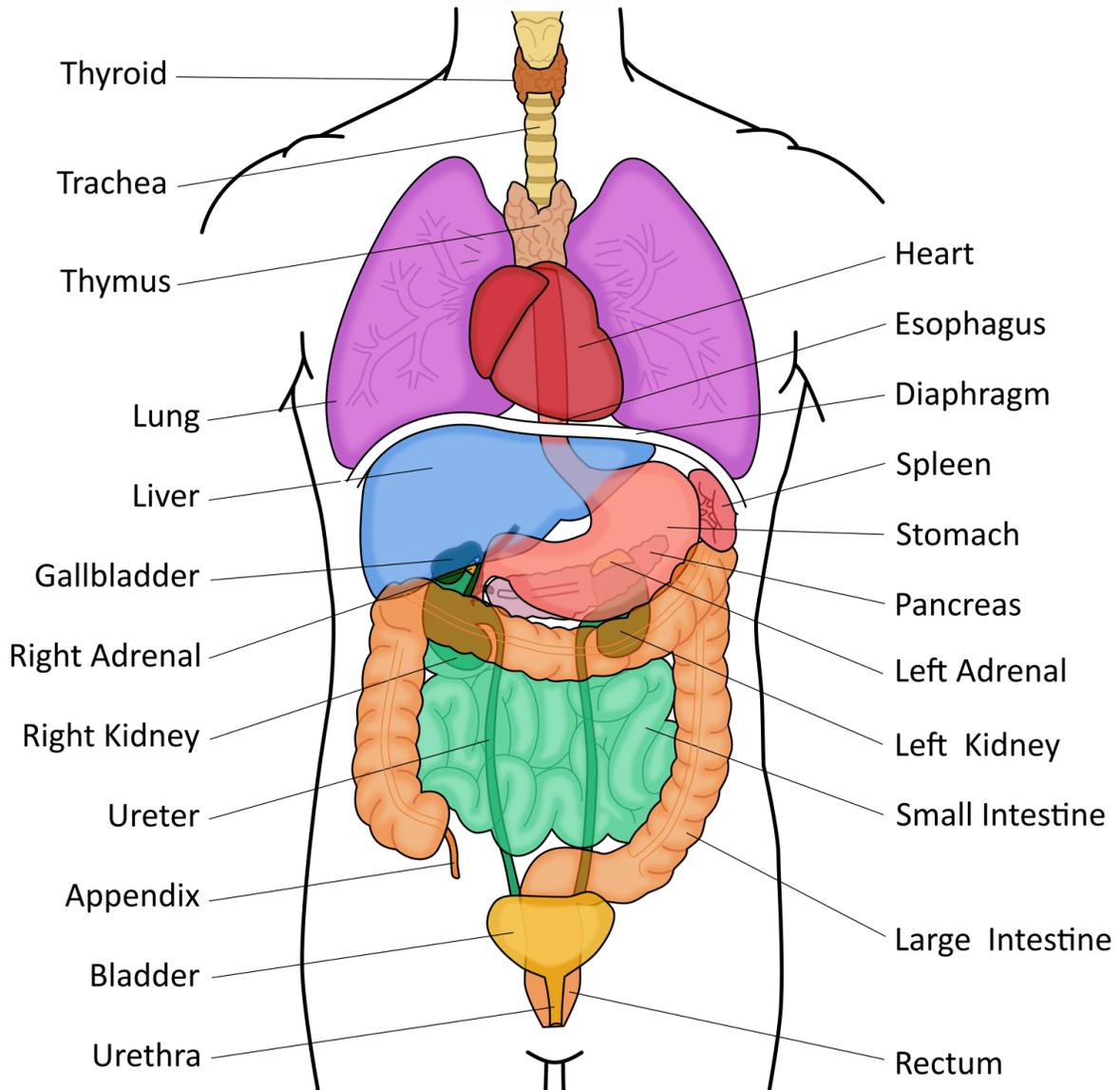
Write your own Meiji-inspired poem here.

5. What are the six distance healing methods?

6. Note any illuminations from the course work so far here.

CHAPTER SIX

Anatomy of Organs and Glands



Spinal Nerve Chart

Vertebrae	Areas & Parts of Body	Possible Symptoms
C1	<ul style="list-style-type: none"> Blood Supply to the Head Pituitary Gland Scalp Bones of the Face Brain Inner and Middle Ear 	<ul style="list-style-type: none"> Headaches Nervousness Insomnia Head Colds High Blood Pressure Migraines Nervous Breakdowns Amnesia Vertigo Chronic Fatigue Dizziness
C2	<ul style="list-style-type: none"> Eyes Optic and Auditory Nerves Sinuses Mastoid Bone Tongue Forehead 	<ul style="list-style-type: none"> Sinus Trouble Allergies Eye Pain Earache Fainting Blindness Crossed Eyes Deafness / Hearing Loss
C3	<ul style="list-style-type: none"> Cheeks Outer Ear Facial Bones Teeth Jaw Trigeminal Nerve Facial Nerve 	<ul style="list-style-type: none"> Neuralgia Neuritis Acne / Pimples
C4	<ul style="list-style-type: none"> Nose Lips Mouth Eustachian Tube Phrenic Nerve C3-5 	<ul style="list-style-type: none"> Hay Fever Runny Nose Hearing Loss Enlarged Adenoids
C5	<ul style="list-style-type: none"> Vocal Cords Neck Glands Pharynx Larynx Glossopharyngeal Nerve Vagus Nerve 	<ul style="list-style-type: none"> Laryngitis Throat Conditions Such as Sore Throat or Quinicy (Inflammation of the Throat)
C6	<ul style="list-style-type: none"> Neck Muscles Shoulders Tonsils 	<ul style="list-style-type: none"> Stiff Neck Pain in Upper Arm Tonsillitis Frozen Shoulder Chronic Cough Upper Respiratory Infection
C7	<ul style="list-style-type: none"> Thyroid Gland Shoulder Bursae Elbows 	<ul style="list-style-type: none"> Bursitis Colds Thyroid Conditions Hashimoto's Disease
T1	<ul style="list-style-type: none"> Forearms Hands Wrists Fingers Esophagus Trachea 	<ul style="list-style-type: none"> Asthma Cough Difficult Breathing Shortness of Breath Pain in Lower Arms and Hands
T2	<ul style="list-style-type: none"> Heart Valves and Ventricles Coronary Arteries 	<ul style="list-style-type: none"> Functional Heart Conditions COPD Certain Chest Conditions Muscular Chest Pain
T3	<ul style="list-style-type: none"> Lungs Bronchial Tubes Visceral and Parietal Pleura Chest Breasts 	<ul style="list-style-type: none"> Bronchitis Pleurisy (Inflammation of Tissues and Lining Within Lungs) Pneumonia Influenza Chest Congestion
T4	<ul style="list-style-type: none"> Gallbladder Common Bile Duct 	<ul style="list-style-type: none"> Gallbladder Conditions Jaundice Shingles
T5	<ul style="list-style-type: none"> Liver Solar Plexus Circulation 	<ul style="list-style-type: none"> Liver Conditions Fevers Low Blood Pressure Poor Circulation Arthritis Skin Conditions
T6	<ul style="list-style-type: none"> Stomach 	<ul style="list-style-type: none"> Stomach Conditions Nervous Stomach Nausea Indigestion Heartburn Dyspepsia Queeziness Anemia
T7	<ul style="list-style-type: none"> Pancreas Duodenum 	<ul style="list-style-type: none"> Ulcers Gastritis Diabetes
T8	<ul style="list-style-type: none"> Spleen 	<ul style="list-style-type: none"> Lowered Immune Response
T9	<ul style="list-style-type: none"> Adrenal and Suprarenal Glands 	<ul style="list-style-type: none"> Allergies Hives
T10	<ul style="list-style-type: none"> Kidneys 	<ul style="list-style-type: none"> Kidney Conditions Arterial Hardening Chronic Fatigue Nephritis Pyelitis (Inflammation of Renal Pelvis)
T11	<ul style="list-style-type: none"> Kidneys Ureters 	<ul style="list-style-type: none"> Skin Conditions Acne Pimples Eczema Boils Warts
T12	<ul style="list-style-type: none"> Small Intestines Abdominal Lymph 	<ul style="list-style-type: none"> Rheumatism Gas Pains Sterility
L1	<ul style="list-style-type: none"> Large Intestines Inguinal Rings 	<ul style="list-style-type: none"> Constipation Colitis Dysentery Diarrhea Hernias
L2	<ul style="list-style-type: none"> Appendix Abdomen Upper Leg 	<ul style="list-style-type: none"> Abdominal Cramps Appendicitis Varicose Veins
L3	<ul style="list-style-type: none"> Sex Organs Uterus Bladder Knees 	<ul style="list-style-type: none"> Bladder Conditions PMS Painful or Irregular Periods Miscarriages Bed Wetting Impotence Knee Pains
L4	<ul style="list-style-type: none"> Prostate Gland Lower Back Muscles Sciatic Nerve 	<ul style="list-style-type: none"> Sciatica Painful or Frequent Urination Lower Back Muscle and Joint Pain
L5	<ul style="list-style-type: none"> Lower Legs Ankles Feet Toes 	<ul style="list-style-type: none"> Poor Circulation in the Legs Swollen Ankles Weak Ankles and Arches Cold Feet Weakness in the Legs Leg Cramps
SACRUM	<ul style="list-style-type: none"> Hip Bones Buttocks 	<ul style="list-style-type: none"> Sacroiliac Conditions Spinal Curvatures
COCCYX	<ul style="list-style-type: none"> Rectum Anus 	<ul style="list-style-type: none"> Hemorrhoids (Piles) Pruritus (Itching) Pain While Sitting

CHAPTER SIX

Check Your Understanding

Homework

1. Memorize the organs and glands of the body, which side they are on, and their primary function.

Put Your Knowledge to the Test

1. Name the nine organs/glands central to the body.

2. Name the eight organs/glands on the right side of the body.

3. Name the nine organs/glands on the left side of the body.

4. Identify three areas of the subluxation chart. For instance, C1 corresponds to the brain area, T9 innervates the adrenal gland, L1 relates back to the large intestines. We learn these areas to bring greater clarity and a different perspective when giving a Reiki session.

CHAPTER SEVEN

Cultivating Reiki in Everyday Life

Negative Space Experience: Exercise #1

Think about a time when you entered a space (inside or outside) where you felt fearful, anxious, or heavy. Sensations in that space may have felt dark or negative. You may have felt unwelcomed or perhaps just slightly uneasy. Remember and record a place you entered that felt negative.

Transforming Negative Space Experience

You will now transform and transcend this negative experience. Record any illuminations here.

Positive Space Experience: Exercise #2

Write about a place you entered that felt positive. Try and isolate the feeling inside your gut. What was it about that space that made you feel relaxed, comfortable, or happy? What was the experience?

Accentuate the Positive Space Experience

We will now accentuate the positive. Holding the memory of this experience in your mind, allow Reiki energy to penetrate and seep deeper into your consciousness. Imagine Aura Beaming the space with your palms or in your mind's eye. Write any illuminations here.

Cultivating Reiki in Everyday Life

Write about your experience giving Reiki to your food, space, a child, and an animal here.

CHAPTER SEVEN

Check Your Understanding

Homework

1. Reiki your food at least one meal a day for a week.
2. If you have an animal in your home or have a family member or friend with an animal, provide Reiki to them. Be sure to ask permission of the animal's owner. In addition, check in with your inner knowing and acknowledge the higher self of the animal. In silence, ask permission from him or her. Listen. You will get an intuitive hit if the animal is receptive to receiving Reiki from you.
3. Reiki a space, your own, or someone else's.
4. If you have a child or a consenting parent, give Reiki to them.
5. If you are enrolled in Chantel's Intuitive Reiki class, schedule your next Reiki attunement and one-on-one session.

Put Your Knowledge to the Test

1. Why is giving Reiki to food impactful?
2. If you were able to give Reiki to an animal or child, what did you learn?
3. How was your experience of giving Reiki to a space charged with positive or negative energy?
4. Describe Hesso Chiryō, its benefits, and how it is done.

CHAPTER EIGHT

Cultivating Your Intuition

Exercises

Open and Close

Look around at your space. Notice the details of the room or outdoor area. Take in as many details as possible. Gather information from all your senses, including how you feel. After three minutes, close your eyes and see what comes to mind. Take another three minutes or so to recall what you experienced. What did you see, smell, hear, and feel? As you recall it, does your visualization of the space evolve? Now, open your eyes and take a few minutes to write about your experience.

Free Form Flowing

Allow your mind-state to fall away. With a pen and paper in hand, explore diving into a word—just one word. For instance, magic. Place your word in the center of the oval, then set a timer for three minutes. Write anything and everything that comes to mind when you think of the word magic. Note every color, sound, and feeling. Write anything that comes to mind about this word. Remember to drop into your sense-body to access your deeper knowing. There are no wrong words or associations.



Clairvoyance Exercise #1: Explore and Remember

Take two or so minutes to observe this painting. Take in everything that you see. Now, close your eyes for another two minutes and recall what you saw. Every detail. Now, open your eyes. Be still for a moment, and then write what, if anything, was illuminated to you. Write both what you saw and what emerged after you closed your eyes.



Clairvoyance Exercise #2: Ask and See

Conjure up a question. It is a burning question. Who am I? Where am I supposed to go? Should I move to a different home or city? What is my calling? Once you have your question, relax into your body. Take a breath. What is the body? Let it fall away. You are a mass of substance defined as substance beyond definition. Take a breath. Let it fall away. Watch yourself in space. You are in a space, in nature, in a room. Let it fall away. It literally falls away. Take a breath. And now, drop. Drop into the skies or earth or nothingness. Allow yourself to fall. In this falling, what do you see? Sky? Soil? Water? Allow it to be what it is. And now, arrive at a place. Where are you? What colors do you see? Are there textures around you? Touch them. What contours are appealing? Do any faces come into focus? What lines persist? What shapes comes in? Allow yourself to fall into the reality of seeing the unseen. Now, in this place, ask your question. Take a few minutes to see what unfolds.

Now, write down what was revealed to you.

Clairvoyance Exercise #3: Create, Close Your Eyes and See

Draw an image. It can be something recognizable, like a home or a face, or something from your imagination. Take a few minutes to create it now.

DRAWING #1

After you have finished drawing your image, take in every single detail of the picture—every color, contour, line, and imperfection. All of it is present and your eyes welcome it. Now, close your eyes. With your eyes shut, envision the picture. Take a few minutes to remember what you saw. Then, open your eyes and draw the image again without referring to your original image. Draw what you saw in your mind's eye and allow it to evolve.

DRAWING #2

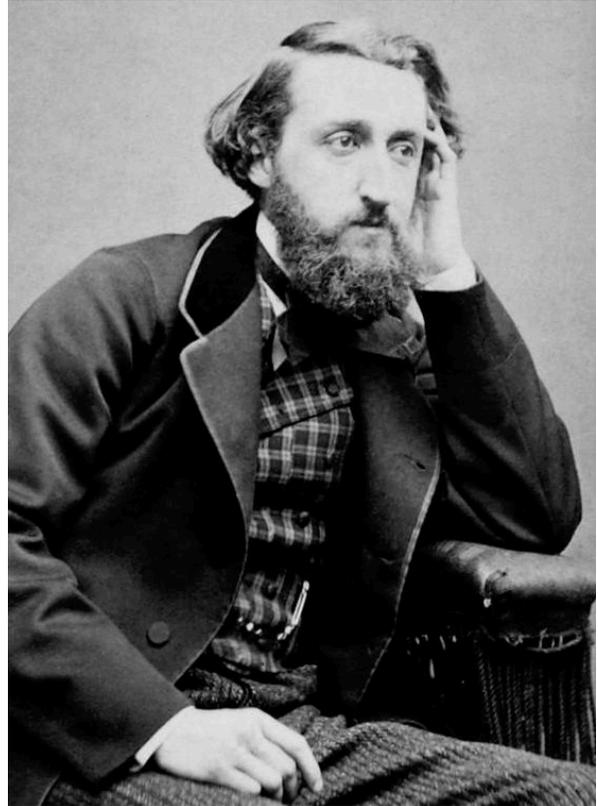
How are your images the same or different? Are you surprised by how much you recalled without referencing the initial image?

Clairaudience Exercise #2: Sound mapping
How was your experience doing this exercise?

Clairaudience Exercise #3: Instruments, Voice, Song, and Music
How was your experience doing this exercise?

Clairsentience Exercise #1: A Picture is Worth a Thousand Words

Choose one of these photographs. Take three minutes to gaze at the person and absorb any feelings that arise. Then, stop and write down what you felt, saw, or heard below.



Claircognizance Exercise #1: Lost and Found

What is lost or hidden to you?

Meditation:

Which elements came in to show you where it might be found?

The Candle Exercise

Light a candle. Conjure up a burning question. Next, look deeply into the center of the flame. For three to five minutes, gaze into this fire source and see what illuminates. Then, write about what you learned during the exercise.

CHAPTER NINE

Messages from Spirit

The Heart Sutra

Write any illuminations here.

Higher Power, God, and the Divine

Bring to mind the word you use for Higher Power. Similar to the Free Form Flowing Exercise, place your word in the center of the oval below; then take three to five minutes to free associate and write every word that comes up when meditating on your word for Higher Power.



Higher Self Meditation

Take a moment to write down what you experienced and what your higher self said or expressed below.

Boundaries

Healthy boundaries are necessary in Reiki practice and in life. Creating a healthy relationship with your clients is key. Here are fifteen statements. Circle your responses on the scale from never to usually.

Boundary Questions

1. **I often feel compelled to share my personal experiences with my clients.**
Usually Often Occasionally Seldom Never
2. **I go over time with my clients. If it is an hour session, I often go to 70 or 75 minutes.**
Usually Often Occasionally Seldom Never
3. **I become friends with my clients.**
Usually Often Occasionally Seldom Never
4. **If a client makes me feel uncomfortable, I ignore it and change the subject.**
Usually Often Occasionally Seldom Never
5. **I believe the body is natural and I will apply hands-on techniques around the breast or genital area if the client is comfortable with that.**
Usually Often Occasionally Seldom Never
6. **It is ok to give Reiki to someone without permission as long as they really need it.**
Usually Often Occasionally Seldom Never
7. **Love is the most important thing. If I were to find my romantic partner while giving a session, I would do it and respectfully navigate having both a personal and professional relationship.**
Usually Often Occasionally Seldom Never
8. **If my client is late, I will go over the allotted time for the appointment.**

- | | Usually | Often | Occasionally | Seldom | Never |
|-----|--|-------|--------------|--------|-------|
| 9. | If I know my client is struggling financially, I will provide the session for free. | | | | |
| | Usually | Often | Occasionally | Seldom | Never |
| 10. | While I am not a therapist, I often offer advice if the client asks. | | | | |
| | Usually | Often | Occasionally | Seldom | Never |
| 11. | I become close to my clients easily and often hug them at the end of a session. | | | | |
| | Usually | Often | Occasionally | Seldom | Never |
| 12. | I am a gift-giver and often feel compelled to give my clients gifts. | | | | |
| | Usually | Often | Occasionally | Seldom | Never |
| 13. | While Reiki is given clothed, if a client prefers to be naked, I honor that. | | | | |
| | Usually | Often | Occasionally | Seldom | Never |
| 14. | If I trust a client and we have a good rapport, I will ask for advice. | | | | |
| | Usually | Often | Occasionally | Seldom | Never |
| 15. | I sometimes have unusually strong feelings (negative or positive) about my clients. | | | | |
| | Usually | Often | Occasionally | Seldom | Never |

Tally up your responses to locate where you reside on the scale.

NOTES

3. Synthesize everything learned in this book. Write about what you will remember, use, and integrate into your life and work.

Self-Care Log

	Date of Session	Length of Session	Notes
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			

Reiki Session Log

	Date of Session	Length of Session	Notes
1			
2			
3			
4			
5			
6			
7			
8			

Give and Receive a Long-Distance Reiki Session

If you are enrolled in Chantel's Intuitive Reiki program, use the space below to record when the sessions were given and received, the duration, and any notes.

	Date of Session	Length of Session	Notes
1			
2			

Use the following pages for SOAP Notes for the sessions you gave to eight individuals.

SOAP Notes #1

SOAP Notes #2

SOAP Notes #3

SOAP Notes #4

SOAP Notes #5

SOAP Notes #6

SOAP Notes #7

SOAP Notes #8

Notes

These next 5 pages are intentionally left blank for any notes you have. You can also use these pages for practicing your Reiki symbols, your Chinese Clock drawing, affirmations, and notes on meditations, etc.

Notes

Notes

Notes

Notes