

Session Date:
Time:



TIP: The more power & thought you have behind your intention, the stronger healing energy you'll pull through

My Distant Reiki ☐ CHECKLIST

TODAY I...

- Filled in intake form/ disclaimer & sent it back
- Sent a selfie to Charmaine (for connection)
- Sent approx. location of where I'll be for session
- Skim Read the Distant Reiki Guide
- Cleared My Afternoon/ Evening Schedule
- Bought incense/ candles/ salt to set mood (not necessary)
- Bought a Journal to record my healing journey (or use back of this sheet)
- Didn't drink alcohol
- Was mindful not to ingest too many toxins (sugar, caffeine etc.)
- Worked out time needed before session start
- Had a shower (preferably after you have finished work to wash off the day)
- Didn't eat anything heavy up to 1.5hrs before session start
- Tried to drink least 1- 2 liters of pure water throughout the day
- Thought about my focus/intention for healing
- Charged my music player in advance so it's not connected to the wall
- Bought & downloaded Guided Meditation MP3 (if need be).



PICTURE MY FACE

when you connect with me at the start of your session. Pls give me your permission to channel by saying something like:

"I am now open to receive this distant energy healing from Charmaine. I am thankful and grateful to receive for my highest good & trust that healing will go exactly where it needs too!".

THEN SAY ANY OTHER INTENTIONS AFTERWARDS.

SET YOUR INTENTION

I'M THANKFUL & GRATEFUL FOR:
(set your healing goal as if you already have it)

- 1) _____
- 2) _____
- 3) _____

I NOW ACCEPT & RELEASE:
(i.e. addiction(s), my past, my attachment to...etc).

- 1) _____
- 2) _____
- 3) _____

TIP: Reiki Energy healing goes to the most immediate need first. If you are hung over, it'll start to detox you. If you've eaten something heavy, it'll go to your digestive system, which can make you sleep. Give your healing the best chance.

SET THE ZEN

- Set the right temperature (blankets and socks ready)
- I'll be comfortable best sitting or laying? My spine must be straight.
- Turned phone off/ or airplane mode for music
- Music or Guided Meditation ready
- I've used the bathroom
- Clean light loose fitting clothes
- I won't be Disturbed



ALL IS NOW WELL IN MY WORLD!!

OR A GENERIC INTENTION

"I'm thankful & grateful for being in total balance, health. I now accept & release all what no longer serves me & welcome abundance into all areas of my life!"

ENJOY THE EXPERIENCE! 😊