



REIKI DRUM  
INTRODUCTION

靈氣

## Shamanic Reiki Journey Check List

Prepare your space

Call in your guides and helpers

Prepare yourself

Invite Reiki to flow (use the symbols to help you connect)

Tune into your intention and your motivation

Invite a guide to be with you

Drum or listen to a drumming track when you feel ready

Relax and release judgement and expectation

Allow the beat of the drum to take you on a journey

Keep your focus on your intention

Explore with curiosity

Let go of control

Trust

Ask questions

Complete the journey and give thanks

Ground yourself (use Reiki and power symbol)

Integrate the experience

Journal or write notes

Close your space when you are done!