

Ascension

module 4

Considerations for this week

- 1) You will soon be open to the full Reiki Rey - how would you like to use this connection in your life?
- 2) Which chakra could use the full strength of the Reiki Rey?
- 3) Is there a part of your life that could benefit from this complete connection?
- 4) Practice self care to prepare for attunement

Practice your breathing techniques

- Dragon's Breath
- Kidney Breathing
- Violet Breath

