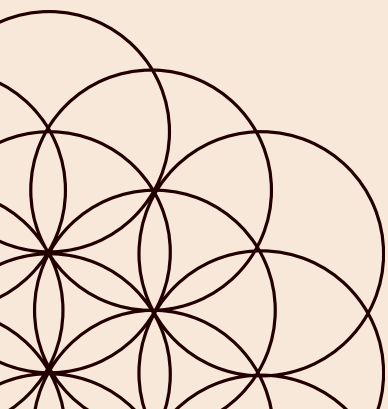
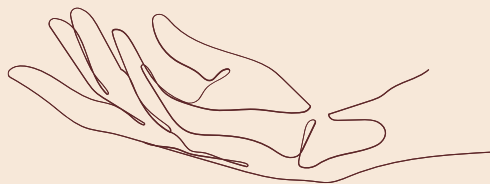
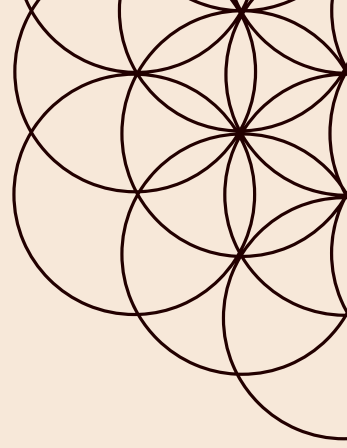


Reiki Self-Healing Practice Workbook

Sylvia Antares



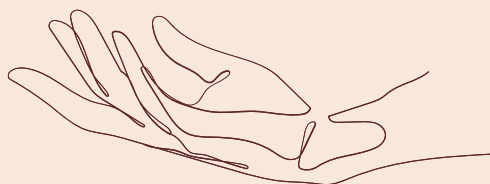
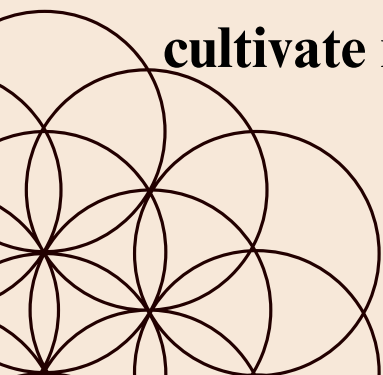


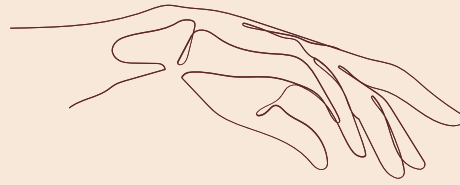
Welcome to Your Reiki Journey

Congratulations on taking the first step towards self-healing and energy balance! This workbook is designed to guide you through simple, yet powerful Reiki practices that you can incorporate into your daily life. Whether you are new to Reiki or looking to deepen your practice, this workbook will provide you with tools to nurture your energy, reduce stress, and align with your true self.

What Is Reiki?

Reiki is a gentle, hands-on healing technique that works with the universal life energy to restore balance and harmony in the body, mind, and spirit. By channeling this energy, you can support your own healing process and cultivate inner peace.



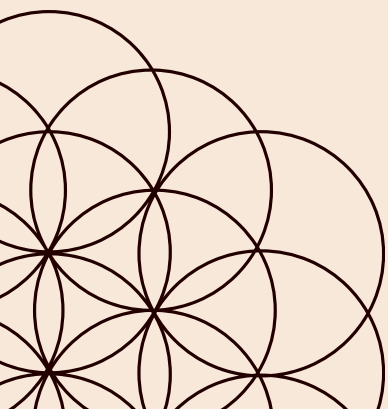


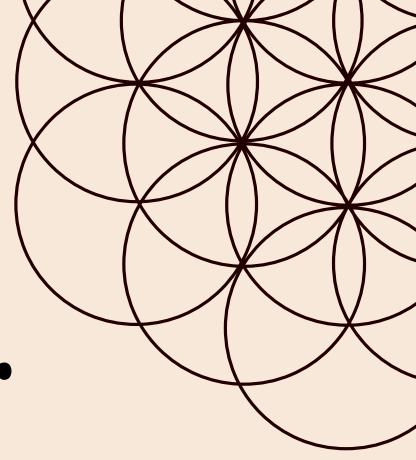
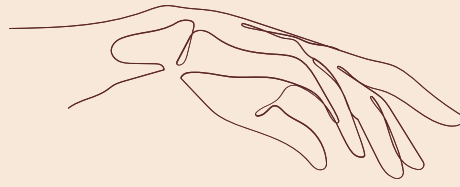
1. Introduction to Reiki Self-Healing

Reiki self-healing is a practice of directing healing energy toward yourself. It involves mindfulness, intention, and gentle touch to encourage your body's natural ability to heal.

This practice can:

- **Reduce stress and promote relaxation.**
- **Enhance emotional well-being.**
- **Support your physical health.**
- **Strengthen your connection to universal energy.**





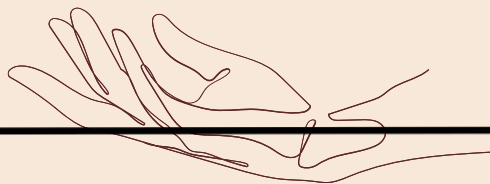
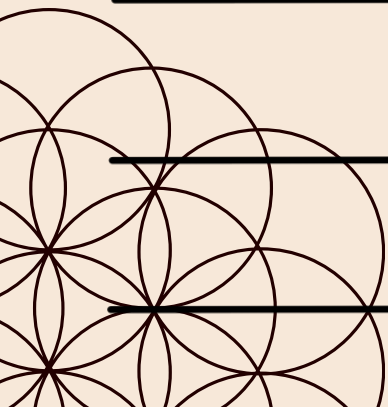
2. Setting Your Intention

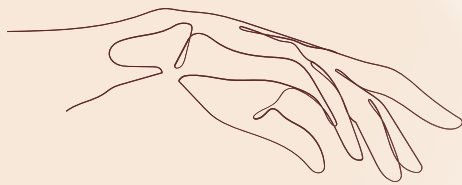
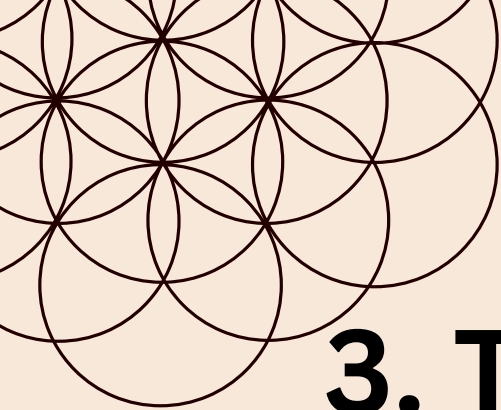
Your intention is the foundation of Reiki practice. Take a moment to reflect on what you hope to achieve through this workbook.

Write Your Intention:

Example: "I intend to use Reiki to cultivate inner peace and balance in my life."

My Intention:





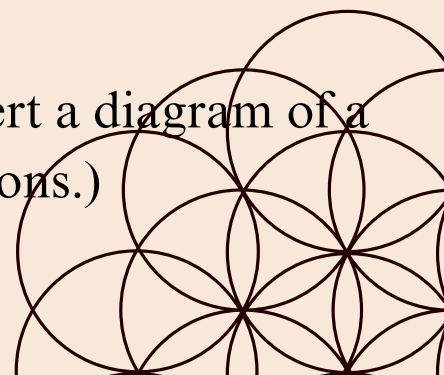
3. The Reiki Hand Positions

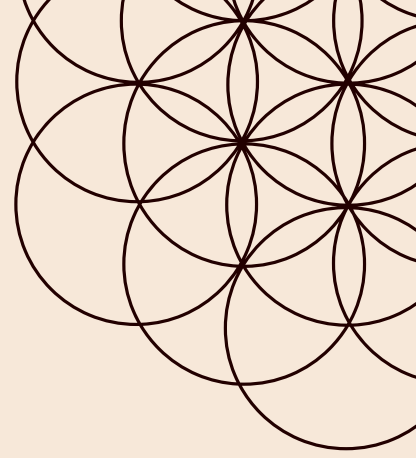
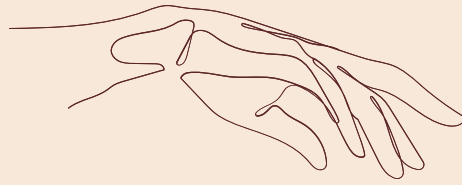
Below are the traditional hand positions for self-healing. Each position should be held for 2-5 minutes or longer if you feel drawn to it.

Key Hand Positions:

1. Crown Chakra (Top of Head): Connect with divine energy.
2. Third Eye Chakra (Forehead): Support intuition and clarity.
3. Throat Chakra (Neck): Encourage communication and expression.
4. Heart Chakra (Center of Chest): Cultivate love and compassion.
5. Solar Plexus Chakra (Upper Abdomen): Empower confidence and vitality.
6. Sacral Chakra (Lower Abdomen): Balance emotions and creativity.
7. Root Chakra (Base of Spine): Ground yourself in stability and safety.

Use the diagram below to guide your practice: (Insert a diagram of a person with labeled chakra hand positions.)





4. Daily Reiki Practice Template

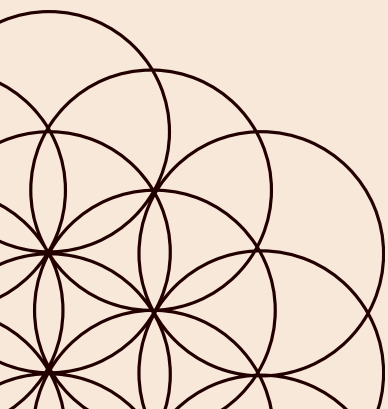
Use this template to structure your daily Reiki
self-healing session.

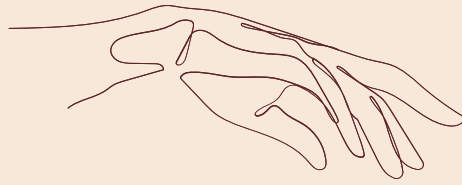
Reiki Practice Template:

DATE: _____

DURATION OF PRACTICE: _____

FOCUS FOR TODAY: EXAMPLE: "CALM MY
MIND AFTER A STRESSFUL DAY."

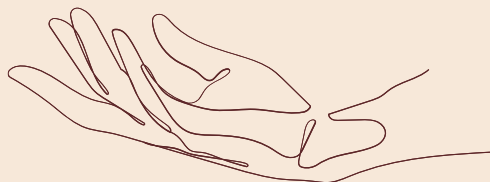
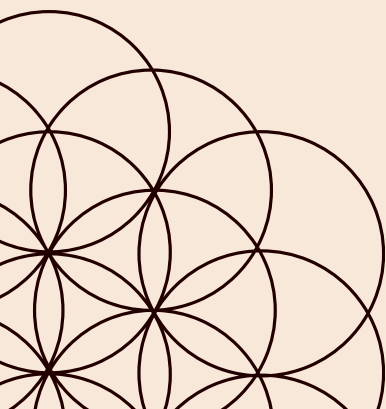


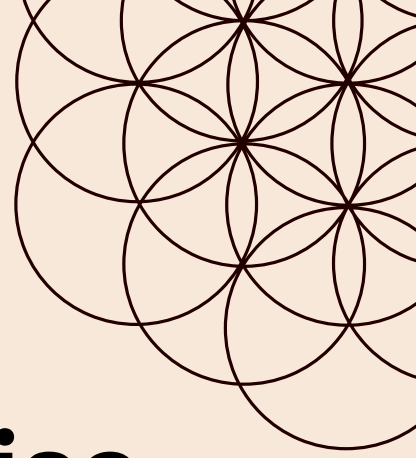
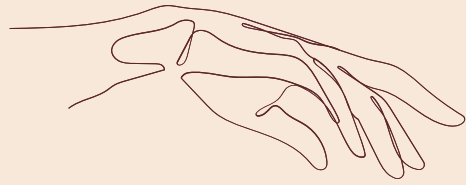


HAND POSITIONS USED:

**HOW I FELT BEFORE THE
SESSION:**

HOW I FELT AFTER THE SESSION:





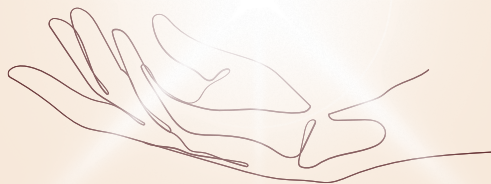
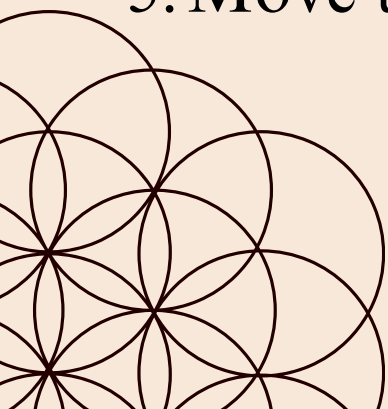
5. Chakra

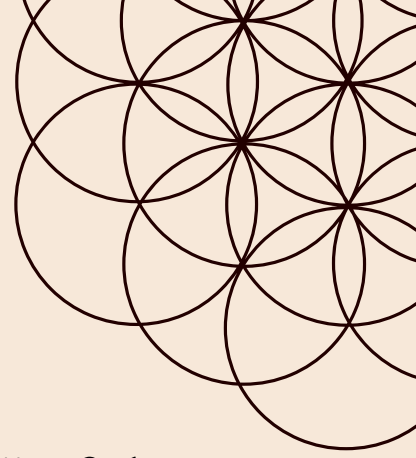
Alignment Exercise

This exercise helps balance the chakras using Reiki energy. Spend 2–3 minutes on each chakra, focusing on its unique qualities.

Chakra Alignment Visualization:

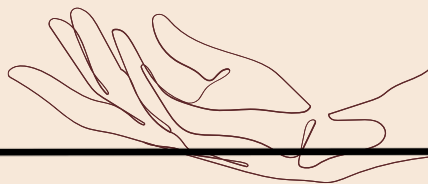
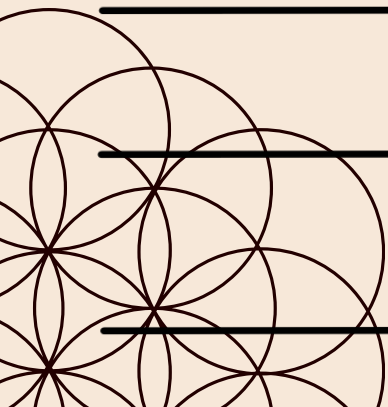
1. Close your eyes and take three deep breaths.
2. Place your hands on the chakra you're focusing on.
3. Visualize a glowing light in the color of the chakra (e.g., green for the heart chakra).
4. Imagine this light growing brighter and clearing away any blockages.
5. Move to the next chakra and repeat.

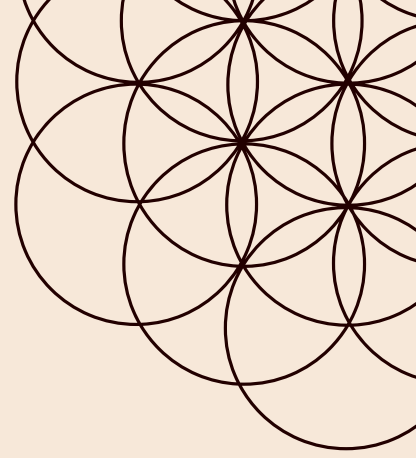
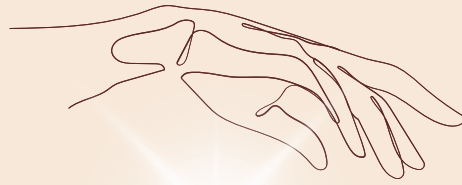




Write down your experience: *Example:* "I felt warmth in my chest while working on my Heart Chakra."

My Reflection:

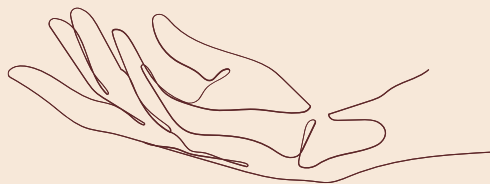
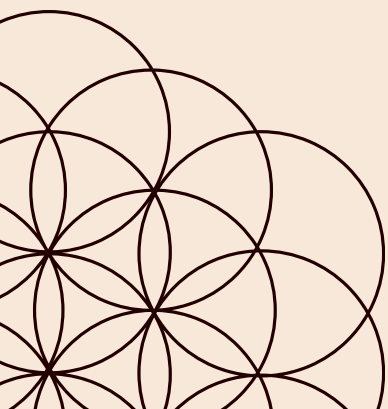


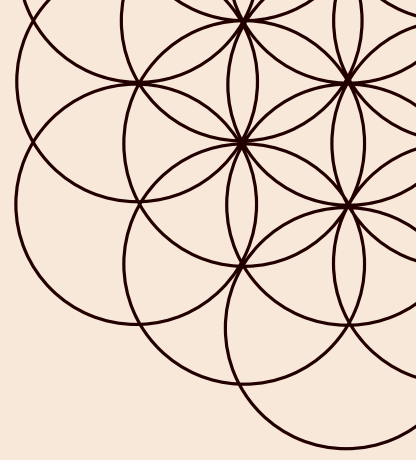
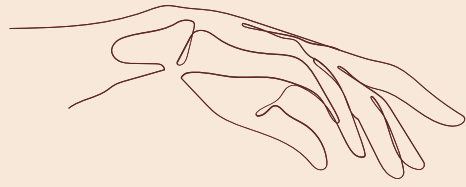


6. Reflection and Progress Tracker

Track your journey over the next seven days. Use the table below to record your daily practice.

Day	Duration	Focus/Intention	How I Felt Before	How I Felt After
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				



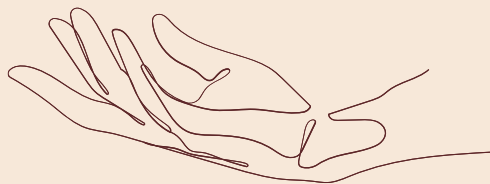
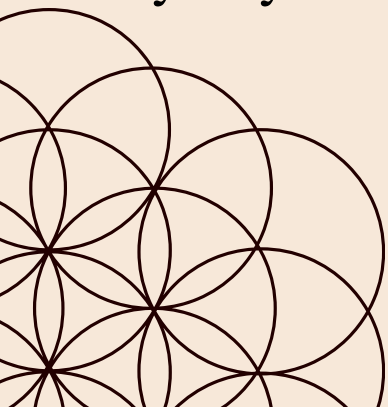


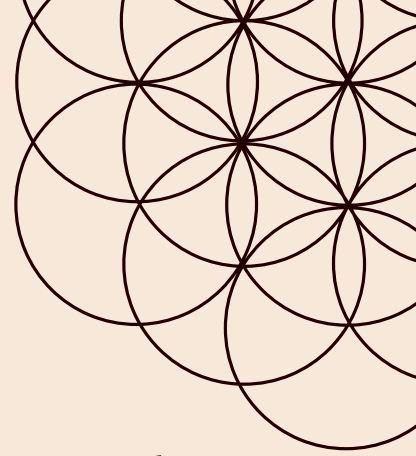
7. Next Steps and Resources

Congratulations on completing your Reiki Self-Healing Practice Workbook! Here are some ways to deepen your journey:

- **Schedule a Reiki Session:** Experience a guided Reiki healing with me.
- **Join My Online Community:** Connect with like-minded individuals.
- **Explore More Resources:** Visit my website for meditations, courses, and more.

Remember, Reiki is a lifelong practice. Continue to listen to your intuition, trust the process, and nurture your energy every day.





I'm Sylvia Antaress, a certified Usui Reiki Master dedicated to helping individuals find balance and harmony in their lives. Feel free to reach out at sylviaantaress.com with any questions or feedback about this workbook.

Thank you for embarking on this journey with me. May your Reiki practice bring you peace, clarity, and abundant energy!

Sylvia Antaress

