

HEALING WAVES REIKI

THE CHAKRAS
Explore + Balance



Welcome.

Begin where you are



The chakras offer a way to explore different parts of our human experience: safety, feeling, choice, love, expression, intuition and spiritual connection.

This workbook accompanies the three-part chakra series on the Healing Waves Reiki Podcast.

As you move through these pages, you may recognize experiences, feelings or beliefs you have carried for a long time.

Begin by acknowledging them.

Consider how they have shaped you—and whether they still support the person you are today.

Then give yourself permission to begin releasing what no longer serves you, at a pace that feels right.

There is no need to force an answer or make yourself let go before you are ready. You can pause, skip a question or return another day.

In Love & Light,

Cathy

Special note:

Chakras are a spiritual framework for reflection, not anatomical structures or a way to diagnose physical symptoms. Chakra practices complement appropriate healthcare.

Before We Begin

Notice what is calling for your attention



Before learning about each chakra, take a moment to notice how you are arriving today.

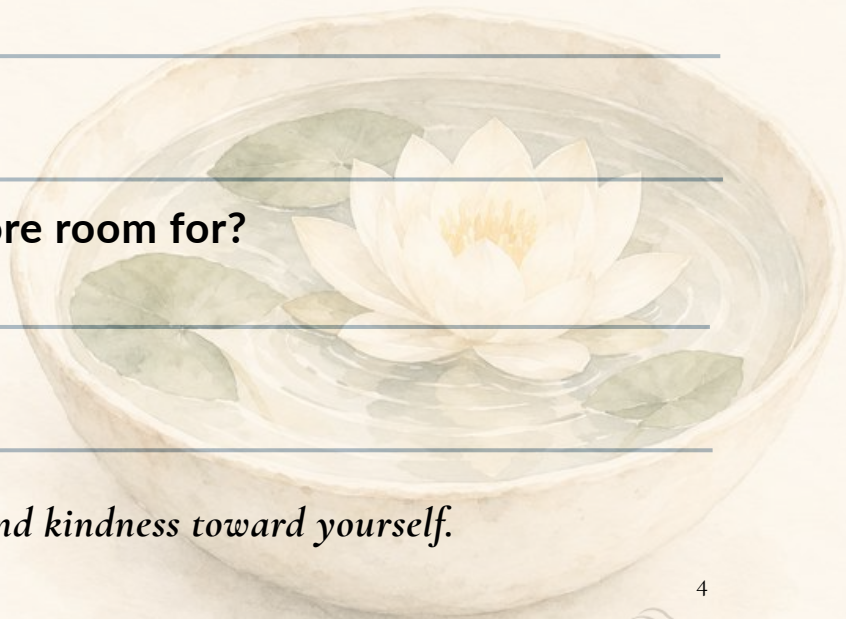
How am I feeling in my body?

What has been taking up the most space in my thoughts or emotions?

Is there something I suspect I am ready to stop carrying?

What would I like to make more room for?

Begin with honesty and kindness toward yourself.



Your Chakra Map

Seven centers, seven ways to listen



Crown

I connect
Meaning and oneness

Third Eye

I see
Intuition and clarity

Throat

I express
Voice and truth

Heart

I love
Connection and compassion

Solar Plexus

I choose
Agency and boundaries

Sacral

I feel
Emotion and creativity

Root

I am
Safety and belonging

Root Chakra — I Am

Acknowledge what has shaped your sense of safety



The Root Chakra represents safety, survival, security, stability and abundance. Financial concerns, uncertainty or earlier experiences of insecurity and fear may affect how grounded we feel.

Even when circumstances change, we may continue carrying a belief that there will never be enough—or that we must always be prepared for something to go wrong.

Life transitions, including welcome ones, can also leave us standing on unfamiliar ground.

Does any of this resonate with you?

Have I experienced a time when I lacked safety, stability, security or enough of what I needed?

What feelings or beliefs from that time am I still carrying?

How do those feelings influence my life today?



Release and Grounding

Feel the support beneath you



Place both feet on the floor, if that feels comfortable.

Notice the support beneath you.

Take three easy breaths.

Look around and name three things you can see.

Notice one sound.

Feel the surface holding your body.

If visualization feels good,
imagine roots extending from your feet into the earth.

There is nothing you need to force.

Simply give yourself a moment to arrive.

What fear or belief about safety, security or having enough am I ready to begin releasing?

What would I like to welcome in its place?

What practical support would help me feel more grounded now?

I am here. I have support available to me.

Sacral Chakra — I Feel

Make room to feel and create



The Sacral Chakra represents pleasure, creativity, intimacy, emotional connection and sexual expression.

These themes may feel unsettled when our enjoyment or expression has been criticized, restricted or associated with shame.

Perhaps you learned that pleasure had to be earned, creativity had to be impressive, or your feelings were too much.

Perhaps changes in your body or circumstances have affected how you express yourself.



Does any of this resonate with you?

Do I feel guilt or shame when I make room for pleasure or creativity?

What part of myself have I learned to quiet?

Release and Creativity

Let joy have a place in your life



You are allowed to enjoy something without proving its value.
You are allowed to create without being good at it.

Begin by noticing which judgments you are ready to loosen—and what you would like to experience more freely.

What belief about pleasure or expression am I ready to begin releasing?

What would I like to give myself permission to enjoy or create?

A gentle practice

Choose one small activity simply because you enjoy it.

Listen to music, draw, cook, garden, move in a comfortable way or sit near water.

Notice whether guilt or self-criticism appears. Acknowledge it, then gently return your attention to the experience.

My feelings matter. My creativity and pleasure deserve space.

Solar Plexus Chakra — I Choose

Explore your relationship with personal power



The Solar Plexus Chakra represents willpower, personal authority, confidence and choice—being captain of your own ship.

It is traditionally associated with digestion. In this exploration, it also invites us to consider the younger version of ourselves we still carry.

Feeling powerless or out of control may bring these themes into focus. Earlier experiences may influence how capable or worthy we feel today.

Where do I feel out of control, and what choices are available to me now?

Am I seeing myself through a belief formed when I was younger?

What did that younger version of me need to hear or receive?

I am worthy. I am strong. I choose to be seen.

Release and Choice

Reclaim one choice at a time



Acknowledge the experiences that shaped your sense of power.
Acknowledge the experiences that shaped your sense of self.
Then consider whether an old belief is limiting what you allow yourself to be or choose today.

You cannot control every circumstance.
You may still be able to choose a response, ask for help or take one step toward what matters to you. You can rewrite your story.

What belief about myself am I ready to begin releasing?

What would I like my younger self to know about who I am today?

What is one choice or boundary I can practice this week?

A gentle practice

Rest a hand on your upper abdomen if comfortable.
Take a few natural breaths.

Complete this sentence:

Today, I choose...

Heart Chakra — I Love

Honor what your heart has carried



The Heart Chakra represents giving and receiving love, compassion, forgiveness and connection. Loss, grief, hurt or trauma may affect how freely we connect.

Protecting the heart can be an understandable response to pain. Over time, we may notice that some of that protection also makes receiving care difficult.

What hurt or loss is asking to be acknowledged?

How have I tried to protect my heart?

Does that protection still support me in the way I need?

My heart deserves compassion for what it has experienced.



Release and Receive

Let compassion meet you here



Releasing does not mean forgetting someone you love, excusing harm or forcing forgiveness.

You may be ready to loosen self-blame, resentment or a belief that you do not deserve care.

Begin with what feels possible today.

What am I ready to begin releasing?

What do I want to continue honoring or carrying with love?

How could I allow myself to receive a little more support?

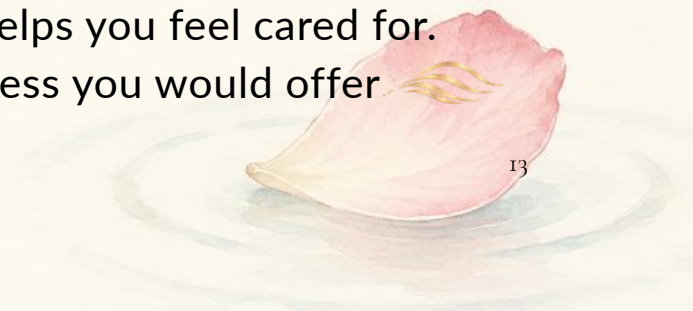
If I feel ready, where might forgiveness begin—including toward myself?

A gentle practice

Place a hand near your heart, or rest your hands in your lap.

Recall a person, place or moment that helps you feel cared for.

As you breathe, offer yourself the kindness you would offer someone you love.



Throat Chakra — I Express

Acknowledge the words you have held inside



The Throat Chakra represents authentic and compassionate communication.

Expressing ourselves can become difficult when we fear another person's reaction, have learned to hide our emotions, or continually become who others want, need or expect us to be. Perhaps staying quiet once felt safer. Perhaps pleasing others became so familiar that your own voice grew difficult to hear.

Where do I hold back what I feel or want to say?

What did I learn about expressing my emotions or needs?

Which expectations no longer reflect who I am?

My voice matters. I can express myself with honesty and care.

Release and Expression

Give your truth some space



Notice what you are ready to release: an old expectation, the need for approval or the belief that your voice matters less.

You can begin privately, on paper.

Expressing yourself does not require sharing everything with everyone. You can choose when, how and with whom you speak.

What expectation am I ready to begin releasing?

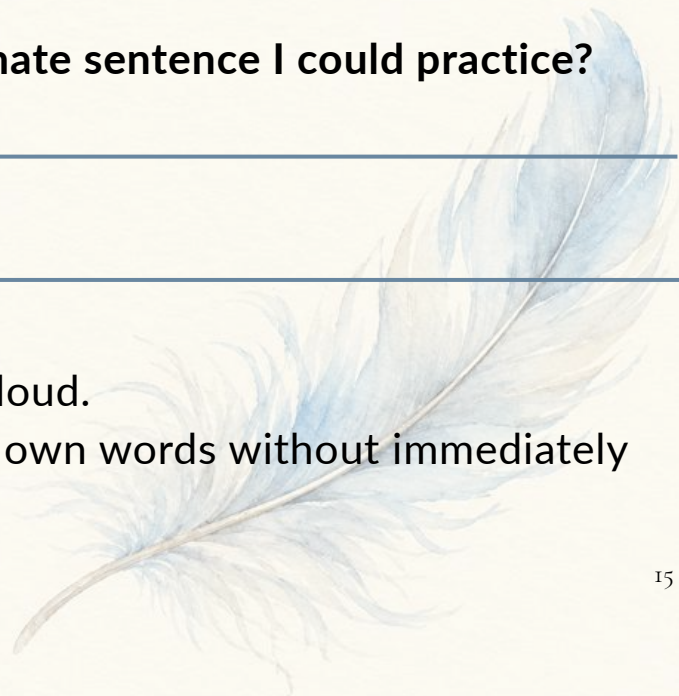
What I really want to say is...

What is one honest, compassionate sentence I could practice?

A gentle practice

Read your sentence silently or aloud.

Notice how it feels to hear your own words without immediately correcting or minimizing them.



Third Eye Chakra — I See

Notice what constant activity has crowded out



The Third Eye Chakra represents perspective, intuition and the ability to see the bigger picture.

It invites us to notice meaningful patterns and consider what our inner impressions may offer.

When life becomes overwhelming and we remain in constant “go” mode, we may have little opportunity to pause and take things in.

Have I been moving through life without time to notice or reflect?

What has been occupying most of my attention?

What can I do to slow down, quiet the distractions and become present?

I can acknowledge how much I have been managing.



Release and Clarity

Make space to notice



Consider what you might loosen: unnecessary urgency, constant analysis or the expectation that you must always be productive. You can give an impression room without immediately deciding what it means.

Clarity may develop through reflection, practical information and time.

What am I ready to begin releasing?

What could I simplify to create a little more quiet?

What helps me recognize the difference between an impression and the story I add to it?

A gentle practice

Sit quietly for one minute.

Ask: What do I notice right now?

Record what appeared first.

Then separately record your interpretation.



Crown Chakra — I Connect

Acknowledge your spiritual questions



The Crown Chakra represents spiritual connection and a sense of being guided and supported by the divine.

Feeling abandoned by a higher power—or blaming that power for suffering—may affect our felt sense of connection.

Perhaps you have asked, “Why did God let this happen to me?”

Perhaps beliefs that once supported you no longer feel comforting.

Does any of this resonate with you?

Have I felt abandoned, disappointed or angry toward the divine?

What does spiritual support mean to me now?

I can remain open to connection while allowing myself to have questions.

Release and Connection

Allow your relationship with the divine to evolve



You do not need to force certainty or replace a difficult feeling with gratitude.

Consider whether you are ready to release guilt about questioning, an expectation of how guidance must appear, or a belief that leaves you feeling unworthy of support.

Let connection take a form that feels honest to you.

What am I ready to begin releasing?

What beliefs continue to support me?

Where do I experience meaning, wonder or a sense of something greater?

A gentle practice

Look toward the sky, the ocean, a tree or the space around you.

Take a few natural breaths.

Allow yourself to be present without needing an answer.



Bringing It Together

Notice how your experiences connect



You may have recognized yourself in more than one chakra. An experience of insecurity may affect your confidence. Grief may influence your willingness to receive. The pressure to please others may shape both your choices and your voice. You are a whole person. These themes can overlap.

Which chakra themes resonated most with me?

What pattern do I understand with greater compassion now?

What have I acknowledged that I previously avoided?

What am I ready to begin doing differently?

What I'm Ready to Release

Make room for what supports you now



Choose one feeling, belief or expectation you have recognized.
You can honor where it came from while considering whether it still belongs in your life.

What I have been carrying:

Where I believe it began:

What I am ready to begin releasing:

What I want to welcome in its place:

A small action that will support this change:

Continue the Journey

Return whenever you need to listen again



Your needs may change as life unfolds.

You can return to these pages after a transition, during a difficult season or whenever you want to reconnect with yourself.

Listen again to the three chakra episodes:

- Root and Sacral: safety, feeling and creativity.
- Solar Plexus, Heart and Throat: choice, connection and expression.
- Third Eye and Crown: intuition, perspective and spiritual connection.

Explore the free Healing Waves Reiki Workbook Library and Guided Meditation Library for additional practices and reflection.

You do not have to release everything today.

Begin with what you can acknowledge.

Make room for what supports you.

Let your next step be one you can take with compassion.

In love and light,

Cathy Scarpitto



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Thank you for allowing me to be part of your journey.

*With gratitude,
Cathy Scarpitto* ♥



