



HEALING WAVES REIKI

THE POWER OF INTENTION

Notice + Nurture





Welcome.

Every intention begins with awareness.

What if intention changes more than we realize?

Perhaps not by magically changing the world around us...

But by changing the world within us.

Every day we are surrounded by words.

Words spoken by others.

Words spoken to ourselves.

Messages from childhood.

Messages from relationships.

Messages from our own inner critic.

Some encourage us to grow.

Some quietly keep us stuck.

This workbook is an invitation to slow down, become curious, and notice the words, intentions, and messages that shape the way you see yourself, the world around you, and your place within it.

As you move through these pages, may you discover that healing often begins with awareness.

May these reflections help you create an inner environment rooted in compassion, presence, and possibility—one that gently supports your healing journey.

In Love & Light,

Cathy



Before We Begin

Healing begins with noticing.



Before turning the page...

Pause

Close your eyes for a moment.

Take three slow breaths

Just allow yourself to arrive.

Notice

Without trying to change anything, gently ask yourself:

- What thoughts have been occupying my mind lately?
- What emotions am I carrying today?
- What messages have I been hearing—from others or from myself?
- How does my body feel in this moment?

Simply observe with curiosity.

There are no right or wrong answers.

Reflect

My intention for this workbook is...



The Environments That Shape Us

Healing is influenced by more than what surrounds you.



Healing doesn't happen in isolation—it unfolds within the environments we experience every day.

We are constantly influenced by our environment.

Not just our physical surroundings...
But our emotional, relational, and internal environments.

The environments where I feel safest are...

The environments that drain my energy are...

When I feel completely supported, my body feels...

The Words We Receive

Listen • Notice • Reflect



Sometimes the words spoken to us become the stories we believe.

What messages have you heard throughout your life?

"I should..."

"I always..."

"I'm not..."

"I have to..."

Write the messages that have stayed with you.

Now ask yourself...

Are these words creating healing...
or creating fear?

Do they still belong to me?

The Stories We Tell Ourselves

Your body is always listening.

Our inner dialogue quietly shapes our nervous system every day.



When I make a mistake, I usually tell myself...

When I'm struggling, I usually think...

When I look at my body, I often say...

Would I speak this way to someone I love?

- ☐ Yes
- ☐ Sometimes
- ☐ No

If not...what would kindness sound like instead?

The Power of Intention

What you repeatedly notice begins to grow.

Every intention gently directs our attention.

Which intention feels most needed today?

- ☐ Peace
- ☐ Healing
- ☐ Presence
- ☐ Patience
- ☐ Courage
- ☐ Trust
- ☐ Curiosity
- ☐ Compassion
- ☐ Gratitude
- ☐ Acceptance

My intention this week:

Protection or Restoration?

Notice what your nervous system is preparing for.

Listen to Your Body



When life feels overwhelming, what does your body do?

- | | |
|---|--|
| ☐ Holds its breath | ☐ Becomes anxious |
| ☐ Tightens muscles | ☐ Withdraws |
| ☐ Becomes exhausted. | ☐ Tries to control everything |
| ☐ Other | |

When I feel safe...

My breathing...

My body...

My thoughts...



What Are You Feeding?

What you practice becomes familiar.

What do you rehearse most often?

Circle the patterns you notice most often.

Worry

Gratitude

Self-criticism

Hope

Fear

Trust

Comparison

Compassion

Scarcity

Abundance



Which patterns would you like to strengthen?



Nurturing Your Healing Environment

Create conditions where healing can unfold.

Healing is supported by the environments we intentionally create.

What helps you feel safe?

- ☐ Reiki
- ☐ Prayer
- ☐ Nature
- ☐ Music
- ☐ Walking
- ☐ Quiet
- ☐ Journaling
- ☐ Meditation
- ☐ Deep breathing
- ☐ Supportive relationships
- ☐ Gentle movement
- ☐ Rest
- ☐ Other

Gentle Reflection



What could you invite into your life more often?



Choosing New Words

A small shift in language can create a different experience.



Replace each statement with one that feels kinder.

"I'll never heal."



"I'm not enough."



"I always mess things up."



"My body is failing me."



Now create one sentence you want your body to hear every day.

¹² Repeat it aloud.

My Daily Intention

Small intentions create meaningful change.

Morning Intention



Today I choose to...

Today I will notice...

Today I will nurture...

At the end of today, I noticed...



This Week I Will Notice...

Notice • Nurture • Grow



I noticed these words from others...

I noticed these words from myself...

My body responded by...

Tomorrow I choose this intention...



Reiki & Intention

Healing becomes more available in presence.

Reiki doesn't force healing.

It creates a space where healing becomes more available.

It invites safety.

It supports regulation.

It reminds the body how to settle.



After Reiki—or any practice that helps you slow down—what changes do you notice?

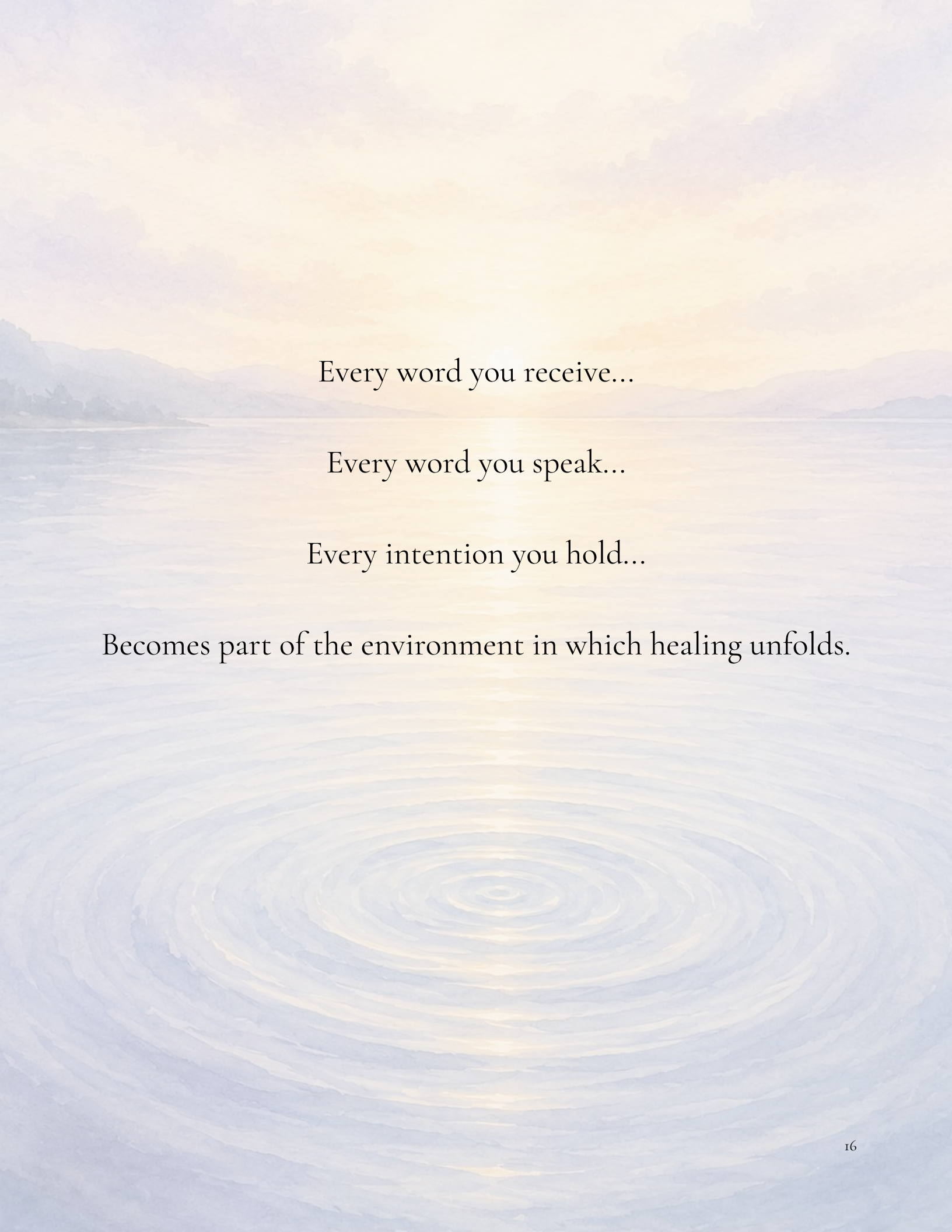
My breathing...

My thoughts...

My emotions...

My body...





Every word you receive...

Every word you speak...

Every intention you hold...

Becomes part of the environment in which healing unfolds.

Continue the Journey

One intention. One breath. One wave at a time.

Healing begins long before symptoms change.

It begins with awareness.

With noticing.

With listening.

With choosing.

With nurturing.

Every thought...

Every word...

Every intention...

Every environment...

Becomes part of the conversation your body is having each day.

So before you ask,

"How do I heal?"

Perhaps begin with a different question.

What am I inviting my body to experience today?

Because healing is always listening.

And what we repeatedly notice...

is often what we begin to nurture.

With gratitude and light,

Cathy Scarpitto

Continue Your Healing Journey

Where would you like to go next?

Tap any stone to continue your healing journey.



Podcast

Listen to the
companion episode.



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healthcare professionals.

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

*With gratitude,
Cathy Scarpitto* ♥



