



HEALING WAVES REIKI

SUPPORTING YOUR SELF-REIKI PRACTICE

Receive + Restore





Welcome.

Healing begins with coming home to yourself.

Self-Reiki is an invitation to pause, listen, and receive.

Rather than searching for healing outside yourself, this practice reminds you that you already carry the capacity to create moments of peace, presence, and connection within.

There is no perfect way to practice.

There is only your way.

This workbook is designed to accompany the Healing Waves Reiki Self-Reiki podcast episode and guided meditation.

Take your time.

Return often.

Make it your own.

Allow your practice to evolve.

In Love & Light,

Cathy



Before We Begin

Before beginning, pause and reflect.

Pause.

Take one slow breath.

Then begin writing whatever comes to your heart.



What does healing mean to me?

Right now my body is asking for...

My heart needs...

I hope this practice helps me...

Creating Your Space

Small rituals create powerful habits.

Today I chose to...



- ☐ Silence my phone
- ☐ Light a candle
- ☐ Play soft music
- ☐ Take three slow breaths
- ☐ Set an intention
- ☐ Simply arrive

What helps me feel safe and relaxed?

Setting Your Intention

Healing begins with awareness, not perfection.



Today I invite...

Peace

Trust

Healing

Rest

Clarity

Compassion

Forgiveness

Strength

My intention today:



Trust Your Hands

Your body often knows where to begin.

Listening Within



Where were your hands naturally drawn today?

- ☐ Head
- ☐ Heart
- ☐ Throat
- ☐ Solar Plexus
- ☐ Abdomen
- ☐ Hips
- ☐ Knees
- ☐ Feet
- ☐ Somewhere else

What did you notice?

REIKI HAND PLACEMENTS

Trust where you are drawn.



1. Top of Head

*Connect to guidance
and higher wisdom*



2. Third Eye

Trust your intuition



3. Throat

Speak your truth



4. Heart

Open to love



5. Solar Plexus

Trust your power



6. Heart & Solar Plexus

Balance love and power



7. Lower Abdomen

*Nourish and support
your foundation*



Listening Instead of Fixing

What if your only job is to be present?

Gentle Reflection



Today my body was trying to tell me...

A background image of a person with long hair, seen from behind, standing on a beach and looking out at the ocean under a bright, hazy sky. The person is wearing a light-colored long-sleeved shirt and a skirt. The ocean waves are visible in the distance.

Instead of judging it, I can respond by...



What Did You Notice?

Every experience is different.

Circle anything you experienced

Warmth
Coolness
Tingling
Relaxation
Emotion
Stillness
Sleepiness
Nothing at all
Other

Journal



Reiki Principles

Simple reminders for everyday living.

Just for today...

Do not anger

Just for today...

Do not worry

Just for today...

Be grateful

Just for today...

Do your work honestly

Just for today...

Be kind to every living thing

Gentle Reflection



Which principle feels most meaningful today?

Self-Compassion

Offer yourself the kindness you so freely give others.



Today I forgive myself for...

Today I am proud of...

Today I choose...

Daily Practice Tracker

Small moments become meaningful habits.

Day	✓	Before Practice	After Practice
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			



Daily Practice Tracker

Day	✓	Before	After
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			



Gentle Reiki Practice

Healing is a practice, not a destination.



Place one hand over your heart.
One hand over your lower abdomen.

Take several slow breaths.

Silently repeat:

May I be peaceful.
May I be supported.
May I trust my body.
May I trust my path.

May I receive whatever today has to offer.

Remain here for 3–5 minutes.

Looking Back

Reflect on what you've discovered.



After spending time with Self-Reiki...

I notice...

I appreciate...

The next step in my healing journey is...



Continue the Journey

One step. One breath. One wave at a time.

Healing doesn't always begin by doing more.

Sometimes it begins by placing your hands over your heart...

Taking one slow breath...

And remembering that healing begins within.

May your Self-Reiki practice bring you peace, clarity, connection, and gently guide you back to yourself..

Make your practice your own.

No rules.

No judgement.

Just trust.

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.



Library

Explore more
workbooks.



Healing Waves

Visit Healing Waves Reiki
for sessions, resources
and more.



Learn

Explore courses, Reiki trainings
and CEU programs for
healthcare professionals.

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

*With gratitude,
Cathy Scarpitto* ♥



