

Shoden

Reflective Practice



*Reiki
Academy*



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Academy*

WITH NIKI BAGGS (RMT)



Welcome to the beginning of your self-healing journey!

This workbook is crafted to assist you during the initial weeks after your training—a period of practice and reflection in preparation for your online session that completes your Shoden training and certification.

Throughout this time, many encounter emotional shifts as they assimilate the new energies of Reiki into their lives.

This workbook is here to aid you by providing structured tools to record your experiences, contemplate your feelings, and engage in daily self-Reiki with purpose and mindfulness.





Overview of Workbook

You'll discover opportunities for reflections, tailored to help you attune to your energy, featuring exercises, prompts, and meditations specifically suited for relaxation.

Here's what you can expect in the following sections:

Self Practice : Reflective questions that will assist in tracking your physical, emotional, and spiritual responses to each self healing Reiki session or healing with others. (how ever brief).

Exercises : Suggested activities to deepen your Reiki practice and enhance self-awareness.

Reiki Journal: Intended to foster introspection and personal growth. If you feel the pages provided in the work book are not enough, I would encourage you to use your own journal book and transfer the journaling prompts across.

The sections also follow themes, focusing on a specific aspect of your Reiki journey. You can choose in which order you engage with the sections.

Section One: The Art of Receiving

Emphasizes the importance of being open to receiving Reiki and establishing a daily practice.

Section Two: Exploring the Five Reiki Principles

Invites reflection on the principles and their integration into daily life.

Section Three: Self Healing Practices

Journal of Self healing practices that can be found in your manual.

This workbook is a companion in your Reiki journey, designed to support and enhance your self-healing process. As you move through these sections, remember that every experience is part of your growth. Embrace each moment with openness and compassion, and let Reiki guide you toward deeper understanding and wellness and have Fun!!



Flexible Use

There are no strict rules on how to use this workbook. Feel free to navigate through it as it suits you best. Here are some suggestions on how to make the most of it:

- Sequential Approach: Work through the workbook in order, completing each exercise.
- Non-linear Approach: Flip through the workbook and work on the exercises out of order, focusing on what resonates with you most.
- Customized Routine: If you prefer doing Reiki only at specific times (morning or evening), focus on the time of day your practice allows.
- Mix and Match: Feel free to blend exercises based on your preferences. Anything goes!

Open-Ended Questions

All questions in this workbook are open-ended to stimulate thoughtful responses. It's encouraged to provide detailed answers that you can revisit later, offering deeper insights into your journey.

Embrace Creativity

Feel empowered to get creative with this workbook! Use coloured pencils, crayons, markers, or any other artistic tools to personalise and decorate the pages. Doodle, draw swirls, or add random shapes to make this workbook uniquely yours.

There's ample open space for you to express yourself and enhance your creative flow.

Remember, the goal is to enrich your self-healing journey through Reiki with flexibility, joy, and inspiration. Enjoy and have fun with the process and let your creativity shine!





Art of Receiving

Date:

Reflection : What am I looking forward to today/tomorrow/this week?

Exercise:

let's embark on a simple yet profound practice that can initiate a shift in your mindset towards receiving, regardless of the weather.

Step outside and connect with Reiki & then with the weather your presented with at the time you choose to do this exercise.

Recognising the feeling of the weather on your face, listen to the sounds the weather may bring, watch the reactions of the weather within you and the reactions of your environment (e.g. nature, animals) and how they respond to the weather your experiencing.

What were your experiences during/after the exercise ?





Art of Receiving

Date:

Reflection : What happened today/yesterday that I was grateful for?

Exercise:


Similar to the last exercise , go outside and receive the light of the sun / moon or the sunrise or sunset, the gentle calmness of the morning or night. Breathe in the fresh air, get away from the computer, turn off the phone and just breathe. Air does not expect anything in return. Feel the sensations as you breathe.

What were your experiences during/after the exercise ?

Did I use Reiki during the day? Y/N If Yes, why?

How do I feel right before Reiki and what changes did i experience after?

Consider areas of improvement, raised from self healing, even regarding to personal growth or within your reiki practice?



Allow yourself to be honest and introspective. This reflection sets the stage for your Reiki practice, guiding you towards areas of focus and intention for future self healing sessions



Art of Receiving

Date:

Take Your Time....write down your thoughts and feelings. This simple exercise marks the beginning of a journey towards embracing the art of receiving in all its forms, enabling you to invite positivity and abundance into your life with gratitude and openness.

:What does it truly mean to receive?

Prompt: Receiving extends beyond material gifts. It involves opening yourself to the richness of experiences, connections, and opportunities that surround you every day.

What fears or hesitations do you have about allowing yourself to receive?

Prompt: Explore any underlying fears or beliefs that may hinder your ability to receive fully.





Art of Receiving

Date:

What am I looking forward to today? or What happened today that I was grateful for?

Today find someone to hug. Notice I did not say *give* a hug to. Learn to receive a hug; it will be more rewarding than simply giving a hug.

How does it make you feel when you receive physical affection such as a hug?





Reiki Precepts

Section Two: Connecting to Reiki Precepts

Mikao Usui gave his students a series of ‘precepts’ to follow. We know that Mikao Usui was a Tendai Buddhist, and so precepts would have been an important part of his spiritual life. So precepts are a list of guidelines for living your life, ideals to work towards, recommendations about thought and behaviour that you should follow as much as you can.

Usui Sensei’s version:

The secret of inviting happiness through many blessings

The spiritual medicine for all illness

For today only:

Do not anger;

Do not worry

Be humble

Be honest (in your work)

Be compassionate to yourself and others

Do gassho every morning and evening

Keep in your mind and recite

The precepts were the baseline, the foundation of Usui Sensei’s teachings, and it was thought that individual could achieve as much spiritual development by following the precepts as could be achieved by carrying out all the energy exercises.

Incidentally, you may find some commentators saying that negative affirmations are not a good idea: such things are said to be more effective when framed in positive terms. What we have presented to us in the precepts is just a quirk of translation from Japanese to English: the precepts are actually a recommendation that we exist in the moment in a state where we are free from anger and worry, a ‘worry-free, anger-free’ state.

For me, Mikao Usui’s precepts represent both some of the beneficial effects that Reiki can produce in your life if you work with the energy regularly, and they represent a set of principles that we need to follow to enhance our journey of self-healing and self-development with Reiki.





Reiki Precepts

The Releasing Exercise

Introducing a way of working with the precepts in conjunction with the Reiki energy. This is a way of directly experiencing the effects of a precept in terms of energy flow.

I would like to suggest that you do the following stages, for a couple of minutes at a time, twice a day, for a month:

Sit with your eyes closed and your hands resting in your lap, palms up. You are going to be releasing energy through your hands.

Stage One

Sit comfortably with your eyes closed and your hands resting in your lap, palms up. Take a few long deep breaths and feel yourself becoming peaceful and relaxed. Your mind empties. Say to yourself "I now release all my anger..."; say this three times to yourself if you like. Allow energy to be released through your palms, and be still until the flow of energy subsides. This may take a little while, particularly the first time you try this exercise.

Stage Two

Now say to yourself "I now release all my worry..."; say this three times to yourself if you like. Again allow a flurry of energy to leave your hands and be still until it subsides. Again this may take a little while, particularly the first time you try this exercise.

Alternatively, try carrying out the releasing exercise in time with your breath. Breathe in gently, say to yourself "I now release all my anger..." and then breathe out, allowing your anger to flood out of you on the out breath. Gently breathe in, and repeat.



Reiki Journal

Weekly Releasing Log

You can use this weekly log as an opportunity to record your experiences.

Recognising the release and how you felt afterwards as well as learnings gained from each experience.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Reiki Precepts

Date:

Since there are only 5 principles today be open to contemplating the whole of them. While the Reiki principles are common sense, most people do not think about them every day or realise that they already live them.

How do I implement the Reiki principles in my life?

Extra exercise: Write out some affirmations for the day or next day and Reiki them for 5-10 minutes whenever you get the chance. See how much better your day feels.





Reiki Precepts

Date:

Just for today I will not be Angry

Today be cheerful. Have a bounce in your step. Be grateful to be alive! If you get angry today it's all right, don't beat yourself up, breathe and release. Don't forget to Reiki any situation that has you frustrated.

Remember everyone is a spiritual being having a human experience and we forget that. We just want to be treated kindly, so smile to a stranger it will change your outlook.

What is my plan of action for situations that get me fired up?





Reiki Precepts

Precept Rehearsal

I thought I would share with you a "Precepts Rehearsal" technique that was created by RMT Taggart King, something that allows you to really embrace one of the Reiki precepts, in fact any of the precepts that you feel would benefit you more if it could become more fully a part of how you are.

We'll be using a technique called Future pacing, which is all about getting yourself into a meditative state (or a trance state: they are the same thing) and spending some time imagining yourself behaving in a way that shows your subconscious mind how you want to be... you are rehearsing being the person that you wish to be, the person that you are becoming.

How to carry out Precepts Rehearsal

So, let's assume that you would like to experience compassion more in your life.

You start a Reiki meditation, getting yourself comfortable where you are sitting, resting your hands palms upwards in your lap, and you start to bring Reiki through your crown down to your tanden as you breathe in, flooding the energy out of your body to the universe as you breathe out (this is called "Joshin Kokkyu ho" - see your manual)

Just allow the energy to keep on flowing and release that visualisation after a while: the energy knows what to do now.

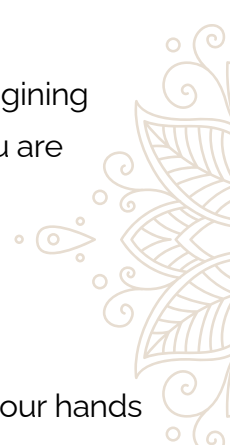
Imagine yourself as you would like to be

Spend some time now, imagining yourself in different situations where you can experience compassion. You might review past situations or events and re-run them with you behaving in a more compassionate way, and imagine similar future scenarios where you are being more compassionate.

See yourself from afar in these different scenarios, looking on as you embody that positive quality that you wish to embrace more in your life. And after a while, imagine that you are merging with that new you, seeing the things that you would see, hearing the things that you would hear in those scenarios, so you can fully experience that feeling of compassion.

In doing so, you are setting a new course for yourself, letting your energy body know, letting your subconscious mind know, about the new direction in which you are headed.

So what are you going to work on? Compassion, forgiveness, honesty, humility, experiencing many blessings, being content in the moment? Choose your target and start meditating!






Self Healing

"Meditation with the intention to heal"

It is possible to self-treat without resting your hands on your body at all, using your intention or visualisation or pure intent. In this example, what you are doing is, basically, setting a definite intent and letting the energy do what it wants to do.

Here are some instructions:

- Make yourself comfortable in a seated position, maybe with your hands resting in your lap
 - Close your eyes
 - Start to become aware of your connection to the energy, your connection to Reiki
 - Notice how that connection feels, with the energy engulfing you and building within you in just the right way for you in this moment
 - As the energy flows, just remind yourself that your intention now is to heal, to heal on all levels, to rejuvenate, to rebalance
 - Just say to yourself, "this is my time to heal now"
 - And allow the energy to flow, to flow to wherever it needs to go to give you just what you need in this moment
 - Stay in this safe space, allowing the energy to provide balance, and healing
 - And finally bring yourself back when you feel ready, and open your eyes
- 

So this method doesn't involve hand positions, or symbols, it doesn't require visualisation, it doesn't direct the energy in any way. You sit, you merge with the energy and you allow it to flow, to do what it needs to do.

And you can just be there as a bystander in the process, observing, experiencing, in a neutral way: merged with the energy.

The following log sheets are an opportunity to record your reiki experience and develop your understanding and learning from any exercise you choose to engage in from the manual or the log book.





Reiki Journal

Date:

Did you use Reiki during the day? Y/N

If No, explore why not, what got in the way?

If Yes, which reiki technique ?

Was the technique for Self Healing ? Y/N


If No briefly describe whom or what you used Reiki for:

How did you feel right before Reiki ?

What changes (how ever small) did you or another or both experience after Reiki ?
(physically/emotionally/environmentally/energetically)

Consider areas of improvement, raised from the experience, even regarding to
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Where to go from here

There are many resources on the Shoden Student Portal & I recommend you continue to perform self Reiki every day indefinitely.

Get used to this special new energy you've received. It's going to be with you forever and it is a wonderful gift. Play with it, make it feel loved and be loved by it.

There is no harm in using it in everything. Use Reiki for inspiration. Use Reiki to guide you. Use Reiki to teach you. There are no limits in what it can do.

Experimentation is key and a lot of fun and helps you grow in such a big way.

The hardest thing you will have to learn with Reiki is to let go of expectations.

Let go of results.

If you are tied in to a certain desired outcome then you might be disappointed. Reiki works for the highest and greatest good, and goes where it needs to go and does what it needs to do.



Reiki Academy

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