



Discover the perfect fusion of energy and healing gentle movement with this restorative bundle.

What's Included:

Reiki Meditation for Deep Relaxation (Audio Recording)

Experience profound relaxation with this guided meditation that channels healing Reiki energy to release tension and restore balance. Perfect for beginners and experienced practitioners alike, this meditation creates a sacred space for letting go and receiving healing energy.

Sacred Stillness: A Restorative Reiki-Infused Yoga Practice (Recording)

Melt away tension with this gentle yoga sequence that combines supportive restorative poses with the healing power of Reiki. This practice guides you through nourishing postures that require minimal effort while maximizing relaxation, allowing Reiki energy to flow freely through your body.

10 Reiki-Infused Affirmations and Prompts (PDF)

Transform your mindset with these powerful affirmations designed to amplify your healing journey. Each affirmation is infused with Reiki energy and paired with a reflective prompt to deepen your connection to yourself and the universal life force energy.

Whether you're new to energy work or a seasoned practitioner, this bundle offers a complete toolkit for cultivating deep relaxation and renewal whenever you need it most.

**Reiki Meditation for Deep
Relaxation**

[\[Click for video link\]](#)

**Sacred Stillness: A Restorative
Reiki Practice**

[\[Click for video link\]](#)

Reiki Infused Affirmations for Deep Relaxation

Take a moment to breathe deeply and allow these affirmations to settle into your being. Repeat them silently or aloud, letting their energy wash over you. As you speak each affirmation, feel its truth resonate within you, anchoring deep into your body, mind, and spirit.

✿ **I am embraced by love and light in every moment.**

Feel the warm embrace of universal love surrounding you, holding you gently in its infinite wisdom.

✿ **Reiki flows effortlessly through me, bringing peace and harmony.**

Imagine Reiki energy moving through every cell, dissolving tension and restoring your natural state of balance.

✿ **With each breath, I release tension and invite deep relaxation.**

With every inhale, you draw in serenity. With every exhale, you let go of stress and worry, feeling lighter and freer.

✿ **I trust in the divine rhythm of my life, allowing all to unfold with ease.**

Let go of resistance and surrender to the perfect timing of the universe, knowing you are exactly where you need to be.

✿ **My body, mind, and spirit are in perfect balance and alignment.**

Picture yourself centered, whole, and fully connected to your highest self, moving with grace and ease.

✿ **I surrender to the gentle flow of Reiki, knowing I am safe and supported.**

Feel the hands of divine energy cradling you, offering protection, love, and deep nourishment.

✿ **Stillness nourishes my soul, and I welcome it with gratitude.**

Embrace the quiet moments, knowing they are a sacred space for healing, renewal, and deep inner peace.

✿ **I am a vessel of serenity, radiating calm and peace to the world.**

Visualize yourself as a beacon of light, effortlessly spreading love, harmony, and tranquility to those around you.

✿ **Every breath fills me with renewed energy and vibrant light.**

Breathe in the golden glow of vitality and renewal, feeling it pulse through your entire being.

May these affirmations continue to support you on your path, bringing deep relaxation, healing, and a lasting sense of peace.

