



Module 3: Embracing Kindness and Self-Love

This session invites you to cultivate a compassionate relationship with yourself through gentle Restorative Movement and mindful breathwork. By moving with intention, you'll soften into greater ease and self-acceptance. The Reiki Journey, *The Frequency of Kindness and Self-Love*, helps you embody these energies, leaving you feeling supported and at peace.

Affirmation:

I meet myself with kindness and honor my journey with love.

Reflections:

1. What is one way I can show myself more kindness today?
2. How does self-love influence the way I care for my body?
3. What words of encouragement do I need to hear most right now