



Module 4: Strengthen & Envision: Gentle Movements and Inspired Meditation

Strengthen and support your body with focused Restorative Movement, gently energizing areas such as the eyes and lower back. These mindful practices foster both resilience and ease, preparing you for the Reiki Journey, which awakens your imagination and sense of possibility. This practice invites inspiration and a deeper connection to your inner wisdom.

Affirmation:

I am strong, open, and ready to receive new possibilities.

Reflections:

1. What part of my body feels the most resilient, and how can I support it?
2. What visions or insights emerged for me during today's practice?
3. How can I stay open to inspiration and new possibilities in my life?