



Module 5: Embracing Your Intentions and Manifesting Your Goals

This final module begins with Restorative Movement to honor your strength, vitality, and connection to renewal. Then, through a Reiki Journey meditation, you'll be guided to clarify your intentions and align with what you wish to create in your life. This is your moment to step forward with clarity, confidence, and a deep sense of purpose.

Affirmation:

I am in alignment with my deepest intentions and trust the path ahead.

Reflections:

1. What intention feels most meaningful to me at this moment, and why?
2. How can I embody this intention in both my thoughts and actions?
3. What steps—small or large—can I take to nurture and manifest my goals?
4. How will I celebrate my progress, no matter how big or small?