



HEALING WAVES REIKI

THE AUTONOMIC NERVOUS SYSTEM

Regulate + Restore



Welcome.

Healing begins with one gentle moment of awareness.

This workbook isn't about fixing yourself.

It is about understanding the incredible wisdom of your nervous system and gently learning how to work with it rather than against it.

There is nothing to force.

Nothing to achieve.

Only an invitation to listen.

Your body has been speaking all along.
These pages simply help you hear it.

May these pages become a gentle place for you to pause, to reflect, and to regulate back to yourself.

In Love & Light,

Cathy



Before We Begin

Pause, breathe, and simply notice where you are today.



Take a deep breath in.
And a long slow breath out.

Then answer:

Today my body feels...

Today my mind feels...

If my body could speak today, it would say...



Meet Your Nervous System

Understanding your body is the first step toward trusting it.

Your autonomic nervous system works quietly behind the scenes.
It controls...

- your heartbeat
- your breathing
- digestion
- blood pressure

without you ever having to think about it.



It has two important jobs.

Protect

Fight or Flight
Keeps you safe.

Restore

Rest & Repair
Allows you to heal.



Your body needs both.

But they were never designed to happen at the same time.

When protection stays switched on for too long...

Healing becomes much more difficult.



Your nervous system has one important question:

"Am I safe?"

THE AUTONOMIC NERVOUS SYSTEM

THE BODY'S AUTOMATIC CONTROL CENTER
FOR SURVIVAL AND HEALING.



FIGHT OR FLIGHT

The body senses stress or danger and shifts into survival mode.



PROTECTION

The nervous system activates to keep you safe.



TENSION

Muscles tighten. Breathing becomes shallow. The body stays on high alert.



PAIN

The alarm system becomes louder. Pain, inflammation, and fatigue may increase.



REST & REPAIR

The nervous system downshifts. The body begins to relax, restore, and recover.



HEALING

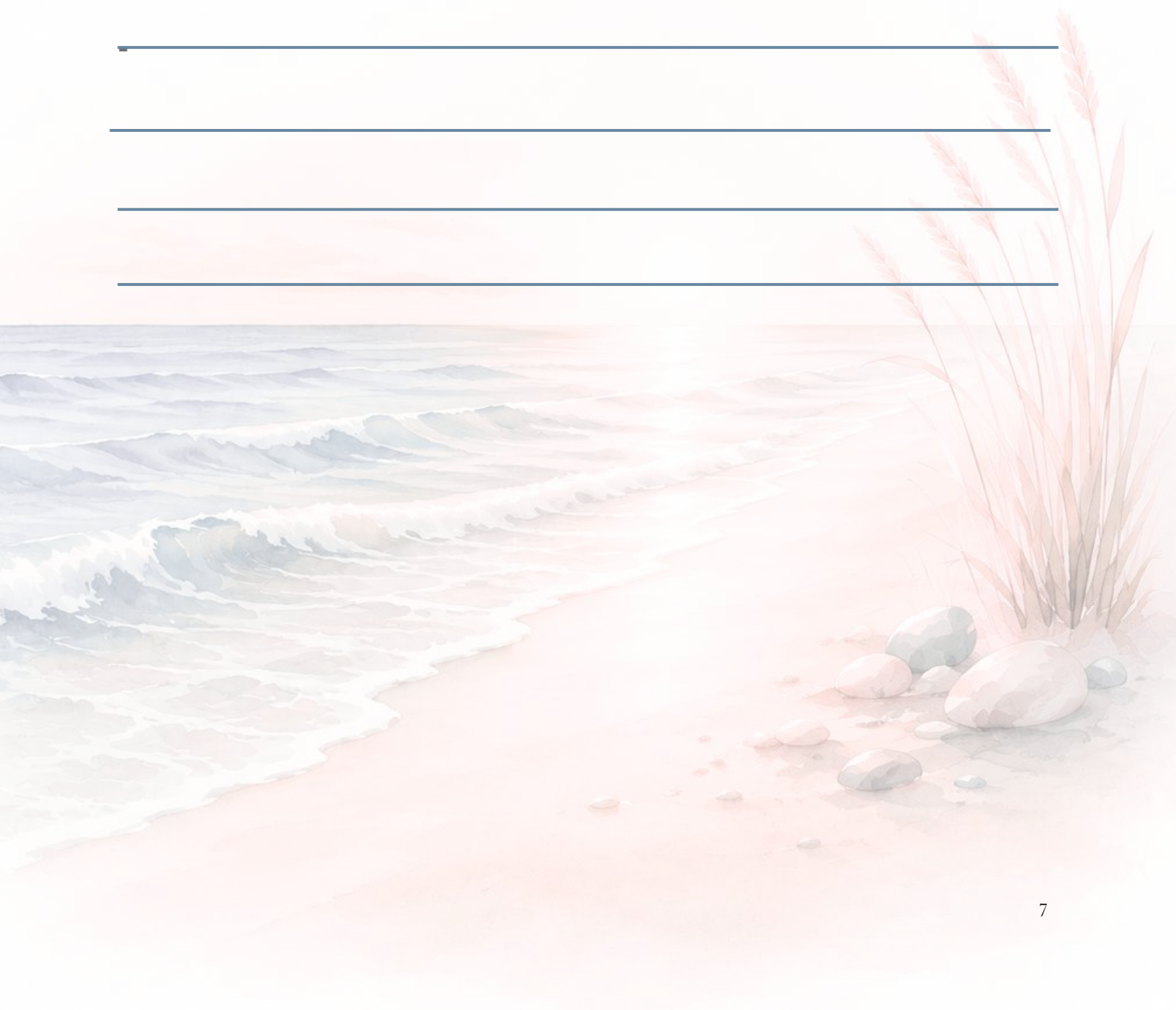
When the body feels safe, healing can unfold naturally on every level.

Gentle Reflection



Which place feels most familiar right now?

Fight or Flight, Protection, Tension, Pain, Rest & Repair, or
Healing



THE AUTONOMIC NERVOUS SYSTEM

The body's automatic control center for survival and healing.

SYMPATHETIC NERVOUS SYSTEM (Fight or Flight)

Activates the body in times of stress or danger.



Increases heart rate



Shallow, fast breathing



Dilates pupils



Tenses muscles



Inhibits digestion



Stimulates glucose release



Releases stress hormones (adrenaline, cortisol)

PARASYMPATHETIC NERVOUS SYSTEM (Rest and Digest)

Supports the body during rest, recovery, and healing.



Decreases heart rate



Deep, slow breathing



Constricts pupils



Relaxes muscles



Stimulates digestion



Promotes nutrient absorption



Supports immune function & healing

WHEN ACTIVE:

Increased alertness
Heightened energy
Blood flow to muscles
Preparation for action

BALANCE IS KEY



Health and well-being depend on the healthy balance between these two systems.

WHEN ACTIVE:

Promotes relaxation
Restores energy
Supports digestion
Encourages healing

SAFETY allows the body to heal.

Stress Isn't Weakness

Your nervous system has been doing its best to protect you.



Sometimes we carry so much that it becomes difficult to recognize the weight.

Pause for a moment.

Notice what your nervous system has been carrying lately.

Complete the sentence.

Recently my nervous system has been carrying...

- ☐ work
- ☐ caregiving
- ☐ grief
- ☐ illness
- ☐ uncertainty
- ☐ chronic pain
- ☐ anxiety
- ☐ lack of sleep
- ☐ stress
- ☐ worry
- ☐ other _____

Gentle Reflection

How does what you are carrying make you feel?



A series of 12 horizontal blue lines for writing, set against a background of a sunset over the ocean with a wooden signpost and a stone cairn on the left.

Your Body Is Always Communicating

Every sensation is information, not a judgment.

Instructions:

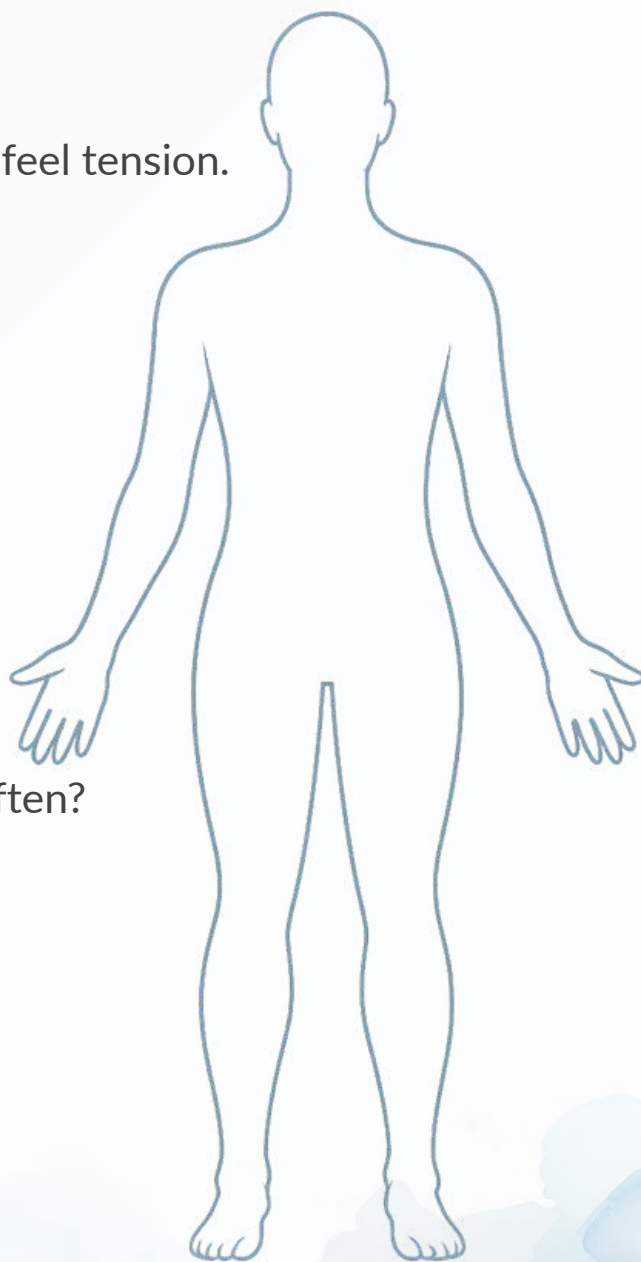
Place an X where you commonly feel tension.

- Jaw
- Neck
- Shoulders
- Chest
- Stomach
- Low Back
- Hands
- Hips
- Legs

Questions

What does my body hold most often?

When does this usually happen?



The Language of Safety

Notice what helps your body soften, settle, and feel supported.

Finish these sentences.



I feel safest when...

I feel most relaxed when...

My body softens when...

I feel supported by...

Pause & Breathe

One mindful breath can begin to shift your entire system.

Take five slow breaths.

As you breathe, notice:

- ☐ My jaw
- ☐ My breathing
- ☐ My stomach
- ☐ My hands

Afterward write one word

My body feels...



The Stress Thermometer

Awareness creates the opportunity for change.

Instead of rating pain...

Rate your nervous system.

Circle today's number.

0 ----- 2 ---- 4 ----- 6 ----- 8 ----- 10
Calm Alert Busy Overwhelmed Survival Completely Exhausted

Pause.

Breathe.

Gentle Reflection:



What helped move my number even one point lower?

Creating Safety

Healing grows through small moments of comfort and connection.

Circle anything that helps your nervous system.

- ☐ Nature
- ☐ Prayer
- ☐ Meditation
- ☐ Music
- ☐ Reiki
- ☐ Exercise
- ☐ Warm bath
- ☐ Journaling
- ☐ Talking with someone
- ☐ Quiet
- ☐ Pets
- ☐ Sunlight
- ☐ Deep breathing
- ☐ Yoga
- ☐ Crafts
- ☐ Other _____

My Personal Safety Plan

Choose simple practices that remind your body it is safe.



When I notice myself feeling overwhelmed...

Instead of...

I will try...

Three things that help regulate me:

1.

2.

3.

Gentle Reflection

Look back with compassion and discover what brings you peace.



Has there ever been a time when my body felt completely relaxed?

What was different?

Where was I?

Who was with me?

What can I learn from that experience?



Reiki Reflection

Notice what changed when you allowed yourself to simply receive.



After listening to the companion meditation...

Complete these.

During the meditation I noticed...

My breathing became...

The part of my body asking most for attention was...

One thing I'd like to continue practicing...

Creating Daily Safety

Small, consistent acts of care create lasting change..

Tiny habits.

This week I will practice:

- ☐ One minute of breathing
- ☐ Five minutes outside
- ☐ Morning body check-in
- ☐ Evening gratitude
- ☐ Reiki
- ☐ Meditation
- ☐ Gentle stretching
- ☐ Less screen time
- ☐ Earlier bedtime



My Healing Reminder

*Your body is not working against you—
it is always working to protect you.*

Your body is not working against you.

It is working for you.

Every slow breath...

Every moment of stillness...

Every act of compassion...

Tells your nervous system,

You are safe.

Continue the Journey

Every step you take with awareness becomes part of your healing.

Understanding your nervous system is the first step.

Experiencing safety is where healing begins.

Continue your journey with:

- Creating Safety Within guided meditation
- Healing Waves Reiki Podcast
- Companion workbook series
- Reiki sessions and courses
- Healing Waves Reiki community

Healing isn't about becoming someone new.
It's about creating enough safety to become more fully yourself.

With gratitude and light,

Cathy Scarpitto

Healing Waves Reiki



Continue Your Healing Journey

Where would you like to go next?

Tap any stone to continue your healing journey.



Podcast

Listen to the
companion episode.



Library

Explore more
workbooks.



Healing Waves

Visit Healing Waves Reiki
for sessions, resources
and more.



Learn

Explore courses, Reiki trainings
and CEU programs for
healthcare professionals.

Thank you for allowing me to be part of your journey.

With gratitude,
Cathy Scarpitto ♥



