



HEALING WAVES REIKI

SUPPORTING YOUR
FERTILITY JOURNEY

Reconnect + Receive





Welcome.

A gentle beginning for wherever you are today.

Whether you're just beginning your fertility journey...

Have been trying for months or years...

Or are walking a different path toward parenthood...

This workbook is for you.

This isn't another checklist.

It's not another list of things to do.

It's a space to reconnect with yourself.

To reconnect with your body.

To remember that you are more than a diagnosis...

More than numbers...

And more than a timeline.

Healing begins by creating a relationship of trust—

With yourself.

With your body.

And with the journey you're on.

May these pages become a gentle place to pause, breathe, reflect,
and reconnect with the strength that already lives within you.

May they remind you that your worth is never measured by an
outcome, and that your body is deserving of compassion, care, and
kindness every step of the way.

In Love & Light,

Cathy



Before We Begin

Pause, breathe, and arrive in this moment.

Take one slow breath.
Notice where your body meets the chair.
Without trying to change anything...
Simply notice.



Today I am feeling...



One word that describes my heart today...



Meeting Yourself With Compassion

Meet yourself with kindness, exactly where you are today.

Pause for a moment.
Place one hand over your heart.
Take a slow breath.
Without judgment...
Notice.



Today, I honor...

Today, I release...

Today, I choose...

Today, I trust...

What Is Within My Control?

Focus your energy on what you can gently influence.

I Can Influence	Beyond My Control
Sleep Nutrition Movement Stress Self-care Support Medical appointments Rest Faith	Timing Other people's opinions Past experiences Everything about my body The unknown

Gentle Reflection



Today I choose to focus on...

Supporting My Body

Small acts of care can become powerful daily rituals.

Gentle Daily Foundations

- ☐ Drink enough water
- ☐ Nourish my body
- ☐ Move in a way that feels supportive
- ☐ Rest
- ☐ Spend time outdoors
- ☐ Laugh
- ☐ Connect with someone I trust
- ☐ Practice gratitude
- ☐ Breathe

Gentle Reflection



What one habit feels most supportive right now?



The Nervous System & Fertility

Creating safety within can support healing in many ways.

Stress isn't the cause of infertility.

But chronic stress can affect how we feel physically,
emotionally, and mentally.

Creating moments of safety may help your nervous system shift
toward regulation, allowing your body to direct more energy toward
healing and restoration.

Small moments matter.

Gentle Reflection



When do I feel most calm?

What helps my body feel safe?

Listening to My Body

Practice curiosity instead of criticism.

Instead of asking:
"What's wrong with me?"

Try asking:
"What might my body be asking for?"

Gentle Reflection





Releasing Self-Blame

Let go of the weight you were never meant to carry.



Complete these sentences.

I release the belief that...

I forgive myself for...

I am learning...

Trust & Intuition

Reconnect with the quiet wisdom already within you.

Throughout the episode, Sandra spoke about learning to trust her body and remaining open to possibilities.

Your monkey mind is loud, critical, fearful, judgmental.

Your intuition is loving, kind, supportive, and gently nudges you toward what is best for you.

Gentle Reflection



When has my intuition quietly guided me?

How can I create more space to listen?



My Support Team

Healing is lighter when it is shared.

Draw or list the people supporting you.

Partner - Family - Friends
Healthcare providers - Therapist
Reiki practitioner - Faith community
Others

I don't have to do this alone.

My Healing Environment

Create spaces that nurture peace, hope, and restoration.

What helps me feel peaceful?

- ☐ Music
- ☐ Nature
- ☐ Prayer
- ☐ Meditation
- ☐ Reiki
- ☐ Reading
- ☐ Journaling
- ☐ Warm bath
- ☐ Gentle movement
- ☐ Other

Small Changes Create Big Shifts

Gentle consistency often creates lasting change.



Choose ONE gentle intention this week.

- Prioritize sleep
- Drink more water
- Walk outside
- Practice gratitude
- Schedule time for joy
- Reduce screen time
- Rest without guilt
- Receive Reiki
- Practice breathing
- Something else

Hope Along the Way

Hope and uncertainty can exist together.

Hope doesn't always feel loud.
Sometimes it looks like showing up for another day.

Finish these statements:

Today, I am hopeful because...

Today feels difficult because...

Even in uncertainty, I know...

One thing I still believe is possible...

Letter to Myself

Offer yourself the compassion you so freely give to others.



Dear Me,



Healing Affirmations

Words to return to whenever you need them.

Choose the ones that resonate.

- ☐ My worth is not defined by a pregnancy test.
- ☐ My body deserves kindness.
- ☐ I am caring for myself one day at a time.
- ☐ I can hold hope and uncertainty together.
- ☐ I trust myself to make informed decisions.
- ☐ Healing takes many forms.
- ☐ I am supported.
- ☐ I am enough exactly as I am today.

Create your own:

Gentle Reiki Practice

A few quiet moments to reconnect with yourself.



Place one hand over your heart.
One hand over your lower abdomen.

Take several slow breaths.

Silently repeat:

May I be peaceful.
May I be supported.
May I trust my body.
May I trust my path.

May I receive whatever today has to offer.

Remain here for 3–5 minutes.

Gentle Reflection

Let these pages hold whatever is on your heart.

[illegible]

Continue the Journey

One step. One breath. One wave at a time.

Healing isn't always measured by how quickly life changes.

*It's found in the moments you choose compassion over criticism...
hope over fear...
and trust over doubt.*

*Whatever tomorrow brings, may you continue caring for yourself with
gentleness, honoring your body, listening to your intuition, and
remembering that your worth has never depended on an outcome.*

Keep moving forward.

One step.

One breath.

One wave at a time.

With gratitude and light,

Cathy Scarpitto

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.



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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* ♥



