



HEALING WAVES REIKI

# YOUR HEALING JOURNEY

*Begin + Discover*





# Welcome.

Whether you've found your way here through the Healing Waves Reiki podcast, a meditation, a friend, or simple curiosity, I'm so glad you're here.

**Healing isn't about becoming someone new.**

It's about remembering who you've always been...  
beneath the stress... the expectations...  
the fear... and the experiences that may have caused you  
to disconnect from yourself.

This companion journal is an invitation to slow down.  
To become more aware.  
To reconnect with your own capacity to heal.  
And to discover that healing has always begun from within.

There is nothing you need to prove here.  
There is nothing you need to get right.  
Simply begin exactly where you are.

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

In Love & Light,

*Cathy*



# Before We Begin

*Healing starts with awareness.*



**Circle the word that describes today**

- Hopeful
- Tired
- Curious
- Stuck
- Peaceful
- Overwhelmed
- Unsure

**Healing is rarely a straight line.**

Some days you'll feel hopeful.

Some days you'll feel uncertain.

Some days you'll experience unexpected peace.

**All of it belongs.**

As you move through this workbook,  
allow yourself to notice rather than judge.

**Curiosity creates space.  
Awareness creates change.**

# Gentle Reflection



Today, I arrive feeling...

*There is no right or wrong answer.  
Simply notice what is present today.*

-

---

---

---

---

---

---

---

---





# Understanding Healing

*Where science meets intuition.*

**Every healing journey begins with a single moment of awareness.**

The moment we gently notice what we're experiencing—  
without judgment—

**We create space for healing to begin.**

Awareness is where science meets intuition.

**It is where your nervous system, your body, and your inner  
wisdom begin working together.**

# What Healing Means to Me

There isn't one definition of healing.

For some people it means reducing pain.

For others it means finding peace.

For others it means reconnecting with joy, purpose, or hope.

**Complete these sentences.**



**Healing means...**

---

---

---

---

**The area of my life calling most for healing right now is...**

---

---

---

---





# A Moment of Awareness

*Notice without judgment.*

Healing is rarely about one part of our lives.

Our physical, emotional, mental, and spiritual well-being are deeply connected.

Take a quiet moment to check in with yourself.

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

Just notice what comes to you.

No expectations.

No judgment.



# Check in With Yourself

For each area to follow, circle the number that best reflects how supported and balanced you feel today.

1 = Needs significant attention

10 = Feels balanced and thriving



## Physical Well-Being

How supported do you feel in your body?

1  2  3  4  5  6  7  8  9  10



## Emotional Well-Being

How connected do you feel to your emotions?

1  2  3  4  5  6  7  8  9  10



## Mental Well-Being

How calm and focused does your mind feel?

1  2  3  4  5  6  7  8  9  10





*Take a breath - then keep going...*



### **Spiritual Well-Being**

How connected do you feel to meaning, purpose, or something greater than yourself?

1  2  3  4  5  6  7  8  9  10



### **Relationships**

How supported and connected do you feel in your relationships?

1  2  3  4  5  6  7  8  9  10



### **Purpose & Fulfillment**

How aligned do you feel with the life you want to create?

1  2  3  4  5  6  7  8  9  10



# Gentle Reflection



Which area feels strongest right now?

---

---

---

Which area is quietly asking for more attention?

---

---

---

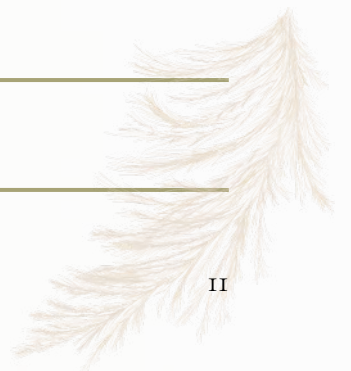
If you could nurture just one area this week, which would it be? Why?

---

---

---

---



# A Gentle Body Check In

*Listening to your body's wisdom.*

Our physical body holds our stress, our experiences, our pain, our thoughts, and our emotions.

It's automatic. It happens without our awareness.

**Without changing anything, notice...**

## **My breathing feels...**

- calm
- shallow
- tight
- full

## **My jaw feels...**

- soft
- clenched

## **My head feels...**

- clear
- focused
- foggy
- distracted

## **My shoulders feel...**

- relaxed
- tight
- heavy
- sore
- numb

## **My chest/ heart feels...**

- light
- tight
- heavy



# Gentle Reflection



Where are you holding tension or heaviness in your body?

---

---

---

---

---

---

---

# The Power of Pause

*Healing begins in the space between.*

**Before reacting...**

**Pause.**

**Before fixing...**

**Pause.**

**Before worrying...**

**Pause.**

*Healing often begins in the space between stimulus and response.*

Take one slow breath.  
Then another.  
Notice what changes.



# Gentle Reflection



What changed after I paused?

---

---

---

---

---

---

---

---

---

---

# Your Intuition

*Quiet enough to hear yourself.*

**Intuition isn't something reserved for a select few.**

It's a quiet inner knowing that often becomes easier to hear when the mind becomes still.

Sometimes it feels like a feeling.

Sometimes it comes as a quiet thought.

Sometimes it's simply a knowing that cannot be explained.

Sometimes simply a sense of peace.

It is subtle.



# Gentle Reflection

Your first gentle thought is often the one worth listening to



Today my intuition is saying...

---

---

---

---

---

---

---

---

# Your Healing Intention

*Choose what you wish to cultivate.*

Instead of focusing on fixing...  
Choose an intention.

## Gentle Reflection

Today I choose to cultivate...  
(i.e. peace, safety, courage, compassion, hope, trust,  
presence, joy, love)

---

---

---

---

---

---

---

---



# Creating Your Healing Practice

*Small moments create lasting change.*

Your healing practice doesn't have to be complicated.  
It doesn't have to be a burden.  
And actually, it shouldn't feel like one.

Healing doesn't require perfection.

**Small moments practiced consistently create meaningful change.**

Some ideas to get you started:

- Listen to one podcast episode
- Practice mindful breathing
- Journal
- Spend time in nature
- Meditate
- Practice Reiki
- Rest without guilt
- Drink more water

**This week I will...**

---

---

---

---

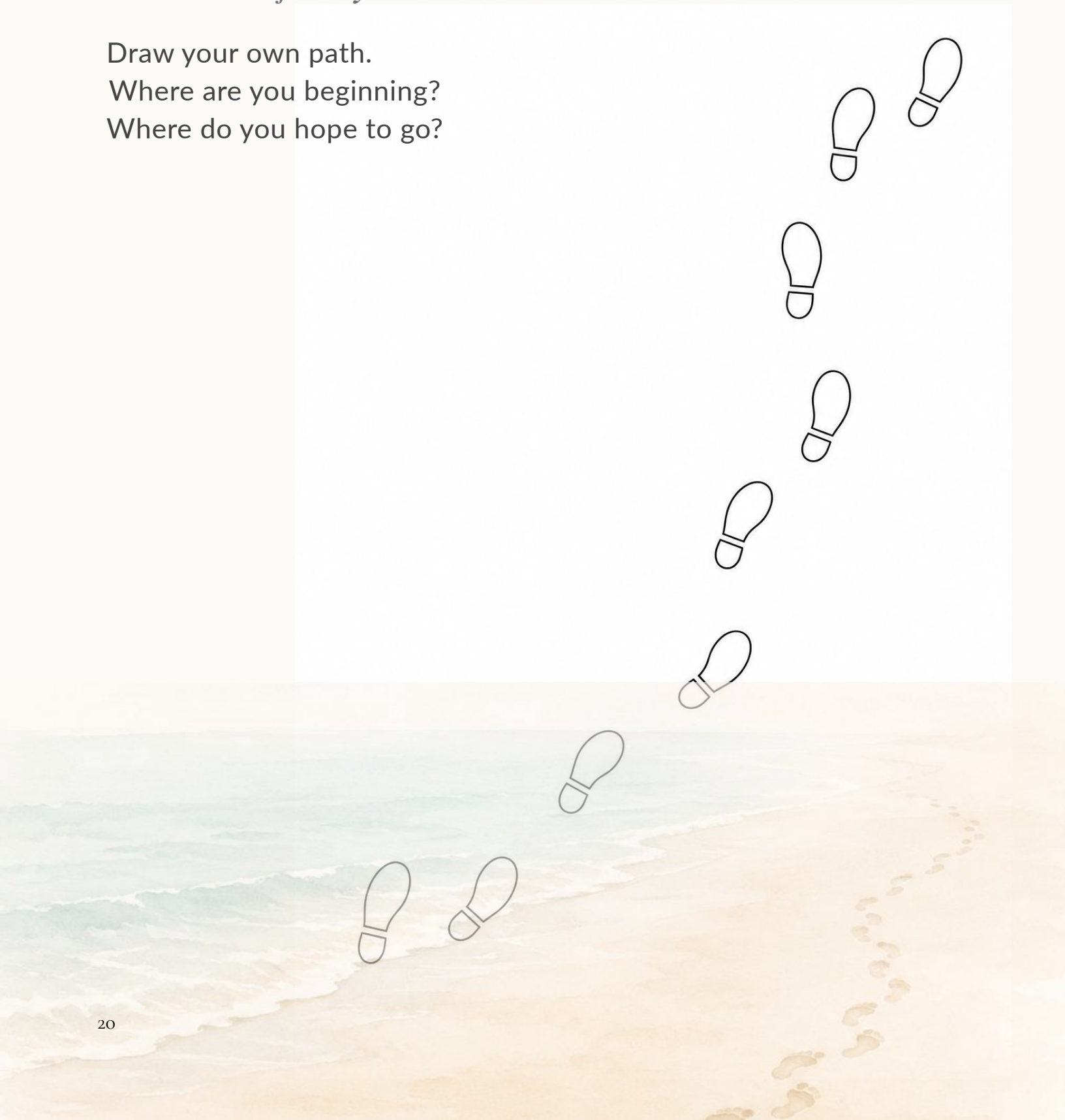
# Your Healing Journey Map

*This is YOUR journey.*

Draw your own path.

Where are you beginning?

Where do you hope to go?



# Continue the Journey

*One step at a time.*

Thank you for taking this first step.

Your healing journey doesn't end here.

Continue exploring these topics through Healing Waves Reiki.

Each podcast episode is paired with practical reflections, guided meditations, and companion workbooks designed to help you experience healing—not just learn about it.

Choose the next episode that speaks to where you are today.

One small step...

One gentle breath...

One wave at a time.

Every healing journey begins with a single step.

Thank you for taking yours.

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



