

Radiant Energy Reiki Reset

A Simple Self-Healing Technique to
Realign & Rejuvenate



Set Your Space

Find a quiet, comfortable place. Light a candle, play calming music, or hold a crystal if you like. Place both feet flat on the floor or sit cross-legged.



Center Your Breath

Take 3 deep, intentional breaths. Inhale through the nose for 4 counts... hold for 2... exhale slowly through the mouth for 6 counts. Let your body soften.



Activate Reiki Flow

Place your hands over your heart center and silently say: "I invite Reiki energy to flow through me for my highest good. I am open to receive healing and light."



Scan Your Body

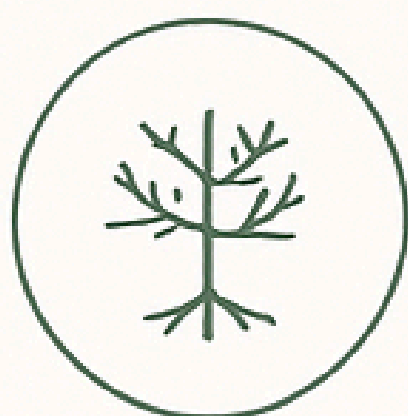
Close your eyes. Slowly bring awareness from the crown of your head to your toes. Notice any warmth, tingling, or areas of tension. Don't force anything – just observe.



Affirm & Anchor

Silently repeat this affirmation:

"I am light. I am healing. I am whole."



Ground & Close

Rub your hands together to build heat. Place your palms face down on your legs. Imagine roots growing from your feet into the earth. Take a final deep breath.

Journal anything that came up. Drink water.
Be gentle with yourself.