



COURSE REFLECTION

Your Experience. Your Awareness. Your Journey.

You have reached the end of Reiki Level 1. Before moving forward, take a moment to look back - not only at what you learned, but at what you experienced.

There are no right or wrong answers here. Simply reflect on what this experience has shown you about yourself.

TAKE
THREE INTENTIONAL BREATHS.

LOOKING BACK

1. What first brought you to Reiki?

Think back to the beginning. What were you hoping to learn, experience, understand, or discover?

2. What stood out to you most throughout this course?

This may be a teaching, experience, sensation, realization, or something completely unexpected.



**3. What have you learned about yourself?**

Perhaps you became more aware of your body, emotions, thoughts, energy, intuition, or your ability to become still.

YOUR EXPERIENCE WITH REIKI**4. How has your experience of Reiki changed since you began?**

There is no particular experience you were supposed to have. Simply notice what has changed - or what hasn't.

5. What have you noticed when you become still and bring awareness to your body?

**6. What are you learning about the way your intuition speaks to you?**

Perhaps through a feeling, thought, sensation, inner knowing, image, emotion - or simply a quiet sense of awareness.

NOTICE. ALLOW. RETURN.

Throughout this course, we have returned again and again to this rhythm.

7. What does NOTICE mean to you now?**8. What are you learning to ALLOW?****9. What helps you RETURN - to yourself, your body, the present moment, or balance?**

**MOVING FORWARD****10. What would you like to carry with you from this experience?**

This doesn't have to be a goal. It may simply be something you want to remember.

11. How would you like Reiki to become part of your life moving forward?

There is no expectation that Reiki needs to become anything more than what feels meaningful to you.

12. What are you curious to explore next?

Reiki may be one gateway into a larger journey of self-awareness, energy, spirituality, healing, or personal discovery. Where is your curiosity leading you?





A LETTER TO YOURSELF

Before you finish, write a few words to the version of yourself who began this course.

What would you tell them now? What would you want them to know? What would you remind yourself to carry forward?

YOUR FOUR GRATITUDES

Place your hands over your heart. Take one slow, intentional breath. Think about the journey that brought you here.

Today, I am grateful for...

1.

2.

3.

4.





BEFORE YOU GO

Take one final intentional breath.

You don't need to leave this course with all the answers.

Perhaps you leave with something even more valuable:

Greater awareness.

Greater curiosity.

A deeper connection with yourself.

And another way to return.

THE FOUNDATION IS YOURS NOW.

EXPERIENCE IT.

EXPLORE IT.

MAKE IT YOUR OWN.

LISTEN WITHIN.

TRUST YOURSELF.

REMAIN CURIOUS.

RETURN TO GRATITUDE.



LEARN THE RHYTHM. EXPERIENCE THE ENERGY. RETURN TO GRATITUDE.

