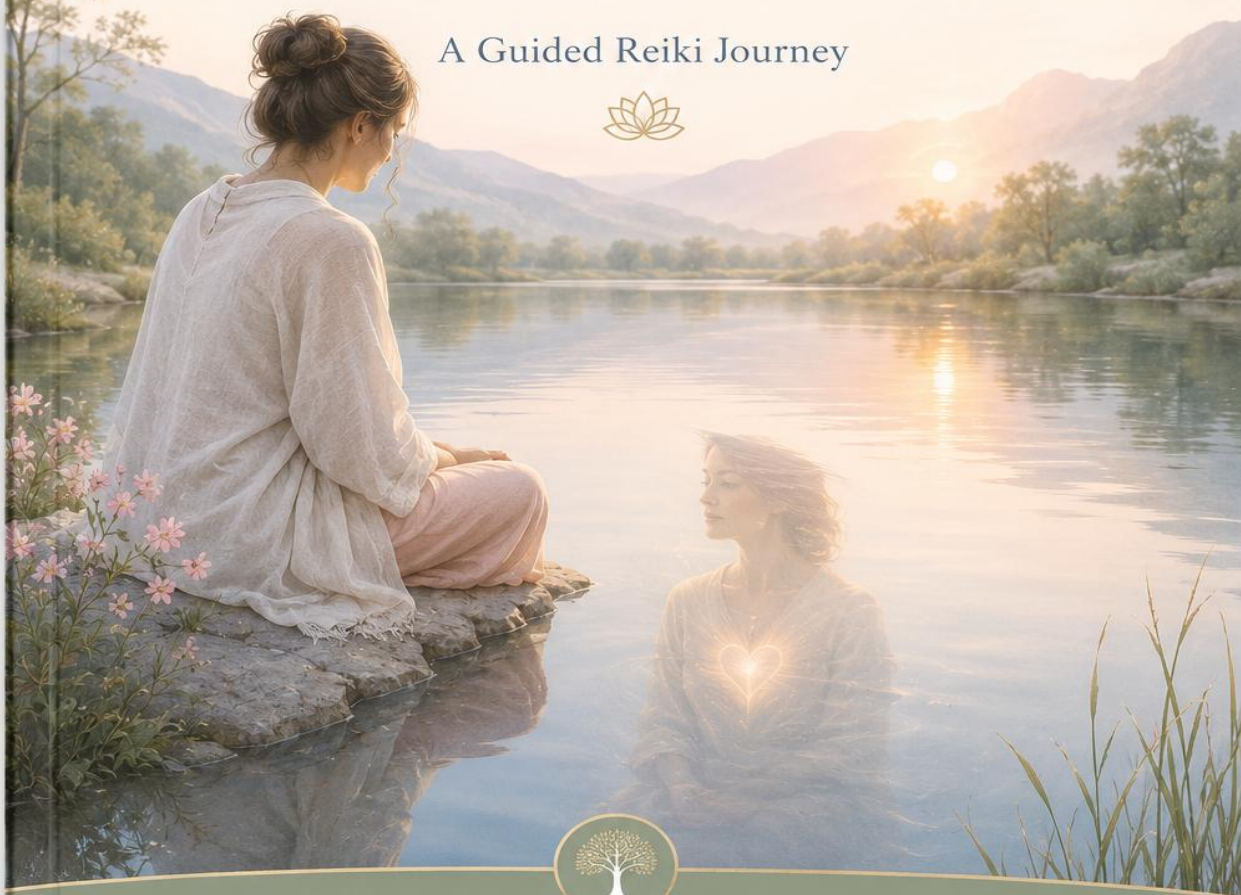




Journey OF THE *Heart*

A Guided Reiki Journey



REIKI VERDE VALLEY
— JOURNEY SERIES —

Welcome



TO YOUR JOURNEY OF THE HEART

A Guided Reiki Journey



You are invited to slow down, soften,
and come home to the wisdom of your heart.

This is not a race or a task to complete.
It is a gentle journey—one breath,
one moment, one step at a time.

Through the soothing energy of Reiki and
the power of reflection, you will be guided
to reconnect with your heart's truth,
release what no longer serves you, and
open to love, peace, and inner knowing.

There are no right or wrong answers.
Simply be honest. Be kind to yourself.
And trust that your heart knows the way.

You are safe. You are supported.
You are held in love.



REFLECTION



♥ What drew you to begin this Journey of the Heart?

♥ What is one intention you hold for yourself on this journey?



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Opening the Heart

A Gentle Beginning



Every journey begins with a single breath.
This is your moment to pause, soften,
and come home to yourself.

Your heart holds your wisdom,
your truth, and your deepest knowing.
Through Reiki, we invite the energy of love,
peace, and harmony to surround you—
gently melting stress, quieting the mind,
and opening the door to your heart.

There is nothing to fix.
There is only an invitation
to listen, to feel, and to allow.



Reflection



♥ How does your heart feel
in this moment?

♥ What would you like your heart
to know today?





Listening to the Wisdom Within

Tuning into Your Heart's Voice

Your heart speaks in quiet ways—through feelings, nudges, dreams, and intuition. It is always guiding you, even when life feels noisy or uncertain.

Through Reiki, we soften the chatter of the mind and create space to truly listen. As energy flows, trust grows, and your heart's voice becomes clearer, gentler, and more true.

Today, invite Reiki to help you listen deeply. Not to figure everything out, but to remember that the answers you seek already live within you.

All you need to do is be still
and be willing to hear.



Reflection

♥ What is one way your heart speaks to you?

♥ When do you find it easiest to hear your heart?



————— ♥ —————
*I trust the wisdom of my heart.
I am open to hearing its gentle voice.*

————— ♥ —————



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Releasing to Make Space

Sometimes the heart holds on to old hurts, worries, disappointments, and expectations long after they are needed.

As Reiki flows through your hands and into your heart, imagine these burdens softening. You do not have to force anything. Simply notice what is ready to be released.

Every time you let go of something that no longer serves you, you create more space for peace, trust, and love.



Reflection

♥ What feels ready to be released from your heart today?

♥ If you let that go, what would there be more room for?



4



The Courage to Feel



Feelings are the heart's language.
When we allow ourselves to feel, we
honor our truth.

Through Reiki, we create a safe space
to soften, to release, and to welcome
whatever arises with kindness.

You are allowed to feel it all.
Nothing is too much.
Your heart can hold it.
And you can, too.



Reflection



♥ What feeling is present in your heart right now?

♥ How can you offer kindness and support
to that feeling today?



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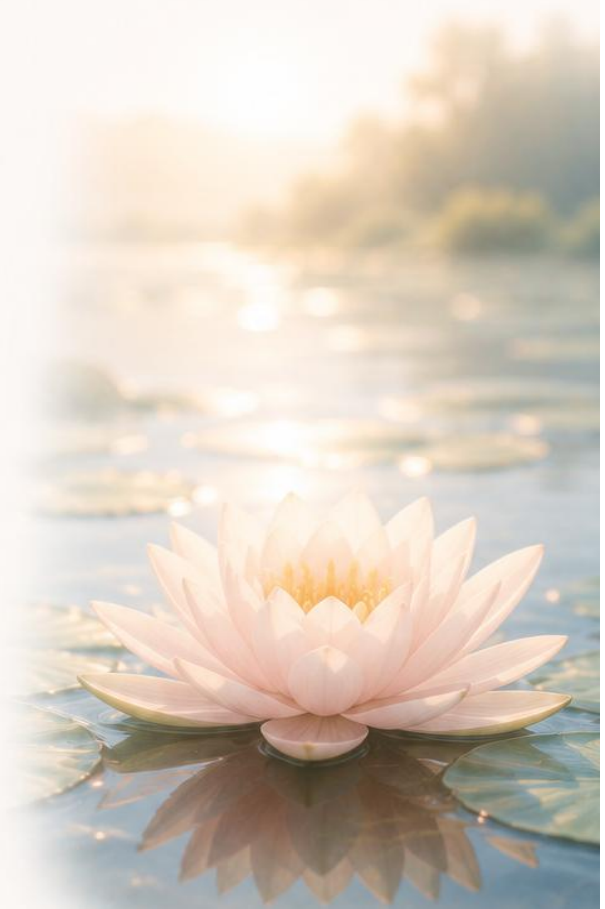
Compassion Begins Within



When we offer kindness to ourselves, our heart softens and heals.

Through Reiki, we nourish the heart with gentle, loving energy.

From this place of compassion, we can more easily extend understanding and love to others.



Reflection



♥ How do you speak to yourself when you are struggling?

♥ What would it feel like to treat yourself with more love and compassion?



6

Forgiveness as Freedom



Holding on to resentment
keeps the heart heavy and closed.
Forgiveness lightens that load.

Through Reiki, we soften pain,
release the past, and open
the door to healing.

Forgiveness is not about the other
person. It is a gift you give
to your own heart.



Reflection



♥ Who or what are you ready to forgive
for the sake of your own healing?

♥ How would your life feel different
if you truly let it go?



7



Gratitude Opens the Heart



Gratitude shifts our focus
from what is missing
to what is already here.

Through Reiki, we invite feelings
of thankfulness to flow through
the heart.

Gratitude brings more joy,
more peace, and more love
into our lives.



Reflection



♥ What are you most grateful for right now?

♥ How does gratitude open your heart
to more love and joy?



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8



Trusting the Heart's Guidance



Your heart knows the way,
even when the path
is not clear.

Through Reiki, we quiet the mind
so we can hear the gentle whispers
of our inner wisdom.

When you trust your heart,
you align with what is true, good,
and meant for you.



Reflection



♥ What is your heart gently guiding you toward
right now?

♥ What would it look like to trust that guidance
a little more each day?





Living from the Heart



When we live from the heart,
our thoughts, words, and actions
come from a place of love.

Through Reiki, we remember
who we truly are—kind, connected,
and whole.

Each small choice from the heart
creates a life that feels peaceful,
meaningful, and aligned.



Reflection



♥ How do you know when you are living from your heart?

♥ What is one small way you can choose
to live from your heart today?





The Heart's Blessing



You began this journey by listening for the voice of your heart.

Along the way, you may have discovered memories, feelings, insights, gratitude, forgiveness, compassion, or trust. Whatever you experienced is enough.

The heart does not ask us to be perfect. It simply invites us to be present, honest, and open to life as it unfolds.

May you remember that your heart is always available to guide you. It speaks through kindness, wisdom, intuition, courage, and love.

The journey does not end here. It continues with every choice you make and every step you take.



Reflection



- ♥ What insight from this journey do I most want to carry forward?

- ♥ How will I honor my heart in the days ahead?

- ♥ What is my heart asking me to remember?





About This Journey



Journey of the Heart is part of the Reiki Verde Valley Journey Series, a collection of guided Reiki experiences designed to encourage self-discovery, reflection, and personal growth.

This journey invites you to slow down, listen deeply, and reconnect with the wisdom of your heart. Through Reiki, reflection, and compassionate awareness, may you discover greater peace, trust, and love within yourself.

Thank you for allowing Reiki to accompany you on this journey.

♡ *With Love,*

Julie Russell

Reiki Master Teacher

Founder, Reiki Verde Valley



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Reiki Verde Valley

Cottonwood, Arizona

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