

REIKI VERDE VALLEY
WISDOM LIBRARY™



VOLUME 4

The Reiki Self-Care Guide

Simple Practices for
Everyday Reiki Living



Julie Russell
Reiki Master Teacher
Reiki Verde Valley

*Bringing Reiki into everyday life—
one simple practice at a time.*





Welcome



Welcome to The Reiki Self-Care Guide

One of the most common questions Reiki students ask after receiving an attunement is:

“What do I do now?”

The answer is simple:

Use Reiki.

Not only during a healing session.
Not only during class.
But throughout your everyday life.

This guide was created to help you build a simple, practical relationship with Reiki through easy self-care practices that can be used anytime, anywhere.

You do not need special tools.
You do not need hours of practice.
Even a few moments of connection can help bring greater peace, balance, and wellbeing.

My hope is that these pages inspire you to make Reiki a natural part of everyday life and support your journey of growth, healing, and self-discovery.



Julie Russell ♥

Reiki Master Teacher
Reiki Verde Valley

How to Use This Guide



This guide was designed to be practical, flexible, and easy to use.



Read one page at a time.

Take in one practice or idea at your own pace.



Practice what resonates.

Choose the practices that feel right for you in this moment.



Return often.

Revisit these pages as your journey grows and evolves.



Keep it simple.

Even a few moments of Reiki can make a big difference.



Allow Reiki to become part of everyday life.

Let it support you in small moments and in meaningful ways.



*There is no right way to use this guide.
Trust your intuition and allow Reiki
to guide the journey.*



What Is Self-Reiki?



Self-Reiki is the practice of offering Reiki to yourself to support balance, relaxation, wellbeing, and personal growth.

AT A GLANCE



Personal
Reiki Practice



Supports Daily
Wellbeing



Can Be Done
Anywhere



No Special
Tools Needed



Guided by
Intention

WHY PRACTICE SELF-REIKI?

- Supports relaxation
- Encourages self-awareness
- Helps reduce stress
- Promotes balance
- Strengthens your connection with Reiki

SIMPLE WAYS TO PRACTICE



Hands on Heart



Hands on Shoulders



Hands on Abdomen



Before Sleep



During Meditation

EVERYDAY MOMENTS

- Morning reflection
- Waiting in line
- During stressful situations
- While resting
- Before important conversations

5-MINUTE SELF-REIKI PRACTICE



1
Place your hands
where they feel
comfortable.



2
Take a
gentle breath.



3
Invite Reiki
to flow.



4
Relax and
receive.



5
Notice what
you experience.

Affirmation



Reiki is always available to support my highest good.

Turn Reiki ON Anywhere™

Reiki is available wherever you are.



Morning
Coffee



Driving



Waiting



Working



Before
Sleep

SIMPLE PRACTICE



Pause

.....



Breathe

.....



Invite Reiki

.....



Relax

.....



Continue



*Reiki is available to me
anytime, anywhere.*



The 5-Minute Reiki Reset™



A simple practice to help you pause, reconnect, and invite greater balance into your day.

WHEN TO USE IT

- Feeling stressed
- Feeling overwhelmed
- Before an important conversation
- Midday reset
- Before sleep
- Anytime you need a moment of calm

THE PRACTICE

- 1. PAUSE**
Stop what you're doing.
- 2. BREATHE**
Take three slow breaths.
- 3. PLACE YOUR HANDS**
Heart, shoulders, abdomen, or wherever feels natural.
- 4. INVITE REIKI**
Allow Reiki to flow.
- 5. RECEIVE**
Sit quietly and notice what you experience.

BENEFITS



Creates calm



Supports balance



Encourages self-awareness



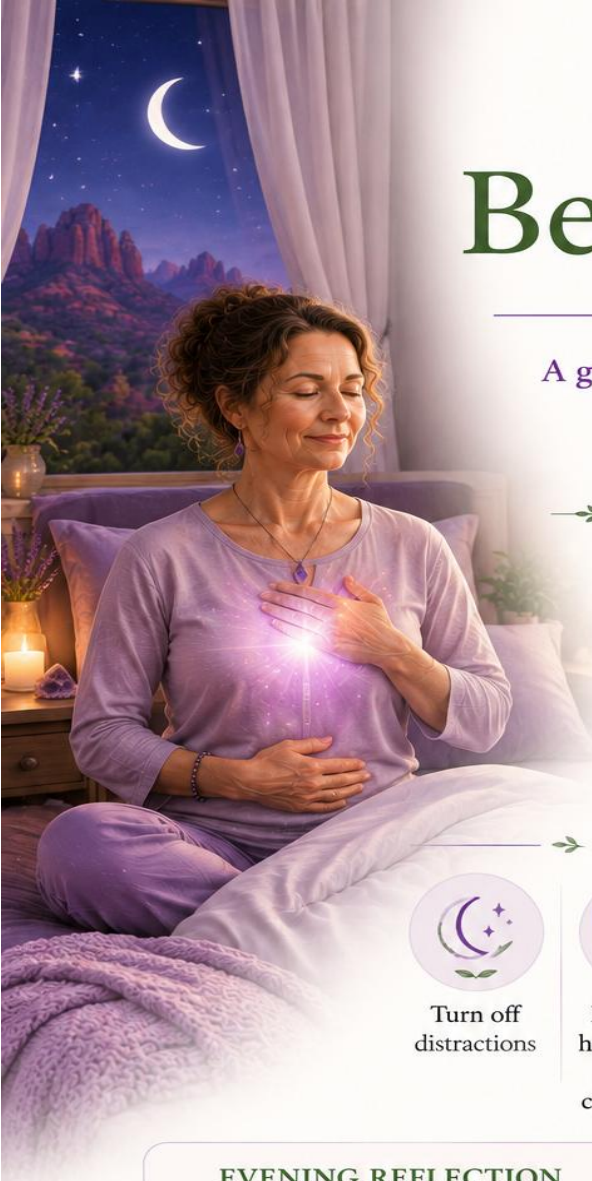
Helps reduce stress



Strengthens your connection with Reiki



*In just a few moments,
I can reconnect with myself and Reiki.*



Reiki Before Sleep

A gentle evening practice to help you
relax, unwind, and prepare
for restful sleep.

→ WHY PRACTICE REIKI BEFORE SLEEP? ←

- ♥ Encourages relaxation
- ♥ Helps quiet a busy mind
- ♥ Supports emotional balance
- ♥ Creates a peaceful bedtime ritual
- ♥ Strengthens your connection with Reiki

→ SIMPLE EVENING PRACTICE ←



Turn off
distractions



Place your
hands where
they feel
comfortable



Invite Reiki
to flow



Breathe
slowly and
gently



Relax and
receive

EVENING REFLECTION

Before sleep, ask yourself:

- 🌿 What am I grateful for today?
- 🌿 What can I release?
- 🌿 What do I wish to carry forward into tomorrow?

BEDTIME REMINDER

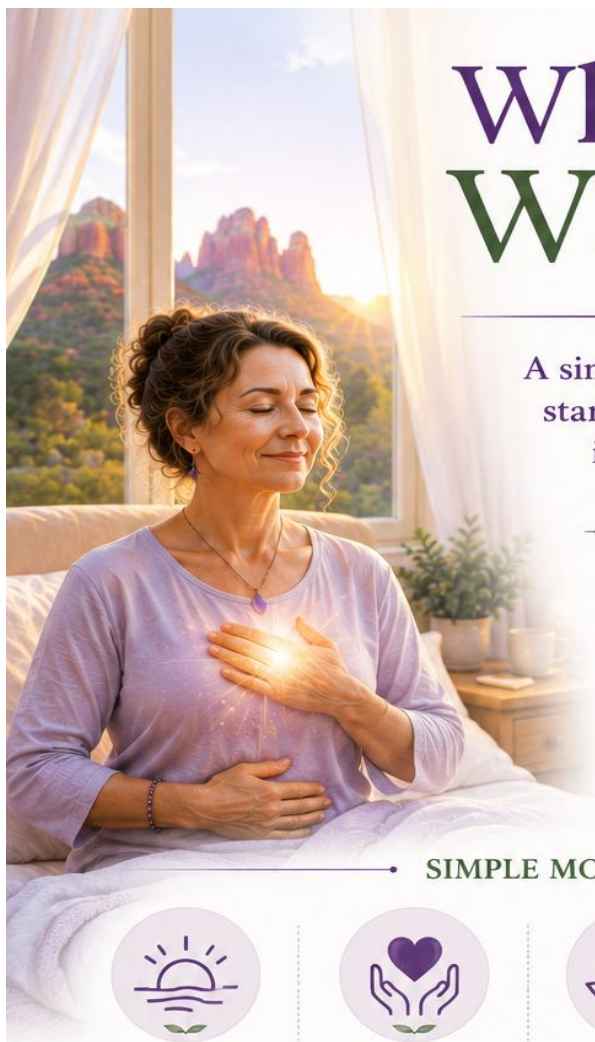


You do not need
a perfect practice.

♥
Even a few minutes of
Reiki before sleep can
make a meaningful
difference.

♥
Affirmation

*As I rest, Reiki continues
to support my highest good.*



When You Wake Up



A simple morning practice to start your day with clarity, intention, and Reiki.

→ WHY PRACTICE REIKI WHEN YOU WAKE UP? ←



Sets a positive tone for your day



Supports mental and emotional balance



Helps you feel centered and grounded



Increases awareness and clarity



Strengthens your connection with Reiki

• SIMPLE MORNING PRACTICE •



1. WAKE UP

Take a moment before getting up.



2. PLACE YOUR HANDS

Heart, abdomen, or wherever feels comfortable.



3. INVITE REIKI

Invite Reiki to flow and support your day.



4. BREATHE

Take three slow, gentle breaths.



5. SET INTENTION

Choose how you want to feel and carry that with you.

MORNING REFLECTION



Before starting your day, ask yourself:

- What am I grateful for?
- What is my intention for today?
- How do I want to show up for myself and others?



GENTLE REMINDER



You do not need a long practice to make a difference.



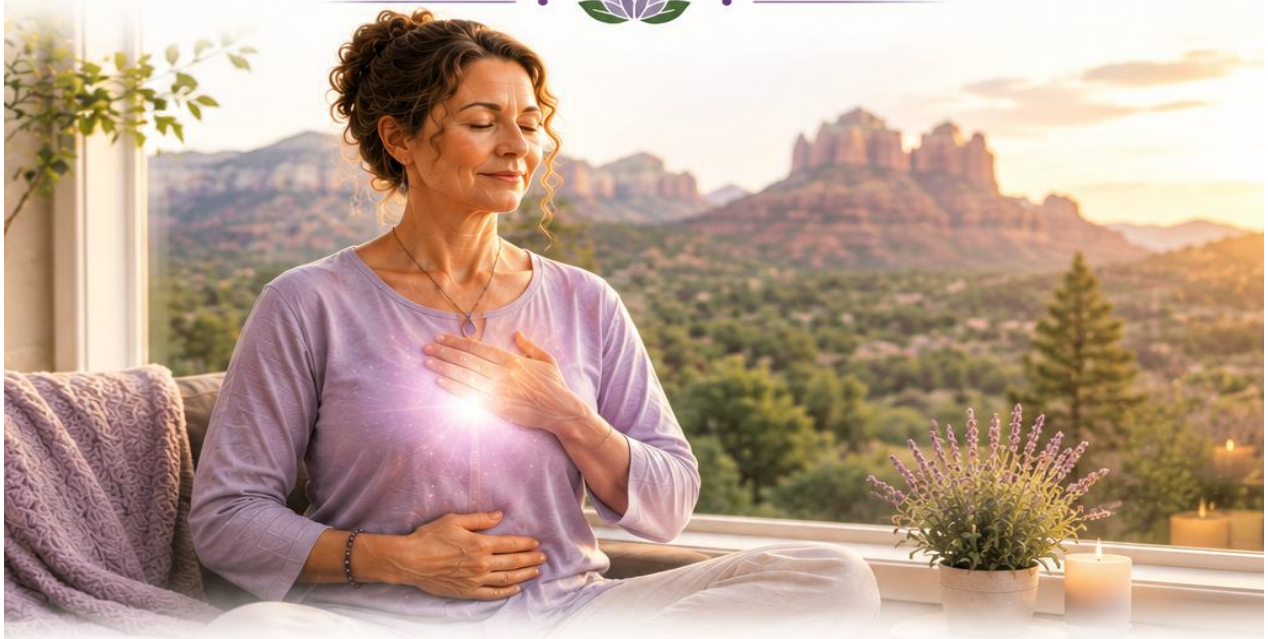
Even a few moments of Reiki in the morning can create a more peaceful day.

Affirmation

I begin my day with Reiki, clarity, and an open heart.



Reiki During Stressful Moments



Pause. Breathe. Receive.



When life feels overwhelming:

- ♥ Pause
- ♥ Take three slow breaths
- ♥ Place your hands where they feel comfortable
- ♥ Invite Reiki to flow
- ♥ Rest for a few moments

You do not need to wait for life to become calm before using Reiki.



Affirmation

"In this moment, I am supported by Reiki."





Reiki and Self-Compassion



Treat yourself with the same kindness, care, and understanding you offer to others.

→ WHY SELF-COMPASSION MATTERS ←



Supports your emotional wellbeing



Helps you heal and grow



Reduces self-criticism and stress



Encourages inner peace and balance



Strengthens your connection with Reiki

SIMPLE SELF-COMPASSION PRACTICE



1. PLACE YOUR HANDS

Place your hands on your heart or wherever feels comforting.



2. INVITE REIKI

Invite Reiki to flow and surround you with healing light.



3. BREATHE

Take slow, gentle breaths. Let yourself soften.



4. SPEAK KINDLY TO YOURSELF

Offer yourself words of love, encouragement, and understanding.



5. RECEIVE

Allow yourself to receive the care, love, and compassion you deserve.

KIND REMINDERS



- ✓ You are doing your best.
- ✓ It's okay to rest.
- ✓ Your feelings are valid.
- ✓ You are worthy of love and kindness.
- ✓ You matter.



REFLECTION



What is one way I can show myself more kindness today?



AFFIRMATION



*I am worthy of love.
I choose to be kind to myself.*



Be gentle with yourself.



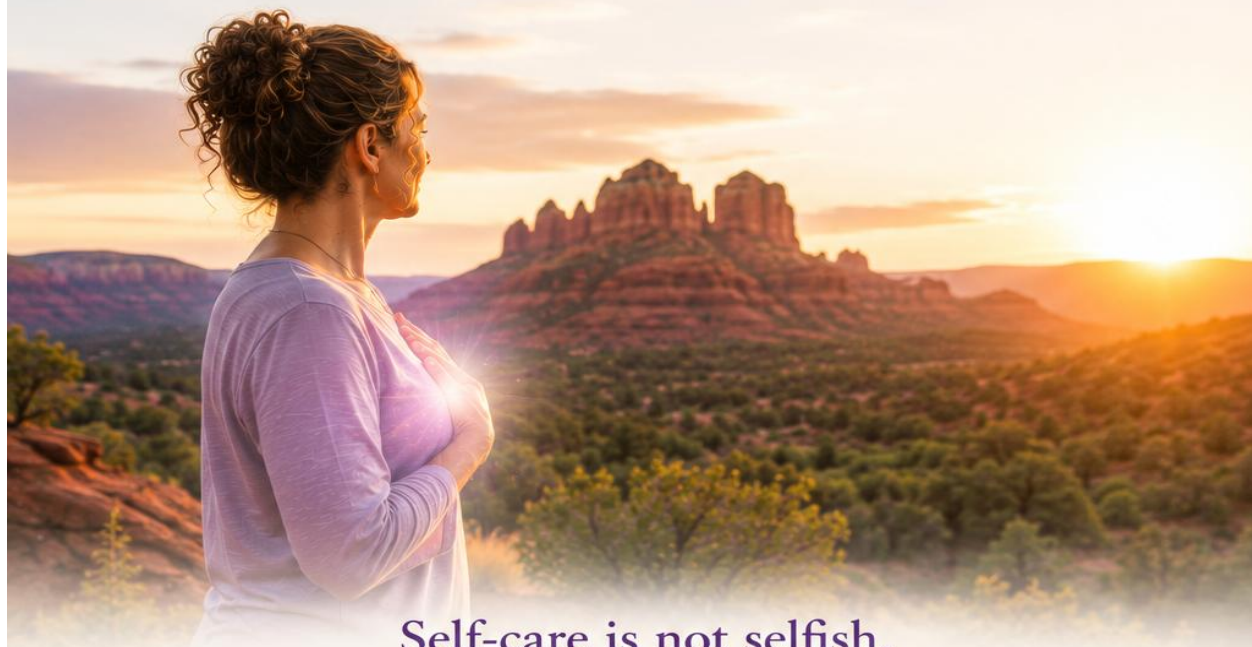
You are always enough.



Reiki is here for you.



A Final Reflection



Self-care is not selfish.

It is one of the most loving gifts we can offer ourselves.

Reiki reminds us that healing unfolds one breath,
one moment, and one choice at a time.

Trust your journey.
Trust your inner wisdom.
Trust the gentle unfolding of your path.

Most importantly, offer yourself the same **kindness**,
compassion, and **love** that you so freely give to others.



With gratitude and blessings,

Julie Russell

Reiki Master Teacher
Reiki Verde Valley



*“The relationship you cultivate with yourself
may be the most important healing journey of all.”*



Continue Your Journey



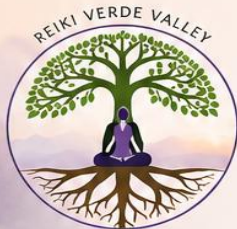
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Thank you for spending time with this collection.

My hope is that these teachings inspire you to bring Reiki into everyday life and encourage you to continue exploring your own path of growth, healing, and self-discovery.



May these reflections serve as gentle companions on your journey and remind you that wisdom is found not only in what we learn, but in what we live.



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