

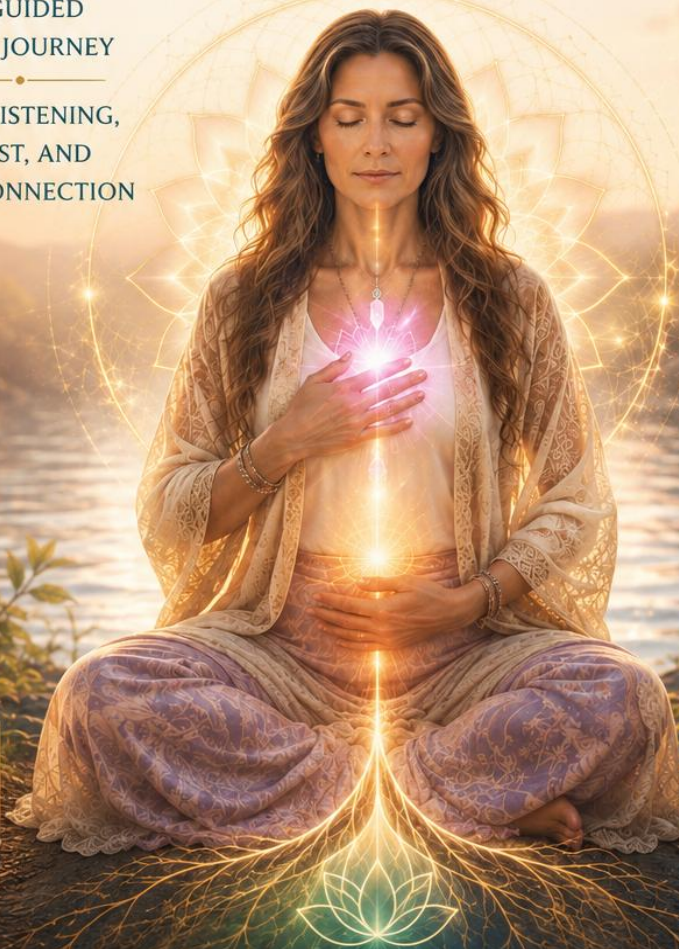
REIKI

— AND THE —

WISDOM OF THE BODY

A GUIDED
REIKI JOURNEY

— INTO LISTENING,
TRUST, AND
SELF-CONNECTION



Your body has been speaking to you
your entire life. It is time to listen.

— ♥ —
BY JULIE RUSSELL, RN, REIKI MASTER



WELCOME

Your body has been with you
since your very first breath.



It has carried you through
every season of your life.



This booklet is an invitation
to slow down, listen, and
reconnect with the wisdom
already living within you.



There is nothing to achieve.
There is no right answer.
Only an opportunity to listen.



REIKI INVITATION

Before beginning, activate Reiki.
Allow the energy to support
your awareness, deepen your
listening, and strengthen your
connection with your body.



REFLECTION

Place your hands on your heart.
Take a slow breath.
Silently say:

“I am willing to listen.”





BEGINNING THE JOURNEY



This is not a booklet
to rush through.



Move at your own pace.



Allow Reiki to
guide the experience.



Your body has been
communicating with you
your entire life.



Perhaps now you are ready
to listen in a new way.



REFLECTION

Place your hands together in Gassho.

Take three slow breaths.

Ask:

*“Body, what would you
like me to know today?”*





BEGIN THE CONVERSATION



Place your hands on your heart.



Take three slow breaths.



Allow Reiki to flow.



Then gently ask:

“Body, how are you feeling today?”

There is no need to analyze.

There is no need to fix anything.

Simply listen.

Notice what arises.

✦ A sensation.

✦ An emotion.

✦ A memory.

✦ A word.

✦ A feeling.

Trust whatever comes.

Your body knows how to speak.

Today, you are learning how to listen.



REFLECTION



Ask:

“Body, how are you feeling today?”

Then sit quietly
for one minute.



REMEMBER



There is no right answer.

Only your answer.

You are safe.

You are held.

You are supported.



WHAT IS YOUR BODY TRYING TO TELL YOU?



Think about an area of discomfort.



Place your hands there.



Allow Reiki to flow.

Ask:

“If this sensation had a message, what might it be?”



Simply listen.

Notice:

- A word
- An image
- A memory
- A feeling

Trust whatever comes.



REFLECTION

Sit quietly and listen.



SENSATIONS ARE MESSAGES



Your body communicates
through sensation.

NOTICE WHAT YOU FEEL:

- 🍃 **TIGHTNESS**
- 🍃 **HEAT**
- 🍃 **COLD**
- 🍃 **TINGLING**
- 🍃 **PRESSURE**
- 🍃 **NUMBNESS**

INSTEAD OF ASKING:

“How do I get rid of this?”

TRY ASKING:

“What are you
showing me?”



REFLECTION

Place your hands on the area and notice:

- ☐ What do I feel? _____
- ☐ What changes when Reiki flows? _____



LISTEN • HONOR • NURTURE • HEAL

EMOTIONS LIVE IN THE BODY

SADNESS



Heaviness
in the chest

JOY



Lightness
in the chest

FEAR



Tightness
in the belly

ANGER



Heat
in the body

PEACE



Calm
throughout
the body

Every emotion creates a
sensation somewhere in you.

NOTICE. FEEL. HONOR.

When we feel and allow,
energy can move and heal.

Your emotions
are not problems.
They are invitations
to understand and heal.



REFLECTION

Place your hands on the area and notice:

- ☐ What emotion might be here? _____
- ☐ What does it feel like in my body? _____
- ☐ What shifts when Reiki flows? _____

LISTEN • HONOR • NURTURE • HEAL



LISTENING INSTEAD OF FIGHTING



Your body is not the enemy.

When you resist, the tension stays.
When you listen, healing begins.

Try this shift:



Instead of:

“Why is this happening to me?”



Try asking:

“What is my body trying to tell me?”

Compassion changes everything.



LISTENING OPENS THE DOOR TO HEALING.



Listen with curiosity.



Respond with kindness.



Allow Reiki to support you.



REFLECTION

Place your hands on your heart and notice:

- ☐ What am I resisting right now? _____
- ☐ What might my body need from me? _____
- ☐ How does compassion feel in my body? _____

LISTEN • HONOR • NURTURE • HEAL



THE BODY AS A TRUSTED PARTNER



**Your body is on your side.
It wants you well.**

BUILD A RELATIONSHIP WITH YOUR BODY:



LISTEN

Notice without judgment.



THANK

Show gratitude every day.



CARE

Rest, nourish, and move gently.



TRUST

Your body knows how to heal.



YOU AND YOUR BODY ARE A TEAM.

When you listen and care,
your body responds with
greater ease, energy, and
well-being.



REFLECTION

Place your hands on your heart and notice:

☐ What does my body do for me every day?

☐ How can I show more appreciation
for my body?

LISTEN • HONOR • NURTURE • HEAL



GRATITUDE FOR THE BODY



Your body has been with you
through every experience
of your life.

- ♥ It has carried you.
- ♥ It has healed you.
- ♥ It has adapted for you.
- ♥ It has supported you.



REFLECTION

Instead of focusing on what's wrong,
take a moment to notice what is working.



GRATITUDE CHANGES THE RELATIONSHIP.

When we appreciate the body,
we often hear it more clearly.



REFLECTION

- ☐ What is my body doing well today? _____
- ☐ What part of my body deserves thanks? _____
- ☐ How can I show appreciation to my body today? _____

LISTEN • HONOR • NURTURE • HEAL

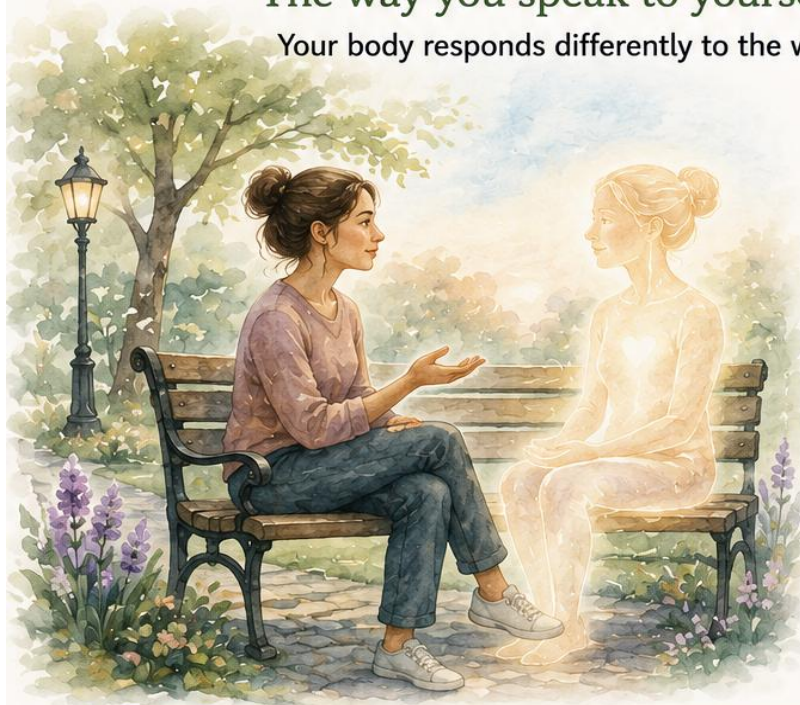


SPEAK TO YOUR BODY LIKE A FRIEND



The way you speak to yourself matters.

Your body responds differently to the words you use.



WORDS THAT HURT

- ✗ Criticism
- ✗ Judgment
- ✗ Fear

WORDS THAT HEAL

- ♥ Compassion
- ♥ Patience
- ♥ Encouragement



SPEAK TO YOUR BODY LIKE SOMEONE YOU LOVE.

You do not have to pretend everything is perfect. You can acknowledge challenges while still speaking with kindness.



REFLECTION

- ☐ If my body were my closest friend, how would I speak to it? _____
- ☐ What words would feel supportive? _____
- ☐ What does my body need to hear today? _____



AWARENESS • SAFETY • BALANCE • HEALING



LET YOUR BODY KNOW YOU'RE ON ITS SIDE



Your body is
not separate
from you.

It is part of you.

It **hears** what you say.
It **feels** what you feel.
It **responds** to your experiences.

Like any relationship,
it benefits from kindness,
patience, and understanding.



YOU AND YOUR BODY ARE ON THE SAME TEAM.

The goal is not to **fight** the body.
The goal is to **work with** it.



A MOMENT OF CONNECTION

Place your hands where your body calls you.
Then simply say:

- ♥ I am listening.
- ♥ I appreciate your efforts.
- ♥ We are in this together.
- ♥ I am on your side.



*Thank you,
body.*

AWARENESS

• SAFETY



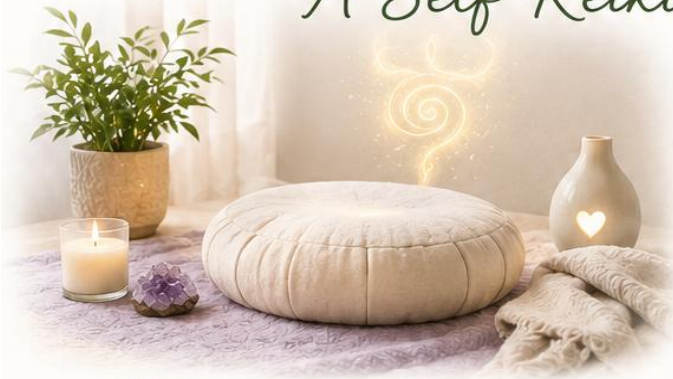
BALANCE

• HEALING

PUTTING IT ALL TOGETHER



A Self-Reiki Session



Bring everything you've learned into one simple and loving experience with yourself.



NOTICE



LISTEN



FEEL



TRUST



APPRECIATE



Place your hands where your body calls you.

Allow Reiki to flow.

Listen.

Trust what arises.

There is nothing to fix.

Only something to notice.



AWARENESS



SAFETY



BALANCE



HEALING

LIVING IN PARTNERSHIP

by Loving Your Body



Through Love, Care, and Reiki

Living in partnership
with your body
begins with love.

Love is not pretending
everything is perfect.

Love is:

- ♥ Listening
- ♥ Respecting
- ♥ Nourishing
- ♥ Resting
- ♥ Supporting
- ♥ Appreciating



Healing Music

Let sound soothe
your body and soul.



Rest and Receive

Rest deeply. Your body
heals in stillness.



Pause and Connect

Take mindful pauses.
Check in. Breathe. Be present.



Quiet Moments

Find quiet. Listen within.
Let Reiki flow.



**A LOVING RELATIONSHIP
WITH YOUR BODY IS BUILT
ONE CHOICE AT A TIME.**

Small loving choices create
lasting change.

You are worthy of your own love.

Ask yourself:

- What helps my body feel supported?
- What helps my body feel nourished?
- What loving choice can I make today?



AWARENESS

SAFETY



BALANCE

HEALING

CLOSING BLESSING



May you listen with *curiosity*.



May you respond with *kindness*.



May you trust the *wisdom*
of your body.



May you remember that
healing is not something
you force.

It is something you allow.



May Reiki remind you that
you and your body have
always been on the *same team*.



And may *love* guide
the relationship you
build together.



YOU ARE WHOLE. • YOU ARE WORTHY. • YOU ARE LOVED.

Always. ♥



REIKI AND THE WISDOM OF THE BODY



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AUTHOR

Julie Russell, RN, LRMT, CHt, CC

Founder, Reiki Verde Valley

Cottonwood, Arizona



ReikiVerdeValley.com



*“May Reiki help you cultivate a loving relationship
with your body, your life, and your authentic self.”*



Reiki Verde Valley™ Wisdom Series

Volume 7

Reiki and the Wisdom of the Body

