

# DAY 17 - STUDENT PRANAYAMA & HAND ACTIVATION WORKBOOK

दिन 17 - छात्र कार्यपुस्तिका



PRANAYAMA & HAND ACTIVATION

प्राणायाम और हाथ सक्रियण

Practice Notes, Energy Sensing Records & Partner Exercises

अभ्यास नोट्स, ऊर्जा संवेदन रिकॉर्ड और साझेदार अभ्यास

# SECTION 1: DAY 16 REVIEW

## दिन 16 समीक्षा

Quick review before we begin:

Name the seven chakras (bottom to top):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

What does REIKI mean?

REI = \_\_\_\_\_

KI = \_\_\_\_\_

REIKI = \_\_\_\_\_

Write the Five Reiki Principles:

Just for today...

1. I will not be \_\_\_\_\_
2. I will not \_\_\_\_\_
3. I will be \_\_\_\_\_
4. I will do my work \_\_\_\_\_
5. I will be \_\_\_\_\_ to every living thing

# SECTION 2: PRANAYAMA BASICS

## प्राणायाम मूल बातें

### 2.1 UNDERSTANDING PRANAYAMA

#### प्राणायाम को समझना

PRANAYAMA breakdown:

PRANA = \_\_\_\_\_

AYAMA = \_\_\_\_\_

PRANAYAMA = \_\_\_\_\_

#### THE FOUR PARTS OF BREATH:

1. PURAKA (पूरक) = \_\_\_\_\_
2. ANTARA KUMBHAKA (अंतर कुंभक) = \_\_\_\_\_ after inhale
3. RECHAKA (रेचक) = \_\_\_\_\_
4. BAHYA KUMBHAKA (बाह्य कुंभक) = \_\_\_\_\_ after exhale

#### Why is breath important for healing?

Breath is the \_\_\_\_\_ between body and \_\_\_\_\_

By controlling breath, we control \_\_\_\_\_

# SECTION 3: PRANAYAMA PRACTICE NOTES

## प्राणायाम अभ्यास नोट्स

### 3.1 PRACTICE 1: NATURAL BREATH AWARENESS

#### प्राकृतिक श्वास जागरूकता

Purpose: Foundation for all breath work

What I noticed about my natural breath:

Where did breath go?  Chest  Belly  Both

Length of inhale vs exhale:  Equal  Inhale longer  Exhale longer

Pauses between breaths?  Yes  No

Other observations: \_\_\_\_\_

### 3.2 PRACTICE 2: DIAPHRAGMATIC BREATHING

#### डायाफ्रामिक श्वास

Purpose: Full oxygen intake, relaxation response

Instructions summary:

- Hand on \_\_\_\_\_, hand on \_\_\_\_\_
- Inhale: \_\_\_\_\_ rises, chest stays \_\_\_\_\_
- Exhale: \_\_\_\_\_ falls

How I felt after practice:

### 3.3 PRACTICE 3: FULL YOGIC BREATH

#### पूर्ण योगिक श्वास

Purpose: Maximum Prana intake (uses 100% lung capacity)

The THREE stages of inhalation:

1. Fill the \_\_\_\_\_ (lower lungs)
2. Expand the \_\_\_\_\_ (middle lungs)
3. Lift the \_\_\_\_\_ slightly (upper lungs)

The THREE stages of exhalation (reverse):

1. \_\_\_\_\_ releases
2. \_\_\_\_\_ contract
3. \_\_\_\_\_ pulls in

How I felt after practice:

# PRANAYAMA PRACTICES 4-6

## 3.4 PRACTICE 4: 4-7-8 BREATHING

4-7-8 श्वास

Purpose: Deep relaxation, calming

Pattern:

- Inhale for \_\_\_ counts
- Hold for \_\_\_ counts
- Exhale for \_\_\_ counts

If too long, alternative patterns: \_\_\_-\_\_\_-\_\_\_ or \_\_\_-\_\_\_-\_\_\_

How I felt after 4 cycles:

Best use for clients: \_\_\_\_\_

## 3.5 PRACTICE 5: BOX BREATHING

बॉक्स ब्रीथिंग

Purpose: Balance, focus, grounding

Draw the box pattern:

\_\_\_ counts (inhale)

\_\_\_ counts (exhale)

How I felt after practice:

Best use: \_\_\_\_\_

## 3.6 PRACTICE 6: KAPALABHATI

कपालभाति

Purpose: Increase energy, clear mind, cleanse

CONTRAINDICATIONS (do NOT practice if):

- Pregnancy
- High blood pressure
- Heart disease
- Recent abdominal surgery

Instructions summary:

- Exhale is \_\_\_\_\_ and forceful
- Inhale happens \_\_\_\_\_ (passive)
- Speed: \_\_\_-\_\_\_ exhalations per second

Rounds completed today: \_\_\_ rounds of \_\_\_ breaths

How I felt after practice:

# SECTION 4: HAND ACTIVATION NOTES

## हाथ सक्रियण नोट्स

### 4.1 PALM CHAKRAS

#### हथेली चक्र

Each palm has a minor \_\_\_\_\_ that:

- \_\_\_\_\_ energy from the universe
- \_\_\_\_\_ energy to clients
- \_\_\_\_\_ energy in the field

What activated hands might feel like:

- Warmth or heat
- Tingling or prickling
- Pulsing or throbbing
- Magnetic sensation
- Pressure or density
- Vibration
- Expansion

### 4.2 TECHNIQUE 1: PALM RUBBING

#### हथेली रगड़ना

Duration: \_\_\_-\_\_\_ minutes

What I felt between my palms after rubbing:

- Warmth  Tingling  Magnetic  Pulsing  Other: \_\_\_\_\_

Intensity (1-10): \_\_\_\_\_

Notes: \_\_\_\_\_

# HAND ACTIVATION TECHNIQUES 2-5

## 4.3 TECHNIQUE 2: ENERGY BALL

ऊर्जा गेंद

Duration: \_\_\_-\_\_\_ minutes

What I felt while making the energy ball:

When compressing (bringing palms closer):

When stretching (pulling palms apart):

When adding color (gold, green, white):

## 4.4 TECHNIQUE 3: FINGER ACTIVATION

उंगली सक्रियण

Duration: \_\_\_-\_\_\_ minutes

What I felt at each finger connection:

Thumbs: \_\_\_\_\_

Index fingers: \_\_\_\_\_

Middle fingers: \_\_\_\_\_

Ring fingers: \_\_\_\_\_

Pinky fingers: \_\_\_\_\_

All fingertips together: \_\_\_\_\_

## 4.5 TECHNIQUE 4: HAND BREATHING

हाथ श्वास

Duration: \_\_\_ minutes

What I felt when:

Inhaling through palms (energy entering):

Exhaling through palms (energy flowing out):

Inhaling through left, exhaling through right:

## 4.6 TECHNIQUE 5: CHAKRA HAND PLACEMENT

चक्र हाथ स्थापन

What I felt at each chakra when placing hands:

Root (lower abdomen): \_\_\_\_\_

Sacral (below navel): \_\_\_\_\_

Solar Plexus (upper abdomen): \_\_\_\_\_

Heart (center chest): \_\_\_\_\_

Throat: \_\_\_\_\_

Third Eye (forehead): \_\_\_\_\_

Crown (above head): \_\_\_\_\_

# SECTION 5: FEELING PRANA IN YOUR OWN BODY

## अपने शरीर में प्राण महसूस करना

### 5.1 INNER PRANA SCAN

#### आंतरिक प्राण स्कैन

Record what you felt at each body area:

**FEET:**  Warm  Cool  Tingling  Heavy  Light  Nothing

Notes: \_\_\_\_\_

**LEGS:**  Warm  Cool  Tingling  Heavy  Light  Nothing

Notes: \_\_\_\_\_

**HIPS/PELVIS:**  Warm  Cool  Tingling  Heavy  Light  Nothing

Notes: \_\_\_\_\_

**LOWER BELLY:**  Warm  Cool  Tingling  Heavy  Light  Nothing

Notes: \_\_\_\_\_

**NAVEL AREA:**  Warm  Cool  Tingling  Heavy  Light  Nothing

Notes: \_\_\_\_\_

**UPPER BELLY:**  Warm  Cool  Tingling  Heavy  Light  Nothing

Notes: \_\_\_\_\_

**CHEST:**  Warm  Cool  Tingling  Heavy  Light  Nothing

Notes: \_\_\_\_\_

**SHOULDERS/ARMS:**  Warm  Cool  Tingling  Heavy  Light  Nothing

Notes: \_\_\_\_\_

**HANDS:**  Warm  Cool  Tingling  Heavy  Light  Nothing

Notes: \_\_\_\_\_

**THROAT:**  Warm  Cool  Tingling  Heavy  Light  Nothing

Notes: \_\_\_\_\_

**HEAD:**  Warm  Cool  Tingling  Heavy  Light  Nothing

Notes: \_\_\_\_\_

Where energy felt STRONGEST: \_\_\_\_\_

Where energy felt WEAKEST: \_\_\_\_\_

# SENSING THE FIVE PRANAS & YOUR AURA

## 5.2 SENSING THE FIVE PRANAS

पंच प्राण संवेदन

**PRANA VAYU** (chest - hands on chest):

What I felt: \_\_\_\_\_

**APANA VAYU** (lower abdomen - hands below navel):

What I felt: \_\_\_\_\_

**SAMANA VAYU** (navel - hands on belly):

What I felt: \_\_\_\_\_

**UDANA VAYU** (throat - hand on throat, humming OM):

What I felt: \_\_\_\_\_

**VYANA VAYU** (whole body - arms wide):

What I felt: \_\_\_\_\_

## 5.3 SENSING YOUR OWN AURA

अपनी आभा को महसूस करना

How far from your body did you feel the edge of your aura?

Around arm: \_\_\_ inches

Around legs: \_\_\_ inches

Around chest: \_\_\_ inches

Around head: \_\_\_ inches

Was it even everywhere?  Yes  No

If no, where was it stronger? \_\_\_\_\_

Where was it weaker? \_\_\_\_\_

# SECTION 6: PARTNER ENERGY SENSING EXERCISES

## साझेदार ऊर्जा संवेदन अभ्यास

Partner's Name: \_\_\_\_\_

### 6.1 EXERCISE 1: PALM-TO-PALM ENERGY TRANSFER

हथेली-से-हथेली ऊर्जा स्थानांतरण

#### AS SENDER:

What I felt when sending energy:

Did my partner feel anything?  Yes  No  Somewhat

What did they report? \_\_\_\_\_

#### AS RECEIVER:

What I felt when receiving energy:

Did it match what my partner sent?  Yes  No  Somewhat

### 6.2 EXERCISE 2: SENSING PARTNER'S FIELD

साझेदार के क्षेत्र को महसूस करना

#### AS PRACTITIONER:

How far from their body did I feel the edge of their aura? \_\_\_ inches

Where did energy feel strongest? \_\_\_\_\_

Where did energy feel weakest? \_\_\_\_\_

Other observations: \_\_\_\_\_

#### AS CLIENT:

What I felt when my partner scanned me:

# PARTNER BACK SCANNING EXERCISE

## 6.3 EXERCISE 3: BACK SCANNING

पीछे स्कैनिंग

**AS PRACTITIONER** (scanning partner's back/spine):

Crown area:  Strong  Moderate  Weak  Blocked

Upper spine:  Strong  Moderate  Weak  Blocked

Heart area (back):  Strong  Moderate  Weak  Blocked

Middle spine:  Strong  Moderate  Weak  Blocked

Lower spine:  Strong  Moderate  Weak  Blocked

Sacrum:  Strong  Moderate  Weak  Blocked

Root area:  Strong  Moderate  Weak  Blocked

Notes: \_\_\_\_\_

# SECTION 7: PARTNER CHAKRA SCANNING

## साझेदार चक्र स्कैनिंग

Partner's Name: \_\_\_\_\_

### 7.1 CHAKRA SCANNING RECORD

#### चक्र स्कैनिंग रिकॉर्ड

For each chakra, record what you sensed:

##### **ROOT CHAKRA:**

Warm  Cool  Strong  Weak  Spinning  Still  Blocked

Intensity (1-10): \_\_\_\_

Notes: \_\_\_\_\_

##### **SACRAL CHAKRA:**

Warm  Cool  Strong  Weak  Spinning  Still  Blocked

Intensity (1-10): \_\_\_\_

Notes: \_\_\_\_\_

##### **SOLAR PLEXUS CHAKRA:**

Warm  Cool  Strong  Weak  Spinning  Still  Blocked

Intensity (1-10): \_\_\_\_

Notes: \_\_\_\_\_

##### **HEART CHAKRA:**

Warm  Cool  Strong  Weak  Spinning  Still  Blocked

Intensity (1-10): \_\_\_\_

Notes: \_\_\_\_\_

##### **THROAT CHAKRA:**

Warm  Cool  Strong  Weak  Spinning  Still  Blocked

Intensity (1-10): \_\_\_\_

Notes: \_\_\_\_\_

##### **THIRD EYE CHAKRA:**

Warm  Cool  Strong  Weak  Spinning  Still  Blocked

Intensity (1-10): \_\_\_\_

Notes: \_\_\_\_\_

##### **CROWN CHAKRA:**

Warm  Cool  Strong  Weak  Spinning  Still  Blocked

Intensity (1-10): \_\_\_\_

Notes: \_\_\_\_\_

# CHAKRA SCANNING SUMMARY & FEEDBACK

## 7.2 CHAKRA SCANNING SUMMARY

चक्र स्कैनिंग सारांश

Most balanced chakra(s): \_\_\_\_\_

Most blocked/weak chakra(s): \_\_\_\_\_

Overall energy level:  High  Medium  Low

What I shared with my partner: \_\_\_\_\_

## 7.3 FEEDBACK RECEIVED (when I was scanned)

प्राप्त प्रतिक्रिया

What my partner found in my chakras:

Did this match my self-assessment?  Yes  Partially  No

Insights: \_\_\_\_\_

# SECTION 8: CLIENT APPLICATION

## ग्राहक अनुप्रयोग

### 8.1 DEVELOPING ENERGY SENSITIVITY

ऊर्जा संवेदनशीलता विकसित करना

Factors that develop sensitivity:

#### DAILY PRACTICE:

- \_\_\_\_\_ (5-10 minutes)
- \_\_\_\_\_ activation (5 minutes)
- \_\_\_\_\_-sensing (5 minutes)

#### LIFESTYLE FACTORS:

- Adequate \_\_\_\_\_
- Clean \_\_\_\_\_
- Time in \_\_\_\_\_
- \_\_\_\_\_
- Reduced \_\_\_\_\_ time

### 8.2 PROFESSIONAL SCANNING PROTOCOL

पेशेवर स्कैनिंग प्रोटोकॉल

#### Before scanning a client:

- Get \_\_\_\_\_
- \_\_\_\_\_ what you'll do
- Set expectations
- Ensure comfort

#### During scanning:

- Maintain appropriate \_\_\_\_\_ (6-12 inches)
- Move \_\_\_\_\_ and deliberately
- Stay \_\_\_\_\_ and present
- Don't make alarming facial expressions
- Note findings

#### After scanning:

- Share findings \_\_\_\_\_
- Use \_\_\_\_\_ language
- Don't \_\_\_\_\_ medical conditions
- Connect to treatment plan

# PRE-SESSION PREPARATION ROUTINE

## 8.3 PRE-SESSION PREPARATION ROUTINE

पूर्व-सत्र तैयारी दिनचर्या

### 30 MINUTES BEFORE CLIENT ARRIVES:

01

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CLEAR SPACE (5 min)

What to do:

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02

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CLEAR YOUR ENERGY (5 min)

What to do:

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03

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CENTER YOURSELF (10 min)

Breath practices:

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04

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ACTIVATE HANDS (5 min)

Techniques:

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05

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SET INTENTION (2-3 min)

Affirmation: "I am a \_\_\_\_\_ channel for healing energy"

Also recite: \_\_\_\_\_