

# DAY 18 - STUDENT ADVANCED BREATHING & CHAKRA REIKI WORKBOOK

## दिन 18 - छात्र कार्यपुस्तिका

**ADVANCED BREATHING & CHAKRA REIKI**

उन्नत श्वास और चक्र रेकी

Practice Notes, Hand Positions & Session Documentation

अभ्यास नोट्स, हाथ स्थिति और सत्र दस्तावेज़ीकरण

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Student Name / छात्र का नाम: \_\_\_\_\_

Date / दिनांक: \_\_\_\_\_

# SECTION 1: DAY 17 REVIEW

## दिन 17 समीक्षा

### Quick review:

Name three Pranayama techniques from yesterday:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Name three hand activation techniques:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What does "You are a channel, not the source" mean?

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## SECTION 2: NADI SHODHANA

### नाड़ी शोधन

#### 2.1 UNDERSTANDING NADI SHODHANA

#### नाड़ी शोधन को समझना

NADI = \_\_\_\_\_

SHODHANA = \_\_\_\_\_

NADI SHODHANA = \_\_\_\_\_

Also called: **ANULOM VILOM** (अनुलोम विलोम)

What does breathing through LEFT nostril activate?

- \_\_\_\_\_ nadi
- \_\_\_\_\_ brain (creative, intuitive)

What does breathing through RIGHT nostril activate?

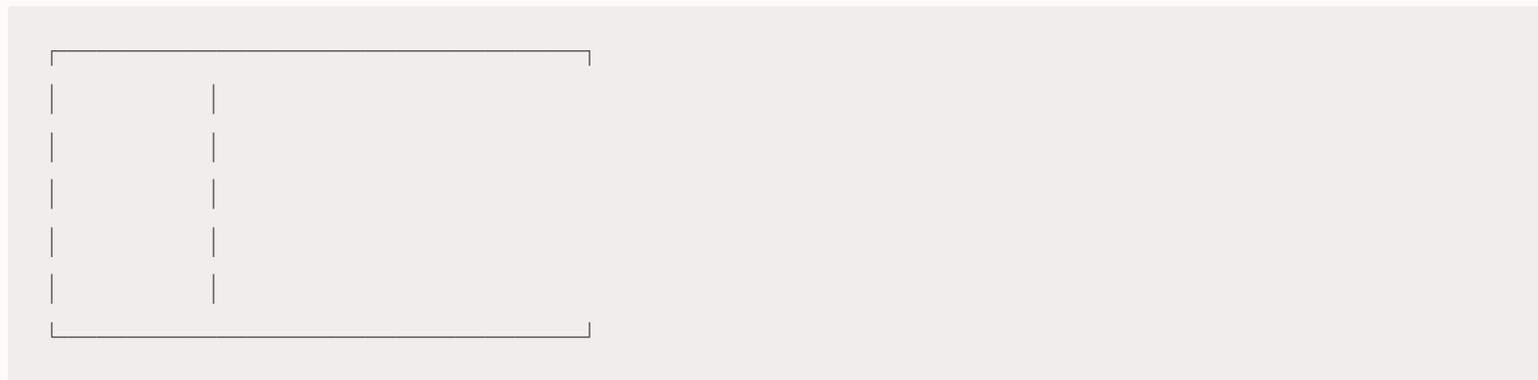
- \_\_\_\_\_ nadi
- \_\_\_\_\_ brain (logical, analytical)

Alternating creates: \_\_\_\_\_

#### 2.2 VISHNU MUDRA

#### विष्णु मुद्रा

Draw the hand position:



Which fingers are folded? \_\_\_\_\_ and \_\_\_\_\_

Thumb closes which nostril? \_\_\_\_\_

Ring finger closes which nostril? \_\_\_\_\_

#### 2.3 NADI SHODHANA PRACTICE RECORD

#### नाड़ी शोधन अभ्यास रिकॉर्ड

Write the pattern:

1. Close RIGHT nostril → INHALE through \_\_\_\_\_ (4 counts)
2. Close BOTH nostrils → \_\_\_\_\_ (4 counts)
3. Open \_\_\_\_\_ nostril → EXHALE through RIGHT (4 counts)
4. Keep left closed → INHALE through \_\_\_\_\_ (4 counts)
5. Close BOTH nostrils → \_\_\_\_\_ (4 counts)
6. Open \_\_\_\_\_ nostril → EXHALE through LEFT (4 counts)

This is ONE round.

Memory aid: "In \_\_\_\_\_, hold, out \_\_\_\_\_.

In \_\_\_\_\_, hold, out \_\_\_\_\_."

How I felt after practice:

\_\_\_\_\_

# SECTION 3: CHAKRA-SPECIFIC BREATHING

## चक्र-विशिष्ट श्वास

### 3.1 CHAKRA BREATHING BASICS

#### चक्र श्वास मूल बातें

Chakra breathing combines:

1. Focused \_\_\_\_\_ on the chakra location
2. \_\_\_\_\_ of the chakra's color
3. Specific \_\_\_\_\_ pattern
4. Optional: \_\_\_\_\_ mantra sound

### 3.2 BIJA MANTRAS FOR EACH CHAKRA

#### प्रत्येक चक्र के लिए बीज मंत्र

Complete the chart:

CHAKRA	LOCATION	COLOR	BIJA MANTRA	ELEMENT
Root	Base of spine			Earth
Sacral	Below navel			Water
Solar Plexus	Upper abdomen			Fire
Heart	Center of chest			Air
Throat	Throat			Ether
Third Eye	Between eyebrows			Light
Crown	Top of head			Consciousness

### 3.3 FULL CHAKRA BREATHING SEQUENCE NOTES

#### पूर्ण चक्र श्वास क्रम नोट्स

Record what you experienced at each chakra during practice:

**ROOT (Red - LAM):**

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**SACRAL (Orange - VAM):**

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**SOLAR PLEXUS (Yellow - RAM):**

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**HEART (Green - YAM):**

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**THROAT (Blue - HAM):**

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**THIRD EYE (Indigo - OM):**

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**CROWN (Violet/White - Silence/OM):**

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**Overall experience after full sequence:**

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# SECTION 4: REIKI HAND POSITIONS - SELF-TREATMENT

## रेकी हाथ स्थिति - स्व-उपचार

### 4.1 PRINCIPLES OF HAND PLACEMENT

#### हाथ स्थापन के सिद्धांत

Fill in the four principles:

1. Hands should be \_\_\_\_\_ - not tense, natural cup shape
2. \_\_\_\_\_ touch or \_\_\_\_\_ (2-4 inches above)
3. Remain \_\_\_\_\_ - don't massage or move around
4. \_\_\_\_\_ the energy - it knows where to go

### 4.2 SELF-TREATMENT POSITIONS

#### स्व-उपचार स्थितियां

Record what you felt at each position:

##### **POSITION 1: EYES/FOREHEAD**

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

##### **POSITION 2: SIDES OF HEAD (Temples)**

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

##### **POSITION 3: BACK OF HEAD**

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

##### **POSITION 4: THROAT**

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

##### **POSITION 5: HEART**

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

##### **POSITION 6: SOLAR PLEXUS**

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

##### **POSITION 7: LOWER ABDOMEN (Sacral)**

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

##### **POSITION 8: LOWER BELLY/HIPS (Root)**

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

Time recommendation per position: \_\_\_-\_\_\_ minutes

Full self-treatment duration: \_\_\_-\_\_\_ minutes

# SECTION 5: REIKI HAND POSITIONS - CLIENT TREATMENT

## रेकी हाथ स्थिति - ग्राहक उपचार

### 5.1 CLIENT POSITIONS - FRONT OF BODY

#### ग्राहक स्थितियां - शरीर का अगला भाग

List the 10 front positions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Which position must you ALWAYS hover (never touch)?

\_\_\_\_\_

### 5.2 CLIENT POSITIONS - BACK OF BODY

#### ग्राहक स्थितियां - शरीर का पिछला भाग

List the 8 back positions:

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

# SECTION 6: ENERGY CHANNELING

## ऊर्जा चैनलिंग

### 6.1 THE CHANNELING FLOW

#### चैनलिंग प्रवाह

Complete the flow diagram:

\_\_\_\_\_ Energy → Your \_\_\_\_\_

→ Your \_\_\_\_\_ → Your \_\_\_\_\_

→ Your \_\_\_\_\_ → \_\_\_\_\_

### 6.2 CHANNELING STEPS

#### चैनलिंग चरण

Fill in the steps:

**STEP 1:** \_\_\_\_\_ yourself (breath)

**STEP 2:** \_\_\_\_\_ hands (rub)

**STEP 3:** Set \_\_\_\_\_

**STEP 4:** \_\_\_\_\_ the energy

**STEP 5:** \_\_\_\_\_ (feel energy flowing)

Intention statement: "I am a \_\_\_\_\_ for

\_\_\_\_\_."

Invocation statement: "I call upon \_\_\_\_\_

\_\_\_\_\_ to flow through me for the \_\_\_\_\_."

### 6.3 CHANNELING PRACTICE RECORD

#### चैनलिंग अभ्यास रिकॉर्ड

What I felt when channeling to partner:

\_\_\_\_\_

What my partner felt when receiving:

\_\_\_\_\_

# SECTION 7: CLEARING BLOCKAGES

## रुकावटें साफ करना

### 7.1 SIGNS OF BLOCKAGE

#### रुकावट के संकेत

What you feel in your hands over a blocked area:

- \_\_\_\_\_
- \_\_\_\_\_
- Stuck or stagnant feeling
- \_\_\_\_\_ sensation
- \_\_\_\_\_ sensation (energy being drawn)
- Takes \_\_\_\_\_ to feel complete

### 7.2 CLEARING TECHNIQUES

#### साफ करने की तकनीकें

**TECHNIQUE 1:** \_\_\_\_\_

Description: Hold position longer, wait for shift

**TECHNIQUE 2:** \_\_\_\_\_

Description: Mentally intend release, visualize blockage dissolving

**TECHNIQUE 3:** \_\_\_\_\_

Description: Exhale to release, inhale fresh energy

**TECHNIQUE 4:** \_\_\_\_\_

Description: Sweep hands above body head to feet, shake off

How do you know the blockage is cleared?

\_\_\_\_\_

# SECTION 8: PARTNER PRACTICE - COMPLETE SESSION

## साझेदार अभ्यास - संपूर्ण सत्र

### 8.1 SESSION STRUCTURE

#### सत्र संरचना

Fill in the phases:

**PHASE 1:** \_\_\_\_\_ (5-10 min)

- Greet client, intake, explain, get consent

**PHASE 2:** \_\_\_\_\_ (2-3 min)

- Stand at head, set intention, invoke energy

**PHASE 3:** \_\_\_\_\_ (3-5 min)

- Quick scan head to feet, note areas needing attention

**PHASE 4:** \_\_\_\_\_ (30-45 min)

- Systematic treatment through all positions

**PHASE 5:** \_\_\_\_\_ (3-5 min)

- Ground by holding feet, sweep aura, bring client back

**PHASE 6:** \_\_\_\_\_ (5-10 min)

- Client sits up, offer water, discuss, aftercare

### 8.2 MY EXPERIENCE AS PRACTITIONER

#### प्रैक्टिशनर के रूप में मेरा अनुभव

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

How I felt at the beginning:

\_\_\_\_\_

What I noticed during the session:

Crown: \_\_\_\_\_

Head: \_\_\_\_\_

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

Heart: \_\_\_\_\_

Solar Plexus: \_\_\_\_\_

Sacral: \_\_\_\_\_

Root: \_\_\_\_\_

Feet: \_\_\_\_\_

Any areas that felt blocked?

\_\_\_\_\_

How I felt at the end:

\_\_\_\_\_

### 8.3 MY EXPERIENCE AS CLIENT

#### ग्राहक के रूप में मेरा अनुभव

How I felt at the beginning:

\_\_\_\_\_

Physical sensations during session:

\_\_\_\_\_

Emotional experiences during session:

\_\_\_\_\_

How I felt at the end:

\_\_\_\_\_

# SECTION 9: CLIENT SESSION DOCUMENTATION FORM

## ग्राहक सत्र दस्तावेज़ीकरण फॉर्म

Use this form to document the session you GAVE (as practitioner):

### CLIENT SESSION RECORD

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

Session Number: \_\_ Session Duration: \_\_ minutes

Presenting Issue/Intention: \_\_\_\_\_

### PRE-SESSION STATE (Client's self-report 1-10):

Stress Level: \_\_/10 Energy Level: \_\_/10 Pain Level: \_\_/10

### CHAKRA ASSESSMENT (What I sensed):

Root:  Open  Blocked  Underactive  Overactive

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

Sacral:  Open  Blocked  Underactive  Overactive

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

Solar Plexus:  Open  Blocked  Underactive  Overactive

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

Heart:  Open  Blocked  Underactive  Overactive

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

Throat:  Open  Blocked  Underactive  Overactive

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

Third Eye:  Open  Blocked  Underactive  Overactive

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

Crown:  Open  Blocked  Underactive  Overactive

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

### TREATMENT NOTES:

Positions treated:  Front only  Front + Back  Focus areas only

Areas that needed extra time: \_\_\_\_\_

Sensations I observed: \_\_\_\_\_

Blockages detected and cleared: \_\_\_\_\_

Client's reported sensations: \_\_\_\_\_

### POST-SESSION STATE (Client's self-report 1-10):

Stress Level: \_\_/10 Energy Level: \_\_/10 Pain Level: \_\_/10

Client's overall feedback: \_\_\_\_\_

### AFTERCARE INSTRUCTIONS GIVEN:

Drink water  Rest  Note emotions  Detox possible

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

### RECOMMENDATIONS FOR NEXT SESSION:

Next session date: \_\_\_\_\_

Practitioner Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# SECTION 10: AFTERCARE INSTRUCTIONS

## उपचार के बाद निर्देश

Write the 7 aftercare instructions to give clients:

1. **HYDRATION:**

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2. **REST:**

---

3. **EMOTIONS:**

---

4. **SENSATIONS:**

---

5. **DETOX:**

---

6. **SELF-CARE:**

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7. **FOLLOW-UP:**

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# SECTION 11: POST-SESSION REFLECTION

## सत्र-पश्चात प्रतिबिंब

What I learned about Nadi Shodhana:

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What I learned about chakra breathing:

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What I learned about hand positions:

---

What I learned about energy channeling:

---

How it felt to give my FIRST complete session:

---

What surprised me:

---

What I want to improve:

---

Questions I still have:

---

# SECTION 12: HOMEWORK ASSIGNMENTS

## गृहकार्य असाइनमेंट

### **ASSIGNMENT 1: Nadi Shodhana Practice**

10 rounds morning and evening

Morning done:  Yes Time: \_\_\_\_ How I felt: \_\_\_\_\_

Evening done:  Yes Time: \_\_\_\_ How I felt: \_\_\_\_\_

### **ASSIGNMENT 2: Complete Self-Reiki Session**

All 8 self-treatment positions, 3-5 min each (30-40 min total)

Completed:  Yes Time: \_\_\_\_ Duration: \_\_\_\_ min

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

### **ASSIGNMENT 3: Chakra Breathing Sequence**

Full sequence before sleep

Completed:  Yes Time: \_\_\_\_

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

### **ASSIGNMENT 4: Journal Entry**

Write about your first session experience

Completed:  Yes

Key insights: \_\_\_\_\_

### **ASSIGNMENT 5: Prepare for Day 19**

Topic: Aura Work & Energy Scanning

# SECTION 13: QUICK REFERENCE CARD

## त्वरित संदर्भ कार्ड

Cut this out for reference:

DAY 18: ADVANCED BREATHING & CHAKRA REIKI

NADI SHODHANA:

In LEFT, hold, out RIGHT. In RIGHT, hold, out LEFT.

Vishnu Mudra: Thumb=Right, Ring=Left

BIJA MANTRAS:

Root-LAM Sacral-VAM Solar-RAM Heart-YAM

Throat-HAM Third Eye-OM Crown-Silence/OM

SELF-TREATMENT (8 positions):

1.Eyes/Forehead 2.Temples 3.Back of head 4.Throat

5.Heart 6.Solar Plexus 7.Sacral 8.Root/Hips

CLIENT FRONT (10 positions):

Crown→Eyes→Sides of head→Throat(hover!)→Heart→

Solar Plexus→Lower abdomen→Hips→Knees→Feet

CHANNELING: Center→Activate→Intention→Invoke→Allow

"I am a clear channel for healing energy"

BLOCKAGE SIGNS: Cold, Heavy, Stuck, Dense, Pulling

CLEARING: Extended time, Intention, Breath, Sweeping

# SECTION 14: SESSION COMPLETION CHECKLIST

## सत्र पूर्णता चेकलिस्ट

Before leaving today:

- Completed Day 17 review
- Practiced Nadi Shodhana (10 rounds)
- Completed full chakra breathing sequence
- Learned all 8 self-treatment positions
- Learned all client treatment positions (front)
- Practiced energy channeling with partner
- Learned blockage clearing techniques
- GAVE a complete chakra Reiki session
- RECEIVED a complete chakra Reiki session
- Completed session documentation form
- Understand homework assignments

My confidence in Nadi Shodhana: \_\_\_\_/10

My confidence in chakra breathing: \_\_\_\_/10

My confidence in hand positions: \_\_\_\_/10

My confidence in giving a complete session: \_\_\_\_/10

Instructor's Signature: \_\_\_\_\_

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### END OF DAY 18 WORKBOOK

DECODE LIFE TRANSFORMATION - Level 1

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*"Today you crossed the threshold from student to healer."*

### TOMORROW - DAY 19: AURA WORK & ENERGY SCANNING

कल - दिन 19: आभा कार्य और ऊर्जा स्कैनिंग

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