

DAY 20 - STUDENT GROUNDING & FULL REIKI SESSION WORKBOOK

दिन 20 - छात्र कार्यपुस्तिका

GROUNDING & FULL REIKI SESSION

भूमिकरण और पूर्ण रेकी सत्र

Session Documentation, Protocols & Self-Care Planning

सत्र दस्तावेज़ीकरण, प्रोटोकॉल और आत्म-देखभाल योजना

Student Name / छात्र का नाम: _____

Date / दिनांक: _____

SECTION 1: DAY 19 REVIEW

दिन 19 समीक्षा

Quick review:

Name the three aura layers:

1. _____ (0-6 inches) - Physical/Etheric
2. _____ (6-18 inches) - Emotional/Mental
3. _____ (18-36 inches) - Spiritual/Protective

What do these aura colors indicate?

Green = _____

Gray = _____

Name two aura cleansing methods:

1. _____
 2. _____
-

SECTION 2: UNDERSTANDING GROUNDING

भूमिकरण को समझना

2.1 WHAT IS GROUNDING? भूमिकरण क्या है?

GROUNDING = _____

Why is grounding essential for healing?

In Vedic tradition, grounding relates to:

- _____ Chakra (Root)
- _____ Tattva (Earth element)
- _____ Vayu (Downward-moving energy)

2.2 SIGNS OF BEING GROUNDED VS UNGROUNDED

भूमिकृत बनाम अभूमिकृत होने के संकेत

UNGROUND - I feel:

- Spacey, disconnected
- Can't concentrate
- Anxious, restless
- Overwhelmed by emotions
- Fatigue without cause
- "Floaty" feeling

GROUNDED - I feel:

- Stable, centered
- Clear thinking
- Present in body
- Calm, confident
- Good energy
- Connected to earth

SECTION 3: GROUNDING TECHNIQUES PRACTICE

भूमिकरण तकनीकें अभ्यास

3.1 TECHNIQUE 1: TREE ROOTS VISUALIZATION

वृक्ष जड़ें दृश्यावलोकन

Practice notes:

What I visualized: _____

How deep did my roots go? _____

What did I feel when earth energy rose up?

How grounded do I feel now (1-10)? ____

3.2 TECHNIQUE 2: BODY AWARENESS SCAN

शरीर जागरूकता स्कैन

What I noticed:

Weight of body: _____

Feet on floor: _____

Temperature: _____

Sounds: _____

Breath: _____

How grounded do I feel now (1-10)? ____

3.3 TECHNIQUE 3: EARTH BREATHING

पृथ्वी श्वास

What I felt when drawing earth energy UP through feet:

What I felt when sending energy DOWN on exhale:

How grounded do I feel now (1-10)? ____

3.4 TECHNIQUE 4: PHYSICAL GROUNDING - STOMPING

शारीरिक भूमिकरण - पैर पटकना

How did stomping feel?

Did this work faster than visualization? Yes No Same

3.5 TECHNIQUE 5: ROOT CHAKRA ACTIVATION

मूलाधार चक्र सक्रियण

What I felt when chanting LAM:

Did I feel the chakra spinning? Yes Somewhat No

How grounded do I feel now (1-10)? ____

3.6 MY PREFERRED GROUNDING TECHNIQUES

मेरी पसंदीदा भूमिकरण तकनीकें

Rank the techniques from most effective to least (1-5):

____ Tree Roots Visualization

____ Body Awareness Scan

____ Earth Breathing

____ Physical Grounding (Stomping)

____ Root Chakra Activation

I will use _____ before every session.

SECTION 4: COMPLETE REIKI PROTOCOL

संपूर्ण रेकी प्रोटोकॉल

4.1 THE 60-MINUTE PROTOCOL OVERVIEW

60-मिनट प्रोटोकॉल अवलोकन

Fill in the six phases:

01

PHASE 1: _____ (5-7 min)

- Before client: Clear space, center, activate hands, set intention
- With client: Welcome, intake, consent, lie down, guide grounding

02

PHASE 2: _____ & _____ (5 min)

- Center, invoke Reiki, scan aura, scan chakras, initial clearing

03

PHASE 3: _____ BODY (25-30 min)

- 10 positions, 3 min each

04

PHASE 4: _____ BODY (15 min)

- Client turns over, 5 positions, 3 min each

05

PHASE 5: _____ (5-8 min)

- Final clearing, seal, ground, smooth, close, gratitude, rest

06

PHASE 6: _____ (5 min)

- Sit up, water, share, aftercare, schedule

4.2 FRONT BODY POSITIONS

सामने का शरीर स्थितियां

List the 10 front body positions:

1. _____ (3 min)
2. _____ (3 min)
3. _____ (3 min)
4. _____ (3 min) - Remember to _____!
5. _____ (4 min) - Extra time for this central chakra
6. _____ (3 min)
7. _____ (3 min)
8. _____ (3 min)
9. _____ (2 min)
10. _____ (3 min)

4.3 BACK BODY POSITIONS

पीछे का शरीर स्थितियां

List the 5 back body positions:

1. _____ (3 min)
2. _____ (3 min)
3. _____ (3 min)
4. _____ (3 min)
5. _____ (3 min)

SECTION 5: PARTNER PRACTICE - GIVING A SESSION

साझेदार अभ्यास - सत्र देना

5.1 SESSION PREPARATION CHECKLIST

सत्र तैयारी चेकलिस्ट

Before my partner arrived, I:

- Cleared my space
 - Centered myself with Nadi Shodhana (___ rounds)
 - Activated my hands
 - Set my intention: _____
 - Recited Five Reiki Principles
-

5.2 MY EXPERIENCE AS PRACTITIONER

प्रैक्टिशनर के रूप में मेरा अनुभव

Partner/Client's Name: _____

PRE-SESSION:

Client's presenting issue/intention:

Client's pre-session state (1-10): Stress: ___ Energy: ___ Pain: ___

SCANNING FINDINGS:

Aura overall: Strong Moderate Weak

Aura issues noticed: _____

Chakra scan findings:

Crown: _____

Third Eye: _____

Throat: _____

Heart: _____

Solar Plexus: _____

Sacral: _____

Root: _____

DURING SESSION:

Front body - what I noticed:

Back body - what I noticed:

Areas that needed extra time:

Blockages I detected:

How I felt during the session:

CLOSING:

Clearing method used: _____

Sealing method used: _____

How grounded was client after? Very Somewhat Needed more

POST-SESSION:

Client's post-session state (1-10): Stress: ___ Energy: ___ Pain: ___

What client reported feeling:

MY CONFIDENCE GIVING THIS SESSION (1-10): _____

SECTION 6: PARTNER PRACTICE - RECEIVING A SESSION

साझेदार अभ्यास - सत्र प्राप्त करना

6.1 MY EXPERIENCE AS CLIENT

ग्राहक के रूप में मेरा अनुभव

My practitioner: _____

PRE-SESSION:

My intention for this session:

My pre-session state (1-10): Stress: ___ Energy: ___ Pain: ___

DURING SESSION:

Grounding at beginning - how did it feel?

Front body treatment - what I experienced:

Physical sensations: _____

Emotional experiences: _____

Images or thoughts: _____

Back body treatment - what I experienced:

Physical sensations: _____

Emotional experiences: _____

Closing - what I experienced:

POST-SESSION:

My post-session state (1-10): Stress: ___ Energy: ___ Pain: ___

Overall, how do I feel?

What was the most significant part of the session?

SECTION 7: PROFESSIONAL SESSION DOCUMENTATION

पेशेवर सत्र दस्तावेज़ीकरण

Use this form for your practice session (fill in as practitioner):

COMPLETE REIKI SESSION RECORD

Client Name: _____ Date: _____

Session #: ____ Duration: ____ minutes Type: In-person Distance

INTAKE:

Presenting issue: _____

Client's intention: _____

Pre-session state (1-10): _____

Stress: ____ Energy: ____ Pain: ____ Overall wellness: ____

ASSESSMENT:

Aura: Strong Moderate Weak Uneven

Size: Contracted Normal Expanded

Chakra Assessment:

Crown: Open Blocked Underactive Overactive

Third Eye: Open Blocked Underactive Overactive

Throat: Open Blocked Underactive Overactive

Heart: Open Blocked Underactive Overactive

Solar Plexus: Open Blocked Underactive Overactive

Sacral: Open Blocked Underactive Overactive

Root: Open Blocked Underactive Overactive

TREATMENT:

Phases completed: Prep Opening Front Back Closing Integ

Areas needing extra attention: _____

Blockages detected: _____

Blockages cleared: _____

Client reactions during session: _____

PRACTITIONER OBSERVATIONS:

What I felt/sensed: _____

Intuitive impressions: _____

POST-SESSION:

Post-session state (1-10): _____

Stress: ____ Energy: ____ Pain: ____ Overall wellness: ____

Client feedback: _____

Aftercare given: Water Rest Emotions Detox Self-care

RECOMMENDATIONS:

Follow-up needed: Yes No If yes, focus: _____

Suggested next session: _____

Home practices recommended: _____

Practitioner: _____ Signature: _____

SECTION 8: DISTANCE HEALING

दूरस्थ उपचार

8.1 DISTANCE HEALING BASICS

दूरस्थ उपचार मूल बातें

How does distance healing work?

Energy is not limited by _____ or _____

Everything is connected through universal _____

REQUIREMENTS FOR DISTANCE HEALING:

1. _____ from recipient
2. Clear _____
3. Connection _____
4. Healing _____

8.2 CONNECTION METHODS

संपर्क विधियां

Four methods to connect:

1. _____

See the person in your mind

2. _____

Use their photo as focus

3. _____

Use pillow/object to represent them

4. _____

Simply hold them in awareness

8.3 DISTANCE HEALING PROTOCOL

दूरस्थ उपचार प्रोटोकॉल

Fill in the steps:

1

STEP 1: _____ (3 min)

Ground, center, activate

2

STEP 2: _____ (2 min)

State connection, visualize

3

STEP 3: _____ (2 min)

Sense their energy

4

STEP 4: _____ (15-30 min)

Treat each chakra

5

STEP 5: _____ & SEALING (3 min)

Clear and protect

6

STEP 6: _____ (2 min)

Close, wash hands, ground

SECTION 9: SELF-HEALING ROUTINE

आत्म-उपचार दिनचर्या

9.1 DAILY ROUTINE PLANNING

दैनिक दिनचर्या योजना

MY MORNING ROUTINE (20-30 min):

Time I will practice: _____ AM

1. GROUNDING: _____ (3 min)
2. PRANAYAMA: _____ (10 min)
3. SELF-REIKI: Main positions (10-15 min)
4. PROTECTION: _____ (2 min)

MY EVENING ROUTINE (15-20 min):

Time I will practice: _____ PM

1. CLEARING: _____ (5 min)
 2. SELF-REIKI: Focus areas (5-10 min)
 3. GROUNDING: _____ (3 min)
 4. GRATITUDE: Reflect on day (2 min)
-

9.2 MAINTAINING BOUNDARIES

सीमाएं बनाए रखना

Complete these statements:

BEFORE SESSIONS, I will say:

"I am a _____, not a _____."

DURING SESSIONS, I will:

- Stay _____
- Breathe _____
- Don't _____ - observe

AFTER SESSIONS, I will:

- _____ hands
- Brief _____
- _____ myself

Key phrase: "Client energy stays with _____."

SECTION 10: POST-SESSION REFLECTION

सत्र-पश्चात प्रतिबिंब

What I learned about grounding:

What I learned about the complete protocol:

My biggest insight from GIVING a session:

My biggest insight from RECEIVING a session:

What surprised me today:

What I want to improve:

Questions I still have:

How confident do I feel as a practitioner now? (1-10): ____

SECTION 11: HOMEWORK ASSIGNMENTS

गृहकार्य असाइनमेंट

1

ASSIGNMENT 1: Daily Self-Reiki

Complete self-treatment every day this week

Day 1: Done Day 2: Done

Day 3: Done Day 4: Done

Day 5: Done Day 6: Done

Day 7: Done

2

ASSIGNMENT 2: Grounding Practice

Tree Roots morning and evening

Day 1: AM PM Day 2: AM PM

Day 3: AM PM

Day 4: AM PM Day 5: AM PM

Day 6: AM PM

3

ASSIGNMENT 3: Practice Session (if possible)

Give a full session to family member or friend

Completed: Yes No

Person: _____

Notes:

4

ASSIGNMENT 4: Journal Entry

Write about today's experience giving and receiving

Completed: Yes

5

ASSIGNMENT 5: Prepare Questions for Day 21

Write ALL questions about energy work

Questions:

SECTION 12: QUICK REFERENCE CARD

त्वरित संदर्भ कार्ड

Cut this out for reference:

📄 DAY 20: GROUNDING & FULL REIKI SESSION

FIVE GROUNDING TECHNIQUES:

1. Tree Roots 2. Body Awareness 3. Earth Breathing

4. Physical (Stomping) 5. Root Chakra (LAM)

60-MINUTE PROTOCOL:

Phase 1: Preparation (5-7 min)

Phase 2: Opening & Scanning (5 min)

Phase 3: Front Body - 10 positions (25-30 min)

Phase 4: Back Body - 5 positions (15 min)

Phase 5: Closing (5-8 min)

Phase 6: Integration (5 min)

FRONT POSITIONS: Crown→Eyes→Head→Throat(hover!)→Heart→

Solar Plexus→Sacral→Root→Knees→Feet

BACK POSITIONS: Shoulders→Upper Back→Middle Back→

Lower Back/Sacrum→Soles of Feet

DISTANCE: Permission→Intention→Connection→Treat→Seal→Close

SELF-CARE: "I am a CHANNEL, not a sponge"

Morning: Ground→Pranayama→Self-Reiki→Protect

Evening: Clear→Self-Reiki→Ground→Gratitude

SECTION 13: SESSION COMPLETION CHECKLIST

सत्र पूर्णता चेकलिस्ट

Before leaving today:

- Completed Day 19 review
- Practiced all 5 grounding techniques
- Understand the 60-minute protocol
- Watched protocol demonstration
- GAVE a complete 60-minute session
- RECEIVED a complete 60-minute session
- Completed session documentation
- Understand distance healing basics
- Created self-healing routine plan
- Understand boundaries for healers

My confidence in grounding: ____/10

My confidence in the complete protocol: ____/10

My confidence as a practitioner: ____/10

Instructor's Signature: _____

END OF DAY 20 WORKBOOK

DECODE LIFE TRANSFORMATION - Level 1

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"Today you crossed from student to practitioner."

TOMORROW - DAY 21: WEEK 3 Q&A - ENERGY WORK

कल - दिन 21: सप्ताह 3 प्रश्नोत्तर - ऊर्जा कार्य

🙏 ॐ सर्वे भवन्तु सुखिनः 🙏