

DAY 21 - STUDENT WEEK 3 Q&A: ENERGY WORK WORKBOOK दिन 21 - छात्र कार्यपुस्तिका

WEEK 3 Q&A: ENERGY WORK सप्ताह 3 प्रश्नोत्तर: ऊर्जा कार्य

Questions, Troubleshooting & Professional Planning प्रश्न, समस्या निवारण और पेशेवर योजना

Student Name / छात्र का नाम: _____

Date / दिनांक: _____

SECTION 1: WEEK 3 REVIEW CHECKLIST सप्ताह 3 समीक्षा चेकलिस्ट

Check off what you've learned and practiced:

ENERGY FOUNDATIONS:

- Understand Prana as life force
- Know the Five Pranas and their functions
- Understand the 72,000 Nadis concept
- Know Ida, Pingala, Sushumna
- Understand Seven Chakras in detail
- Know the Five Koshas
- Understand Reiki principles

PRACTICAL SKILLS:

- Natural Breath Awareness
- Diaphragmatic Breathing
- Full Yogic Breath
- 4-7-8 Relaxation Breath
- Box Breathing
- Kapalabhati
- Nadi Shodhana
- Chakra-specific breathing
- Palm Rubbing activation
- Energy Ball creation
- Finger Activation
- Hand Breathing
- All self-Reiki positions
- All client front positions
- All client back positions
- Aura visualization/sensing
- Hand Sweeping
- Combing
- Cord Cutting
- Light Shower
- Sealing techniques
- Tree Roots grounding
- All five grounding techniques
- Complete 60-minute protocol
- Distance healing basics

PROFESSIONAL SKILLS:

- Session documentation
- Client intake process
- Maintaining boundaries
- Self-care routine

Areas I need more practice: _____

SECTION 2: MY QUESTIONS - PREPARED BEFORE CLASS मेरे प्रश्न - कक्षा से पहले तैयार

Write your questions here before class:

PRANA QUESTIONS:

CHAKRA QUESTIONS:

REIKI QUESTIONS:

PRACTICAL/BUSINESS QUESTIONS:

SECTION 3: PRANA CLARIFICATIONS प्राण स्पष्टीकरण

3.1 KEY PRANA CONCEPTS मुख्य प्राण अवधारणाएं

Answer these to test your understanding:

Is Prana the same as breath? Yes No

Explain: _____

What are the sources of Prana? (List 5)

1. _____
2. _____
3. _____
4. _____
5. _____

"I am a _____, not a _____."

3.2 FIVE PRANAS QUICK REVIEW पंच प्राण त्वरित समीक्षा

Fill in the functions:

PRANA VAYU - Location: Chest/head - Function: _____

APANA VAYU - Location: Lower abdomen - Function: _____

SAMANA VAYU - Location: Navel - Function: _____

UDANA VAYU - Location: Throat - Function: _____

VYANA VAYU - Location: Throughout - Function: _____

3.3 THREE MAIN NADIS तीन मुख्य नाड़ियां

IDA (इड़ा):

- Side: _____
- Quality: Lunar, _____, feminine
- Connects to: _____ brain
- Activates: _____ nostril

PINGALA (पिंगला):

- Side: _____
- Quality: Solar, _____, masculine
- Connects to: _____ brain
- Activates: _____ nostril

SUSHUMNA (सुषुम्ना):

- Location: _____
- Quality: Neutral, _____
- Activates when: Ida and Pingala are _____

SECTION 4: CHAKRA WORK REVIEW चक्र कार्य समीक्षा

4.1 CHAKRA-ISSUE MATCHING चक्र-समस्या मिलान

Draw lines to match client issues with chakras:

CLIENT ISSUE

- Fear, insecurity, survival
- Creativity blocks, emotions
- Low confidence, control
- Can't give/receive love
- Communication problems
- Lack of intuition
- Spiritual disconnection

CHAKRA TO CHECK

- SACRAL
- ROOT
- THROAT
- THIRD EYE
- SOLAR PLEXUS
- CROWN
- HEART

4.2 BLOCKED VS OVERACTIVE अवरुद्ध बनाम अतिसक्रिय

Can chakras be overactive? Yes No

Signs of OVERACTIVE chakras (list one for each):

Root: _____

Sacral: _____

Solar Plexus: _____

Heart: _____

Throat: _____

Third Eye: _____

Crown: _____

4.3 MULTIPLE BLOCKED CHAKRAS कई अवरुद्ध चक्र

When multiple chakras are blocked, which should you start with?

Crown Heart Root Whatever feels right

Why? _____

SECTION 5: REIKI TROUBLESHOOTING रेकी समस्या निवारण

5.1 PRACTITIONER CHALLENGES प्रैक्टिशनर चुनौतियां

For each challenge, write the solution:

"I don't feel energy in my hands."

Solutions:

"I feel drained after sessions."

Solutions:

"My mind wanders during sessions."

Solutions:

5.2 CLIENT CHALLENGES ग्राहक चुनौतियां

"Client is skeptical and tense."

What I will do:

"Client reports feeling nothing."

What I will say:

"Client has strong emotional reactions."

What I will do:

SECTION 6: PRACTICE INTEGRATION अभ्यास एकीकरण

6.1 WHEN TO USE WHAT कब क्या उपयोग करें

For each situation, check the best modality:

SITUATION 1:

Client has specific anxiety trigger they can identify

Meditation EFT Reiki Pranayama

SITUATION 2:

Client wants to relax and "receive" without active participation

Meditation EFT Reiki Pranayama

SITUATION 3:

Client needs a daily practice to take home

Meditation EFT Reiki Pranayama

SITUATION 4:

Client is very anxious and needs calming immediately

Meditation EFT Reiki Pranayama

6.2 COMBINED SESSION DESIGN संयुक्त सत्र डिज़ाइन

Design a 60-minute session for a STRESSED CLIENT:

0-5 min: _____

5-15 min: _____

15-45 min: _____

45-55 min: _____

55-60 min: _____

6.3 MY SIGNATURE SESSION मेरा विशिष्ट सत्र

My strongest modality: _____

How I will open sessions: _____

Main technique I will use: _____

Supporting techniques: _____

How I will close sessions: _____

SECTION 7: ENERGY-SENSITIVE CLIENTS

ऊर्जा-संवेदनशील ग्राहक

7.1 IDENTIFYING SENSITIVE CLIENTS संवेदनशील ग्राहकों की पहचान

Characteristics of energy-sensitive clients:

1. _____
2. _____
3. _____
4. _____
5. _____

7.2 WORKING WITH SENSITIVE CLIENTS संवेदनशील ग्राहकों के साथ काम करना



BEFORE session:



DURING session:



AFTER session:

What self-protection will I teach them?

SECTION 8: HEALING CRISIS उपचार संकट

8.1 UNDERSTANDING HEALING CRISIS उपचार संकट को समझना

HEALING CRISIS = _____

Symptoms may include:

- _____
- _____
- _____
- _____

Why does it happen?

How long does it typically last? _____

8.2 MANAGING HEALING CRISIS उपचार संकट का प्रबंधन

What I will tell clients BEFORE a session:

If a client reports healing crisis, I will advise them to:

1. _____
2. _____
3. _____

When should I recommend they seek medical attention?

SECTION 9: SPACE SETUP PLANNING स्थान सेटअप योजना

9.1 MY HEALING SPACE मेरा उपचार स्थान

Where will I practice? Home Rented space Other: _____

PHYSICAL ELEMENTS I NEED:

- Treatment surface (table/mat)
- Clean sheets/covers
- Blankets
- Pillows
- Tissues
- Water for clients
- Timer
- _____
- _____

AMBIANCE ELEMENTS:

- Music player
- Dimmable lighting/candles
- Essential oils/diffuser
- Plants/natural elements
- _____

CLEARING SUPPLIES:

- Sage or palo santo
- Bells or singing bowl
- Salt
- _____

DOCUMENTATION:

- Intake forms
- Consent forms
- Session notes
- Business cards
- _____

9.2 SPACE CLEARING ROUTINE स्थान सफाई दिनचर्या

I will clear my space: Daily Before each client Weekly Other: _____

My clearing method:

SECTION 10: PRICING PLANNING मूल्य निर्धारण योजना

10.1 MY PRICING मेरा मूल्य निर्धारण

Fill in YOUR planned prices:

Session Type	Duration	My Price
Express Session	30 min	₹_____
Standard Session	60 min	₹_____
Extended Session	90 min	₹_____
Distance Session	30-45 min	₹_____

PACKAGES:

3-Session Package: ₹_____ (____% discount)

6-Session Package: ₹_____ (____% discount)

10.2 BUSINESS POLICIES व्यवसाय नीतियां

My cancellation policy:

My refund policy:

Other policies I need:

SECTION 11: NOTES FROM TODAY'S Q&A आज के प्रश्नोत्तर से नोट्स

Important points discussed:

Questions answered that helped me:

Questions I still have:

SECTION 12: WEEK 3 COMPETENCY SELF-ASSESSMENT सप्ताह 3 योग्यता स्व-मूल्यांकन

Rate your confidence in each area (1-10):

ENERGY FOUNDATIONS:

Understanding Prana: ____/10

Understanding Chakras: ____/10

Understanding Koshas: ____/10

Understanding Reiki: ____/10

PRACTICAL SKILLS:

Pranayama techniques: ____/10

Hand activation/sensing:
____/10

Reiki hand positions: ____/10

Aura work: ____/10

Grounding techniques: ____/10

Complete 60-min session:
____/10

PROFESSIONAL:

Session documentation: ____/10

Client communication: ____/10

Boundaries/self-care: ____/10

Integration of modalities:
____/10

Areas where I'm strongest:

Areas needing more practice:

SECTION 13: WEEK 4 PREPARATION सप्ताह 4 की तैयारी

Next week: BHAVANA SADHANA + INNER CHILD HEALING

To prepare, reflect on:

My own emotional patterns I'm aware of:

Emotions I tend to suppress or avoid:

Memories from childhood that still affect me:

I am ready to go deeper into emotional healing. Yes Need support