

THE ZEN MOVEMENT™

THE COMPLETE PARTICIPANT JOURNAL

SANCTUARY SESSIONS

A 12-Week Journey Back to Yourself

Somatic Movement • Expressive Arts • Sound Healing • Reiki

Amy De Jesus, MSW, LICSW

MOVE • BREATHE • HEAL

Before You Begin

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Educational and Wellness Disclaimer

Sanctuary Sessions is a guided wellness journal and workshop companion. It offers psychoeducation, reflection, and complementary mind-body practices. It is not a substitute for psychotherapy, medical care, diagnosis, crisis intervention, or individualized treatment.

Somatic movement, breathwork, sound healing, and Reiki should be practiced within your own comfort and physical capacity. Modify or skip any exercise that causes pain, dizziness, panic, numbness, or distress. Consult an appropriate licensed professional when needed.

If you are experiencing a mental health emergency or are in immediate danger, contact local emergency services or a crisis resource in your location.

A Note About Language

This journal uses compassionate, accessible language. Nervous-system states are presented as protective patterns, not as personal failures. Your experience may not fit every description, and you are encouraged to use the words that feel most accurate and respectful to you.

This is not a program about fixing yourself. You are not broken. This is a journey of coming home to your body and meeting yourself with compassion instead of judgment.

For the person who has been strong for too long

May these pages remind you that rest is allowed, support is available, and your body deserves to be listened to—not managed, rushed, or silenced.

With warmth,

Amy

The Zen Movement™ | Move • Breathe • Heal

WELCOME

Welcome Home

A twelve-week home for your nervous system, your body, and your heart

Dear Friend,

Welcome to Sanctuary Sessions—a twelve-week home for your nervous system, your body, and your heart. Over the coming weeks, we will move slowly and gently through somatic movement, art therapy, sound healing, and Reiki while building a personal toolkit you can return to long after this program ends.

This is not a program about fixing yourself. You are not broken. This is a program about coming home to your body, learning the language of your own nervous system, and meeting yourself—including the parts that are anxious, exhausted, guarded, or still carrying old stories—with compassion instead of judgment.

Every class follows a gentle rhythm: we arrive together through breath, explore the week's practice, soften through supported movement, rest deeply, and close by writing. This journal is where those experiences can land. Fill it in during class or return to it later in a quiet moment. Write in full sentences, fragments, colors, symbols, or not at all. There is no wrong way to use it.

I am so glad you are here.

With warmth,

Amy | *The Zen Movement*TM

YOUR COMPANION

How to Use This Journal

This journal follows our twelve weeks together, class by class. Each week offers space to check in before class, learn a small piece of psychoeducation, notice your body during practice, reflect afterward, and choose one tool to carry into daily life.

The Gentle Class Rhythm

01	GROUND + BREATHE Arrive in the present and leave the outside world at the door.
02	EXPLORE Practice somatic movement, art, sound healing, Reiki, or group reflection.
03	SOFTEN Use slow, supported stretches to make space for sensation and emotion.
04	REST Practice deep rest, including Legs Up the Wall when appropriate.
05	INTEGRATE Write, draw, or quietly notice so the experience has somewhere to land.

Gentle Reminders

- | | |
|--|---|
| ☐ I may pause or rest at any time. | ☐ I may keep my eyes open. |
| ☐ I may remain seated or modify movement. | ☐ I may decline to share in the group. |
| ☐ Blank pages are allowed. | ☐ My body has a voice in this process. |

CHOICE + CONSENT

A Note on Safety and Self-Pacing

You are always in charge of your own body, your own story, and your own pace.

This work can bring up big feelings, old memories, unexpected emotion, or physical sensations. That can be part of the process, but intensity is not the goal. Healing does not require you to overwhelm yourself.

Your Options Are Always Available

- | | |
|--|---|
| ☐ Slow down | ☐ Open your eyes |
| ☐ Change positions | ☐ Step outside |
| ☐ Choose a smaller movement | ☐ Skip an activity |
| ☐ Ask for support | ☐ Return attention to the room |

Pause and Seek Support When

An activity brings severe distress, panic, flashbacks, dizziness, pain, difficulty breathing, or a sense that you are no longer oriented to the present. Ground first. Connect with a trusted support person or licensed professional when appropriate.

MY PLAN

When I begin to feel overwhelmed, I can:

MY SUPPORT

A person or resource I can contact is:

THE JOURNEY

Program at a Glance

Twelve weeks. Four modalities. One nervous system learning that it is safe to come home.

WEEK	THEME	MODALITY
1	Arriving in the Body	Somatic Movement + Breathwork
2	Releasing Stored Stress	Somatic Movement + Breathwork
3	Building My Toolkit	Somatic Movement + Breathwork
4	Expressing What Words Cannot	Art Therapy
5	Meeting My Inner Child	Art Therapy
6	Circle + Story	Group Share / Talk Session
7	The Body as Instrument	Sound Healing
8	Vibration + Release	Sound Healing
9	Deep Rest + Integration	Sound Healing
10	Energy, Trust + the Healing Field	Reiki
11	Self-Compassion + Wholeness	Reiki
12	Closing Circle + Group Reiki	Reiki / Integration

PSYCHOEDUCATION

Meet Your Nervous System

Your body is always trying to protect you

Your nervous system is continually gathering information from inside your body, from the environment around you, and from your relationships. Much of this happens outside conscious awareness. Its job is not to make life difficult; its job is to help you survive and adapt.

When the nervous system senses enough safety, you may feel more present, social, flexible, and able to rest. When it senses threat—or remembers a past threat—it may mobilize you into fight or flight, or conserve energy through freezing, shutting down, or disconnecting.

Protection Can Look Like

- | | |
|--|--|
| ☐ Racing thoughts | ☐ Muscle tension |
| ☐ Irritability | ☐ Restlessness |
| ☐ People-pleasing | ☐ Numbness |
| ☐ Fatigue | ☐ Difficulty speaking |
| ☐ Hypervigilance | ☐ Pulling away |

A protective response is not proof that something is wrong with you. It is information about what your body has learned to expect.

NOTICE

Which protective responses do I recognize most often in myself?

UNDERSTANDING YOUR STATE

The Nervous System Ladder

THE NERVOUS SYSTEM LADDER

Your state can shift throughout the day. The goal is not to stay calm all the time, but to notice where you are and choose support with compassion.

SAFE + CONNECTED

May feel like: present • curious • grounded

Gentle supports: connection • creativity • slow breathing

MOBILIZED: FIGHT / FLIGHT

May feel like: tense • restless • irritable • worried

Gentle supports: rhythmic movement • longer exhales • orienting

IMMOBILIZED: FREEZE / SHUTDOWN

May feel like: numb • foggy • heavy • disconnected

Gentle supports: warmth • gentle movement • trust • support

Every response began as protection. Awareness creates choice.

You may move between these states many times in one day. Regulation does not mean eliminating activation or shutdown. It means becoming more able to notice a state, respond with care, and return toward connection when the conditions support it.

SELF-DISCOVERY

How My States Show Up

SAFE + CONNECTED

When I feel steady and present, my body, thoughts, voice, and relationships tend to look like:

FIGHT / FLIGHT

When I feel mobilized, anxious, angry, or urgent, I notice:

FREEZE / SHUTDOWN

When I feel numb, foggy, heavy, or disconnected, I notice:

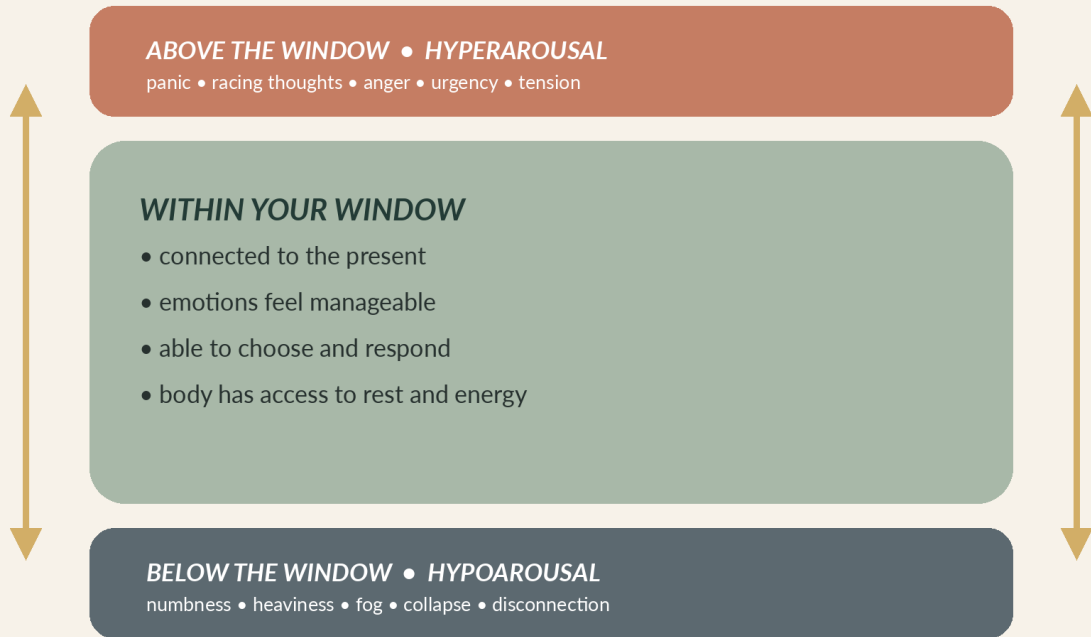
MY PATH BACK

Small things that help me move toward steadiness are:

Your Window of Tolerance

YOUR WINDOW OF TOLERANCE

The zone where you can stay present, feel emotions, and think clearly.



Repeated experiences of safety, support, and self-regulation can help the window become more flexible.

Your window is not a fixed personality trait. Sleep, stress, grief, pain, hormones, conflict, illness, support, and past experiences can all influence how much activation you can hold on a given day. The practice is to meet today's capacity honestly—not judge it.

INTEROCEPTION

Listening for Body Cues

Sensation is information—not a command and not a verdict

Body awareness is the practice of noticing internal sensation with curiosity. You do not have to interpret every signal. Begin with simple descriptions: warm, cool, tight, open, buzzing, heavy, hollow, steady, fluttery, numb, or neutral.

A Gentle Body Scan

HEAD + FACE	jaw • eyes • forehead • tongue
THROAT + CHEST	breath • heartbeat • pressure • openness
BELLY + BACK	tightness • movement • warmth • support
HANDS + ARMS	temperature • tingling • urge to move
PELVIS + LEGS	weight • steadiness • restlessness
FEET	contact • pressure • balance

PERMISSION

Today I am willing to notice without immediately changing:

PERSONAL MAP

My Nervous System Profile

SAFETY CUES

People, places, sounds, routines, sensations, or beliefs that help me feel more settled:

ACTIVATION CUES

Situations that tend to move me toward urgency, anxiety, irritation, or fight/flight:

SHUTDOWN CUES

Situations that tend to move me toward numbness, fatigue, disconnection, or freeze:

SUPPORT

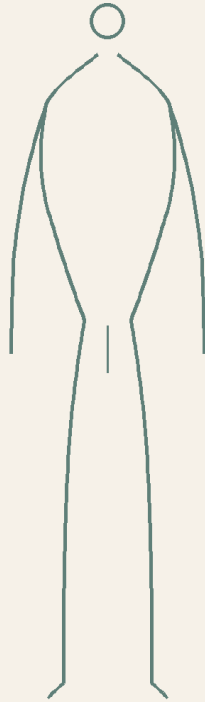
What I wish others understood about how to support me:

CREATIVE CHECK-IN

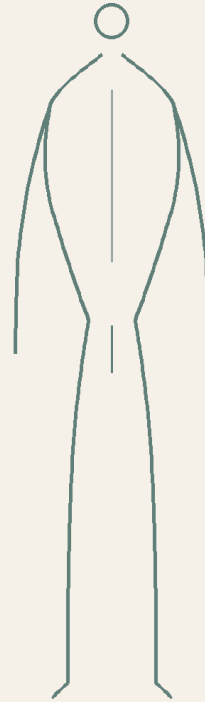
My Body Today

BODY AWARENESS MAP

Shade, circle, or add words where you notice sensation today.



FRONT



BACK

Use color, pattern, words, or symbols. There is no need to make the page beautiful or explain it. You may also leave areas blank.

EMOTIONAL LANGUAGE

Naming What Is Here

EMOTIONAL VOCABULARY

Naming what you feel can make room for curiosity and choice.



Choose one or two words that feel close enough. “I do not know yet” and “numb” are also valid answers.

BEGIN WITH INTENTION

My Sanctuary Agreement

MY BEGINNING

My name and the date I am beginning this journey:

WHAT BRINGS ME HERE

The experience, longing, challenge, or curiosity that led me to Sanctuary Sessions:

MORE OF

By Week 12, I hope to feel more:

LESS OF

By Week 12, I hope to feel less:

How anxious or overwhelmed does life feel right now?

CALM

ANXIOUS



MY PROMISE

One compassionate promise I am making to myself for these twelve weeks:

YOUR NORTH STAR

My Healing Vision

Imagine that these twelve weeks have not erased every difficulty, but you have become more connected to yourself and more confident using your tools.

BODY

In twelve weeks, I want my body to feel:

DAILY LIFE

I want my mornings, workdays, relationships, or evenings to include more:

INNER VOICE

I want the way I speak to myself to sound more like:

ONE WORD

The word I want to carry through this journey is:



WEEK 1

Arriving in the Body

Safety begins with noticing

WEEK ONE

Arriving in the Body

Safety begins with noticing

Today's Flow

- | | |
|--|--|
| ☐ Grounding + breath | ☐ Orienting to the room |
| ☐ Gentle somatic movement | ☐ Supported yin yoga |
| ☐ Legs Up the Wall or deep rest | ☐ Reflection + journaling |

Today's Focus

Our nervous system is always scanning for cues of safety and danger. When life feels anxious or overwhelming, we may live from the neck up—thinking, planning, anticipating, and disconnecting from the body that is holding the stress.

Somatic movement means moving with awareness. The goal is not to perform a pose or force a release. The goal is to notice contact, sensation, impulse, support, and choice so the body can begin to experience the present moment rather than only the memory or expectation of stress.

Your first practice is not calm. Your first practice is contact with what is true right now.

Before we begin, where am I right now?

CALM

ANXIOUS

1	2	3	4	5	6	7	8	9	10
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ARRIVAL

How am I arriving today—body, mood, and energy?

WEEK ONE PRACTICE

Orienting

Helping the body notice where you are now

ORIENTING: LET YOUR EYES FIND THE PRESENT



PAUSE

Feel the support beneath you.



LOOK

Slowly let your eyes move around the room.



NOTICE

Name five neutral or pleasant details.



LAND

Choose one detail and let your breath soften.

Keep your neck and eyes comfortable. You are not searching for danger; you are helping your body register where you are now.

Practice

Sit or stand in a comfortable position. Without forcing your neck or eyes, slowly look around the room. Let your gaze rest on shapes, colors, light, doorways, windows, or objects that feel neutral or mildly pleasant. Notice whether your breath, muscles, or attention shift as your body registers the present environment.

NOTICING

Three details my eyes found:

BODY RESPONSE

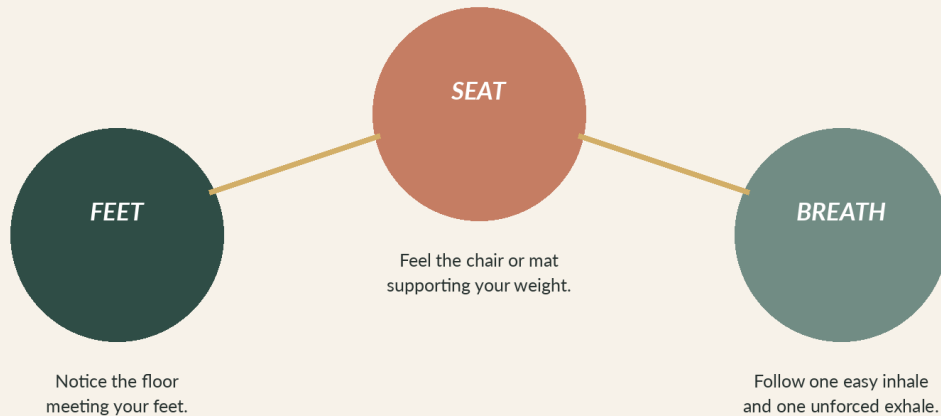
As I oriented, I noticed:

WEEK ONE PRACTICE

Grounding

Finding support before asking for change

THE THREE-POINT GROUND



Grounding is not forcing calm. It is gently reminding the body that support exists in this moment.

Optional Breath

Let the inhale arrive naturally. Allow the exhale to be a little slower or softer without straining. Repeat only while comfortable. If focusing on breath increases anxiety, return to your feet, the room, or another external anchor.

MY ANCHOR

The point of support that felt most available today was:

MY PHRASE

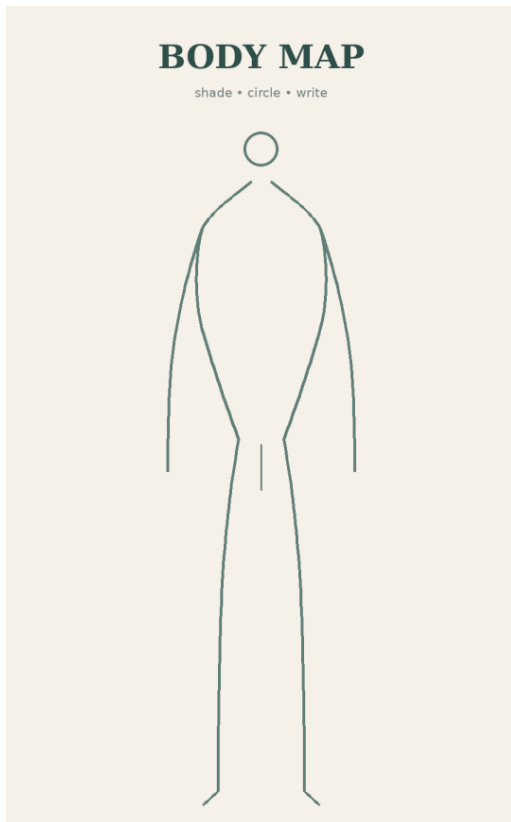
A grounding phrase I can use is:

WEEK ONE BODY MAP

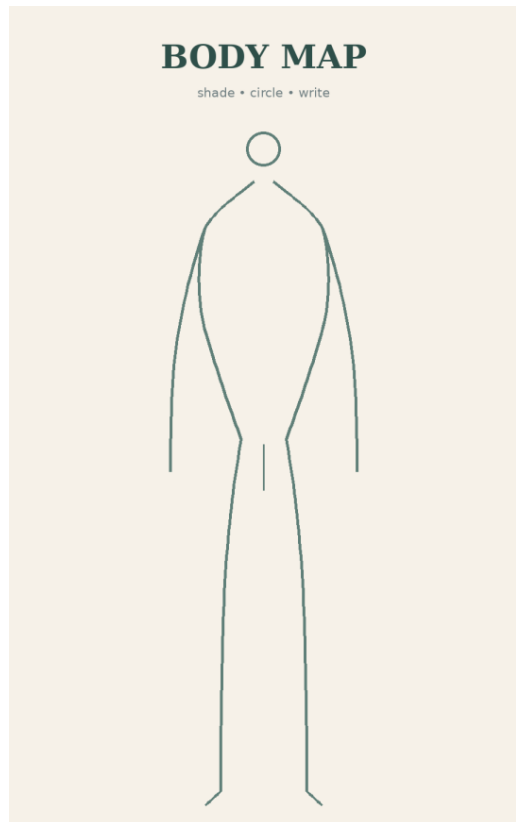
Before + After

Notice difference without requiring improvement

BEFORE PRACTICE



AFTER PRACTICE



Color or mark tension, warmth, heaviness, numbness, ease, tingling, breath, or any other sensation. “No noticeable difference” is useful information too.

WEEK ONE

During Class

Notes + noticing

SENSATION

What sensations, movements, impulses, images, emotions, or memories did I notice?

CHOICE

Was there a moment when I paused, modified, rested, or listened to my body?

SUPPORT

What helped me feel more present or supported?

WEEK ONE INTEGRATION

After Class Reflection

SAFETY

What does “safety” feel like in my body right now—and where do I notice it?

CHANGE

What did I notice in my body before class compared with after?

TENSION

What part of my body has been carrying the most tension lately?

COMPASSION

What would it sound like to respond to that part with kindness rather than criticism?

WEEK ONE

Closing Check-Out

After deep rest, where am I now?

CALM

ANXIOUS

1	2	3	4	5	6	7	8	9	10
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ONE WORD

One word for how I feel in this moment:

COPING TOOL

One tool I am taking with me this week:

GRATITUDE + COMPASSION

Something I appreciate, or a moment of self-compassion from today:

GENTLE NEXT STEP

The smallest supportive action I can take after class is:

WEEK ONE AT HOME

Seven Days of Coming Back

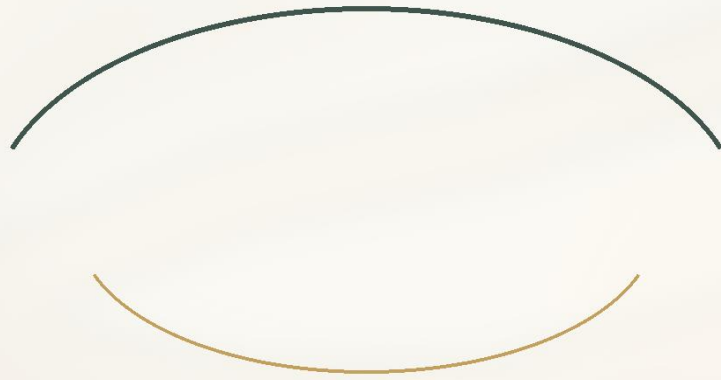
Small repetitions help the body recognize a familiar path

Choose one practice that feels realistic. The purpose is not perfect completion. It is to notice what helps and what gets in the way without judgment.

DAY	ORIENT	GROUND	MOVE	REST	ONE WORD
MON	☐	☐	☐	☐	
TUE	☐	☐	☐	☐	
WED	☐	☐	☐	☐	
THU	☐	☐	☐	☐	
FRI	☐	☐	☐	☐	
SAT	☐	☐	☐	☐	
SUN	☐	☐	☐	☐	

WHAT I LEARNED

What helped this week? What felt difficult? What do I want to adjust?



WEEK 2

Releasing Stored Stress

Movement can help the body complete what stress began

WEEK TWO

Releasing Stored Stress

Movement can help the body complete what stress began

Today's Flow

- | | |
|--|--|
| ☐ Grounding + breath | ☐ Gentle shaking or swaying |
| ☐ Soothing touch or tapping | ☐ Supported yin yoga |
| ☐ Legs Up the Wall or deep rest | ☐ Reflection + journaling |

Today's Focus

Animals often shake or tremble after a threat passes. Humans may move from one stressful moment to the next without a clear transition into recovery. Voluntary movement—such as shaking the hands, pressing the feet, swaying, stretching, walking, or sighing—can help the body use mobilized energy and receive cues that the present moment is different.

Release does not need to be dramatic, and not every sensation needs to be interpreted as stored trauma. The practice is to move gently, remain oriented, notice choice, and observe what creates more steadiness or ease.

The body may not need to be pushed. It may need permission to finish, pause, or be supported.

Before we begin, where am I right now?

CALM

ANXIOUS

1	2	3	4	5	6	7	8	9	10
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ARRIVAL

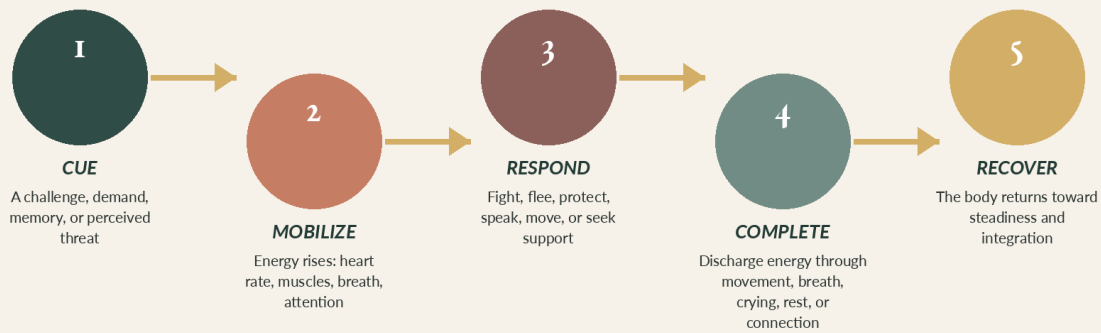
How am I arriving today—body, mood, and energy?

WEEK TWO PSYCHOEDUCATION

Completing the Stress Cycle

THE STRESS RESPONSE CYCLE

Activation is not the problem. Difficulty can arise when the body never receives a cue that the moment has passed.



Completion is not always dramatic. A sigh, a stretch, a boundary, a walk, or being comforted can all be part of recovery.

A stress response is designed to mobilize protection. Completion may include taking effective action, reaching safety, expressing emotion, receiving comfort, moving the body, setting a boundary, resting, or recognizing that the challenge has ended. The body may need repeated cues—not a single perfect technique.

MY PATTERN

When stress passes, what do I usually do next? Do I recover, keep pushing, become numb, or stay on alert?

WEEK TWO PRACTICE

Gentle Shaking

Voluntary movement with an open exit

GENTLE SHAKING: CHOICE BEFORE INTENSITY

1**BEGIN SMALL**

Try hands, wrists, or feet before the whole body.

2**STAY CONNECTED**

Keep your eyes open and notice the room.

3**FOLLOW COMFORT**

Reduce, pause, sway, or stop at any time.

4**SETTLE**

Feel your feet, breathe naturally, and notice the after-effect.

The purpose is not to force trauma out of the body. It is to offer safe, voluntary movement and observe what your system prefers.

Try It

Begin with one small area—hands, wrists, feet, or shoulders. Let the movement be light and voluntary. Keep noticing the room and the support beneath you. After 15–30 seconds, pause completely. Observe your breath, temperature, muscle tone, emotion, and desire to continue or stop.

MY PREFERRED MOVEMENT

What form of movement felt most natural—shaking, swaying, stretching, pressing, walking, or something else?

AFTER THE PAUSE

What did I notice when the movement stopped?

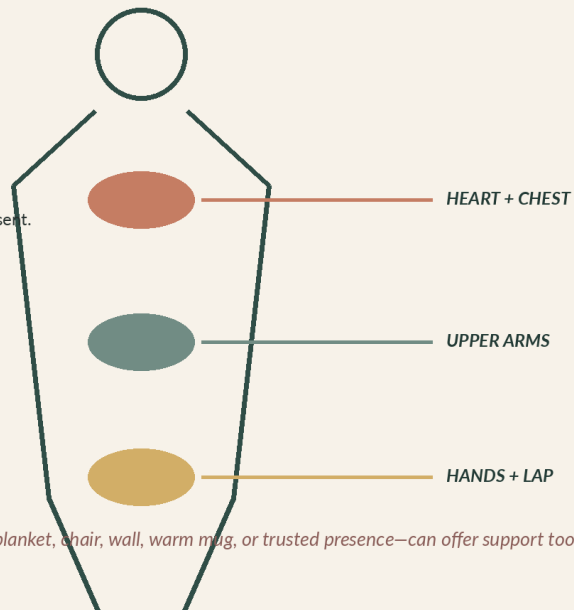
WEEK TWO PRACTICE

Soothing Touch

Contact that communicates choice and care

SOOTHING TOUCH: SUPPORT THROUGH CONTACT

- Use pressure that feels reassuring—not intense.
- Stroke, hold, tap, or simply rest the hands.
- Keep attention on choice, comfort, and the present.
- Skip touch that feels activating or unwanted.



Touch is optional. External anchors—blanket, chair, wall, warm mug, or trusted presence—can offer support too.

You may place a hand over the heart, hold the upper arms, rest both hands in the lap, or use light tapping or stroking. Choose only touch that feels welcome. The intention is not to force calm but to offer warmth, rhythm, containment, or support.

COMFORT

Which kind of touch—or non-touch support—felt most reassuring?

BOUNDARY

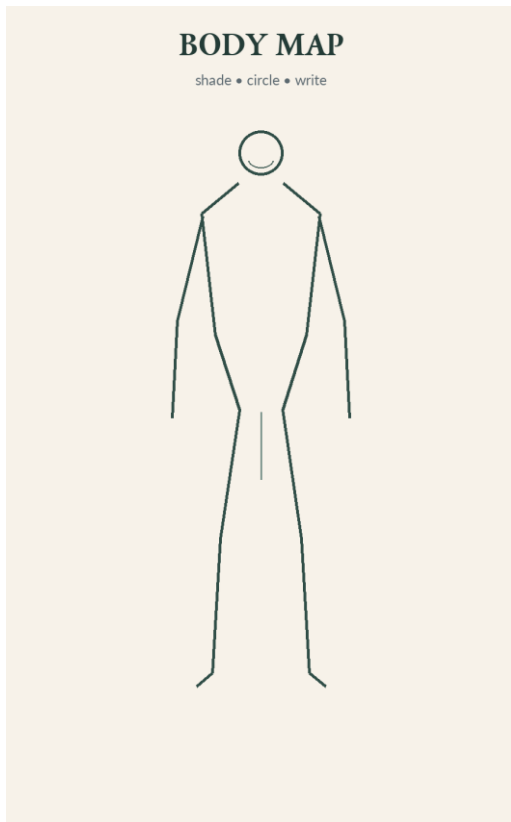
What did my body want more of, less of, or none of?

WEEK TWO BODY MAP

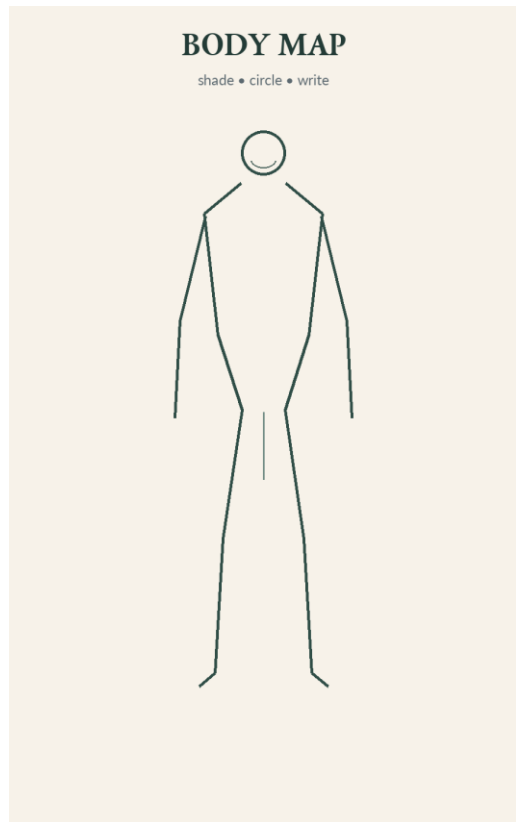
Before + After

Notice what changed, stayed, intensified, or softened

BEFORE MOVEMENT



AFTER MOVEMENT



Mark tension, vibration, warmth, numbness, fatigue, emotion, breath, urge to move, or areas that feel neutral.

WEEK TWO

During Class

Notes + noticing

WHAT I CARRIED

What stress have I been carrying in my body without space to recover?

MOVEMENT

What did it feel like to shake, sway, press, stretch, or pause?

TENSION PATTERN

Where do I tend to hold tension when life feels chaotic?

WEEK TWO INTEGRATION

After Class Reflection

RELEASE

What did “release” mean in my body today—movement, emotion, fatigue, breath, warmth, or something else?

TRUST

What would it feel like to trust my body to release only what it is ready to release?

BOUNDARY

Where did my body communicate “enough,” “slower,” “more,” or “stop”?

RECOVERY

What helps me transition after a stressful moment instead of immediately pushing forward?

WEEK TWO

Closing Check-Out

After deep rest, where am I now?

CALM

ANXIOUS

1 2 3 4 5 6 7 8 9 10

ONE WORD

One word for how I feel in this moment:

COPING TOOL

One movement or soothing tool I am taking with me:

COMPASSION

Something I appreciate about how my body protected or guided me today:

TRANSITION

What will help me move gently into the rest of my day?

WEEK TWO AT HOME

Seven Days of Completing

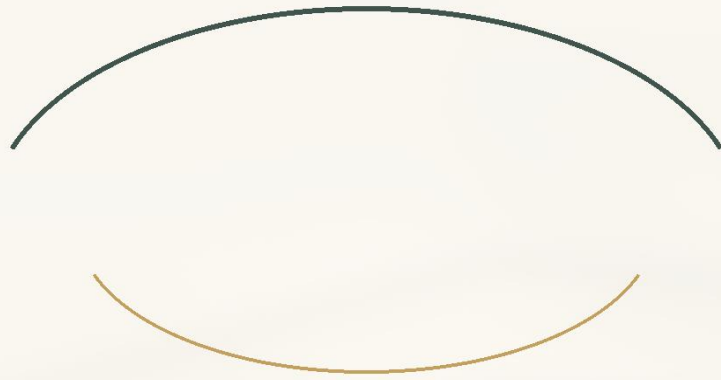
Small transitions can teach the body that stress has an ending

Choose one brief practice after a stressful moment. Keep it small enough to repeat.

DAY	SHAKE	SWAY	TOUCH	PAUSE	ONE WORD
MON	☐	☐	☐	☐	
TUE	☐	☐	☐	☐	
WED	☐	☐	☐	☐	
THU	☐	☐	☐	☐	
FRI	☐	☐	☐	☐	
SAT	☐	☐	☐	☐	
SUN	☐	☐	☐	☐	

WHAT I LEARNED

Which practice helped? When was it hard to remember? What did my body prefer?



WEEK 3

Building My Toolkit

An anchor is a path back—not a demand to feel different

WEEK THREE

Building My Toolkit

An anchor is a path back—not a demand to feel different

Today's Flow

- | | |
|--|--|
| ☐ Grounding + breath | ☐ Identifying resources |
| ☐ Practicing portable anchors | ☐ Supported yin yoga |
| ☐ Legs Up the Wall or deep rest | ☐ Reflection + journaling |

Today's Focus

Your window of tolerance is the range in which you can remain present, feel emotion, think clearly, and choose a response. Resources and anchors can help you remain within that range or return toward it after activation or shutdown.

A resource is anything that offers support, meaning, warmth, steadiness, connection, or choice. An anchor is a specific way of contacting that resource in the present—through sight, sound, touch, movement, breath, language, memory, or relationship.

A useful tool is not the one that looks most impressive. It is the one your body can actually access when you need it.

Before we begin, where am I right now?

CALM

ANXIOUS

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ARRIVAL

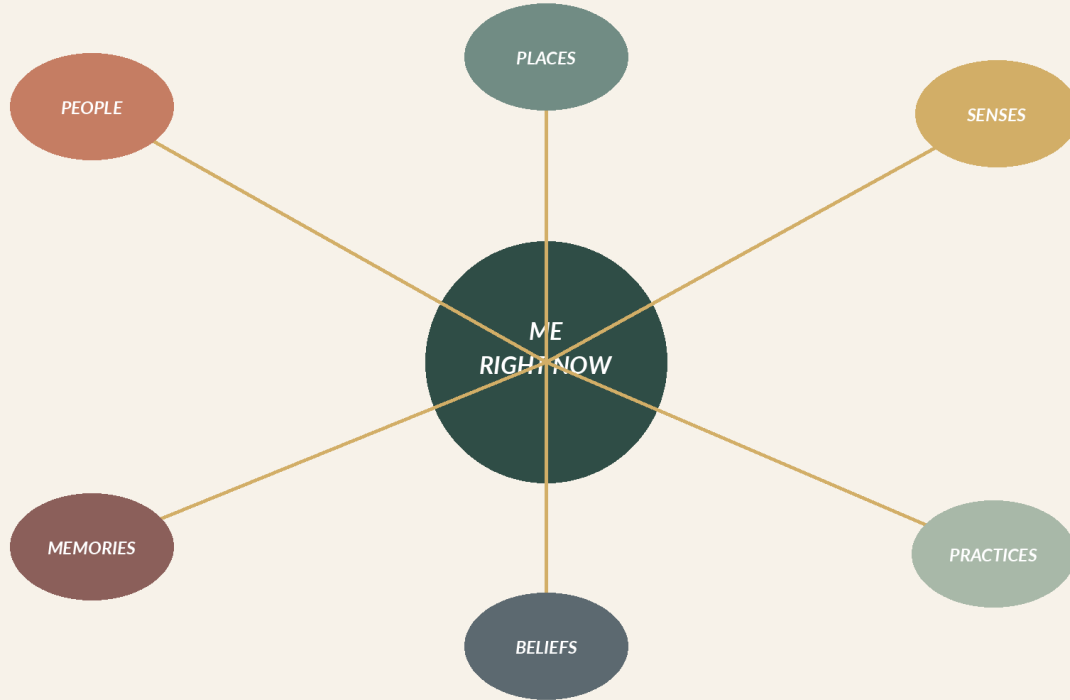
How am I arriving today—body, mood, and energy?

WEEK THREE PSYCHOEDUCATION

Resources Are Personal

YOUR RESOURCE CONSTELLATION

A resource is anything that offers even a small sense of support, steadiness, choice, warmth, meaning, or connection.



The same practice can feel grounding to one person and activating to another. Resources also change over time. Today, a warm blanket may help. Another day, walking outside, music, prayer, a trusted person, a familiar scent, or a meaningful phrase may be more available.

MY RESOURCES

Write one resource in each category: person, place, sense, memory, belief, and practice.

WEEK THREE PRACTICE

A Menu of Anchors

Try, notice, and personalize

A MENU OF PORTABLE ANCHORS

ORIENT

Name three things you see.

CONTACT

Feel feet, seat, or back support.

EXHALE

Let one breath out slowly.

PHRASE

"I am here. I have choices."

SOUND

Hum, sigh, or listen to steady music.

MOVEMENT

Press, stretch, sway, or walk.

An anchor does not have to make you calm. It only needs to offer a little more contact, capacity, or choice.

MOST NATURAL

Which anchor felt easiest or most natural today?

LEAST HELPFUL

Which anchor did not fit—or needs to be changed?

WEEK THREE PRACTICE

Build a Personal Anchor

Specific • portable • believable

Anchor Formula

1. Notice your current state. 2. Choose one available point of support. 3. Add a simple action or phrase. 4. Practice for 10–30 seconds. 5. Reassess without demanding a particular result.

MY CUE

When I notice this body cue or situation:

MY ANCHOR

I will contact this resource through sight, sound, touch, movement, breath, or words:

MY PHRASE

A believable phrase I can pair with it is:

MY EXIT

If it does not help, I will pause and try:

WEEK THREE BODY MAP

Where Support Lands

Mark the places that feel connected, steady, warm, open, or simply neutral

BODY AWARENESS MAP

Shade, circle, or add words where you notice sensation today.



FRONT



BACK

A BODY RESOURCE

One area of my body that feels most available as an anchor today is:

WEEK THREE

During Class

Notes + noticing

ANCHOR

Which anchoring practice felt most natural to my body?

DAILY LIFE

Where could I use this anchor—driving, work, conflict, transitions, or before bed?

ACCESS

What might make the tool easier to remember and use?

WEEK THREE INTEGRATION

After Class Reflection

THREE TOOLS

What are three body-based tools I now have for moments of anxiety or overwhelm?

SHIFT

How has my relationship with my body changed over these first three weeks?

CHOICE

How can I tell the difference between forcing calm and offering support?

PORTABLE

Which tool is realistic enough to carry into everyday life?

WEEK THREE

My Pocket Regulation Card

Create a simple plan you could photograph or place in your bag

WHEN I NOTICE

My earliest signs of activation or shutdown are:

I WILL TRY

My first anchor will be:

THEN

If I need more support, I will:

PEOPLE

Someone I can contact or be near is:

REMINDER

What I need to remember in that moment:

WEEK THREE AT HOME

Seven Days of Anchoring

Practice before the hard moment when possible

Choose one anchor and practice it briefly during a neutral or mildly stressful moment. Familiarity can make access easier when activation is stronger.

DAY	ORIENT	CONTACT	PHRASE	MOVE	ONE WORD
MON	☐	☐	☐	☐	
TUE	☐	☐	☐	☐	
WED	☐	☐	☐	☐	
THU	☐	☐	☐	☐	
FRI	☐	☐	☐	☐	
SAT	☐	☐	☐	☐	
SUN	☐	☐	☐	☐	

WHAT I LEARNED

When was my anchor easiest to access? What made it more or less effective?



WEEK 4

Expressing What Words Cannot

The page can hold what language cannot yet organize

WEEK FOUR

Expressing What Words Cannot

The page can hold what language cannot yet organize

Today's Flow

- | | |
|--|--|
| ☐ Grounding + breath | ☐ Color and mark-making |
| ☐ Creating a safe container | ☐ Supported yin yoga |
| ☐ Legs Up the Wall or deep rest | ☐ Reflection + journaling |

Today's Focus

Expressive art is not about making something beautiful. It offers feelings, sensations, memories, contradictions, and impulses a place to take shape without requiring a complete explanation. The analytical and judging parts of the mind may soften when the hands are engaged in color, texture, rhythm, or form.

You remain in charge of what you create, what you reveal, and what you keep private. You may work abstractly, use only one color, make tiny marks, leave the page blank, or stop at any point.

The art does not have to be understood to be witnessed.

Before we begin, where am I right now?

CALM

ANXIOUS

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ARRIVAL

How am I arriving today—body, mood, and energy?

WEEK FOUR PSYCHOEDUCATION

Process Over Performance

EXPRESSIVE ART IS PROCESS, NOT PERFORMANCE

The page can hold color, texture, rhythm, contradiction, emptiness, and feeling without requiring a polished result.

NO RIGHT IMAGE

Marks can be abstract, messy, simple, or unfinished.

NO FORCED MEANING

You may notice meaning now, later, or never.

NO REQUIRED SHARING

You choose what remains private.

NO FIXING

The goal is expression and witnessing—not correction.



Try replacing “Is this good?” with “What is happening as I make this?” Notice speed, pressure, color choice, breath, posture, impulses, resistance, curiosity, and the desire to hide, explain, continue, or stop.

PERMISSION

Today I give myself permission to create in a way that is:

WEEK FOUR PRACTICE

My Emotion Palette

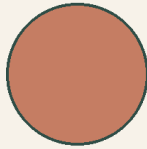
Color can be personal, shifting, and contradictory

BUILD AN EMOTION PALETTE

Choose colors by instinct. There is no universal color code for emotion.



CALM



ANGER



GRIEF



FEAR



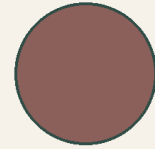
HOPE



NUMBNESS



JOY



LONGING

Cross out a word, rename a color, or create your own. Your body decides what each color means today.

TODAY'S COLORS

The colors I am drawn to today—and what they might hold:

UNEXPECTED

A color, shape, or texture that surprised me:

WEEK FOUR PRACTICE

Create a Safe Container

A boundary around what needs holding

Draw a container of any kind: a bowl, room, cave, garden, box, nest, circle, vessel, or completely abstract shape. Add colors, textures, symbols, words, doors, windows, locks, softness, light, protectors, or anything the container needs.

THE CONTAINER

Use the space below to draw, collage, color, or make marks.

WHAT IT NEEDS

What makes this container feel safe enough—not perfect, just enough?

Create without explaining first

CREATIVE SPACE

[illegible]

WEEK FOUR INTEGRATION

Witnessing the Art

VOICE

What did I create today, and what might it want to say?

COLOR + SHAPE

What colors, shapes, textures, or movements drew me in?

WORDS

What feeling was difficult to put into words—and did it find another form?

JUDGMENT

What happened when I noticed the urge to decide whether the art was “good”?

WEEK FOUR

Closing Check-Out

After deep rest, where am I now?

CALM

ANXIOUS

1 2 3 4 5 6 7 8 9 10

ONE WORD

One word for how I feel in this moment:

COPING TOOL

One creative or body-based tool I am taking with me:

PRIVACY + CHOICE

What part of today's process do I want to keep private, share, revisit, or release?

CARE

What does my body need after creative work?

WEEK FOUR AT HOME

Seven Days of Making Space

Two minutes of mark-making can be enough

Choose a simple practice: one color for the day, a line that matches your energy, a tiny collage, a shape for a feeling, or a private page that no one else sees.

DAY	COLOR	LINE	SHAPE	PAUSE	ONE WORD
MON	☐	☐	☐	☐	
TUE	☐	☐	☐	☐	
WED	☐	☐	☐	☐	
THU	☐	☐	☐	☐	
FRI	☐	☐	☐	☐	
SAT	☐	☐	☐	☐	
SUN	☐	☐	☐	☐	

WHAT I LEARNED

What did creating reveal, soften, intensify, or help me hold?

EXPRESSIVE ARTS

The Color of What I Feel

Choose color before explanation

Let your hand move toward the shade, line, shape, or mark that feels closest to what is present. You do not have to make the page beautiful or coherent.

REFLECTION

What surprised me about the colors, pressure, shapes, or empty space I used?

EXPRESSIVE ARTS

A Safe Container

Inside: what needs holding. Outside: what helps me witness it.

Draw an organic container—a bowl, nest, room, envelope, circle, or any shape you choose. Place what feels large, unfinished, private, or difficult to name inside. Add support, boundaries, or resources around it.

WHAT I NOTICE

What changes when the feeling has a container and support around it?



WEEK 5

Meeting My Inner Child

Compassion for the younger parts still carrying needs, fears, and dreams

WEEK FIVE

Meeting My Inner Child

Compassion for the younger parts still carrying needs, fears, and dreams

Today's Flow

- | | |
|--|---|
| ☐ Grounding + breath | ☐ Inner child art practice |
| ☐ Compassionate reflection | ☐ Supported yin yoga |
| ☐ Legs Up the Wall or deep rest | ☐ Journaling + integration |

Today's Focus

Inner child work invites us to connect with younger versions of ourselves who may still carry unmet needs, old fears, protective beliefs, or hopeful dreams. The purpose is not to force a memory, identify one exact age, or create a perfect story. It is to meet what appears with curiosity and compassion instead of criticism.

Your younger self may appear as an image, age, sensation, color, posture, word, memory, or simply a sense of tenderness. You may also feel nothing clear. All of these responses are welcome.

You can become a safe-enough adult presence for the parts of you that once felt alone.

Before we begin, where am I right now?

CALM

ANXIOUS

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ARRIVAL

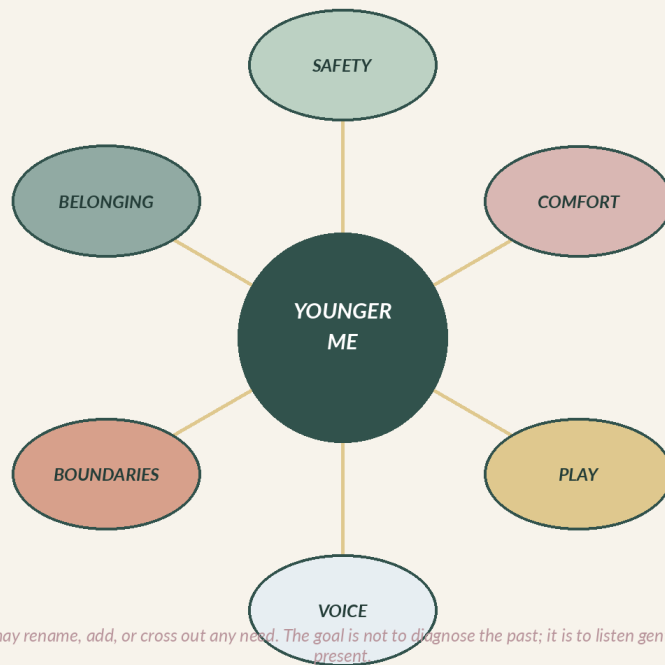
How am I arriving today—body, mood, and energy?

WEEK FIVE PSYCHOEDUCATION

Listening for the Need Beneath the Feeling

WHAT YOUNGER PARTS MAY STILL NEED

Inner child work can be an invitation to notice unmet needs, protective beliefs, and hopeful qualities with compassion—without forcing memories or certainty.



You may rename, add, or cross out any need. The goal is not to diagnose the past; it is to listen gently in the present.

A younger part may communicate through fear, perfectionism, anger, shutdown, people-pleasing, playfulness, longing, or the wish to be protected. Rather than asking, “What is wrong with me?” try asking, “What might this part be protecting, needing, or hoping for?”

CLOSEST NEED

Which need feels most relevant today—and what makes it feel familiar?

WEEK FIVE PRACTICE

A Portrait of My Younger Self

Draw, color, collage, or use symbols

Create an image of your younger self in any form that feels accessible. You may draw a person, use colors and shapes, create a room or landscape, write words, or represent the younger self symbolically. There is no requirement to make the image realistic.

CREATIVE SPACE

Use the space below to draw, color, collage, write, or make marks.

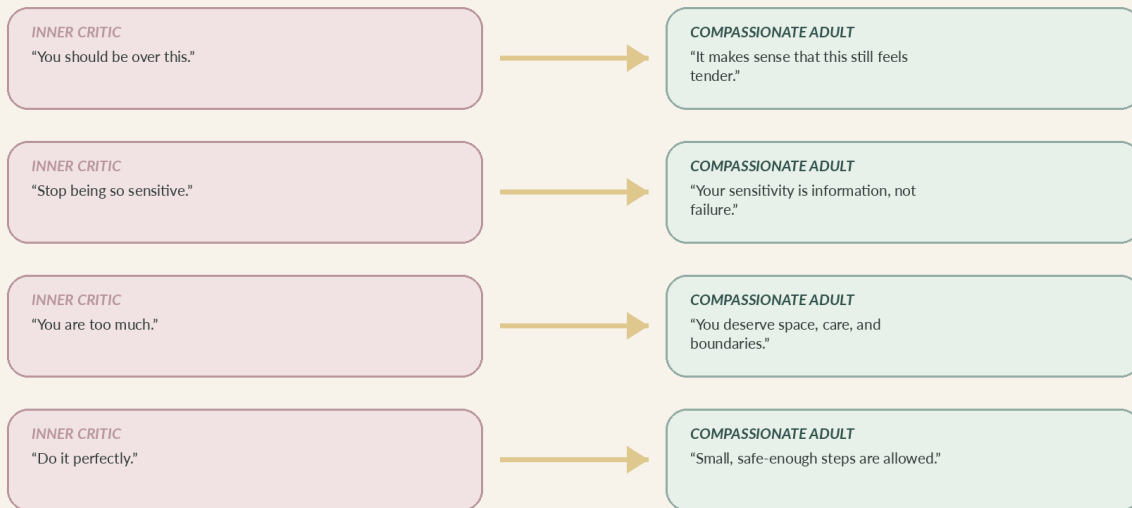
NOTICING

What do I notice about age, expression, posture, clothing, surroundings, or what this younger self is holding?

WEEK FIVE PRACTICE

From Inner Critic to Compassionate Adult

FROM INNER CRITIC TO COMPASSIONATE ADULT



A FAMILIAR CRITICISM

A message my younger self may have learned or repeated is:

A COMPASSIONATE RESPONSE

What I want to say now, as the adult I am becoming, is:

WEEK FIVE LETTER

What I Want You to Know

Write to your younger self without demanding a response

Begin with a gentle greeting. You may acknowledge what was hard, name what was deserved, offer protection or comfort, celebrate strengths, or simply say, “I am here.” Write only what feels honest and believable.

DEAR YOUNGER ME

What did you need to hear that you may not have heard growing up?

ONE PROMISE

A realistic promise I can offer now is:

WEEK FIVE INTEGRATION

Meeting Her With Curiosity

NEED

What did my inner child need to hear today?

HOPE

What is one thing she may still be hoping for?

STRENGTH

What quality helped her survive, adapt, create, or keep hoping?

ADULT PRESENCE

What would it feel like to become the adult she needed—without expecting perfection?

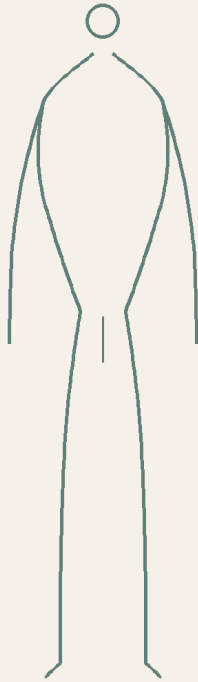
WEEK FIVE BODY CHECK-IN

Where Tenderness Lives

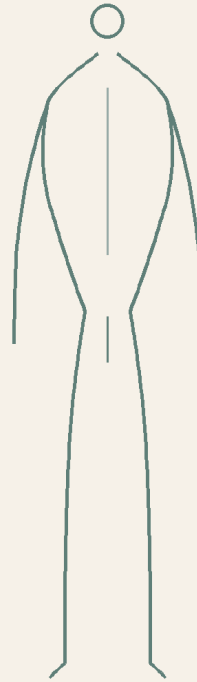
Shade, circle, or write where you notice warmth, tightness, grief, protection, softness, numbness, or ease

BODY AWARENESS MAP

Shade, circle, or add words where you notice sensation today.



FRONT



BACK

BODY MESSAGE

If this sensation had one gentle sentence for me, it might say:

WEEK FIVE

Closing Check-Out

After deep rest, where am I now?

CALM

ANXIOUS

1 2 3 4 5 6 7 8 9 10

ONE WORD

One word for how I feel in this moment:

COPING TOOL

One practice I am taking with me this week:

AFTERCARE

What does my younger self—or my present-day body—need after today's work?

COMPASSION

A moment of self-compassion I want to remember:

WEEK FIVE AT HOME

Seven Days of Gentle Reparenting

Small acts of reliability can matter

Choose one brief practice each day: speak kindly to yourself, keep one small promise, make room for play, offer comfort, protect a boundary, or notice a younger part without trying to fix it.

DAY	KINDNESS	PLAY	COMFORT	BOUNDARY	ONE WORD
MON	☐	☐	☐	☐	
TUE	☐	☐	☐	☐	
WED	☐	☐	☐	☐	
THU	☐	☐	☐	☐	
FRI	☐	☐	☐	☐	
SAT	☐	☐	☐	☐	
SUN	☐	☐	☐	☐	

WHAT I LEARNED

Which small act created the strongest sense of trust, relief, or connection?



WEEK 6

Circle & Story

Being witnessed without judgment, pressure, or fixing

WEEK SIX

Circle & Story

Being witnessed without judgment, pressure, or fixing

Today's Flow

- | | |
|---|---|
| ☐ Grounding + breath | ☐ Group agreements |
| ☐ Optional story sharing | ☐ Witnessing practice |
| ☐ Supported yin yoga | ☐ Deep rest + journaling |

Today's Focus

Healing rarely happens in isolation. Being witnessed by others—having our experience heard without judgment, interruption, or immediate fixing—can help the nervous system learn that it is possible to be seen and remain connected. This is one form of co-regulation.

Sharing is always optional. You may speak generally, name only the present-day impact, share a small piece, pass, or simply witness. Privacy, pacing, and consent are part of the practice.

Being seen does not require giving away every part of your story.

Before circle, where am I right now?

CALM

ANXIOUS

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ARRIVAL

How am I arriving today—body, mood, and energy?

WEEK SIX PSYCHOEDUCATION

Co-Regulation in Practice

CO-REGULATION: CALM CAN BE SHARED

Our nervous systems respond to tone, pacing, facial expression, distance, rhythm, predictability, and whether we feel respected. Connection can support regulation, but consent and boundaries remain essential.

PRESENCE

Someone stays with me without rushing or fixing.

PACE

The interaction slows enough for me to stay connected.

CHOICE

I can speak, pause, pass, leave, or ask for what I need.

BOUNDARIES

Closeness is supportive only when it feels respectful.

Being witnessed is not the same as being exposed. You choose what is shared and what remains yours.

MY CUES OF SAFE CONNECTION

What tone, pacing, distance, behavior, or presence helps me feel more able to stay connected?

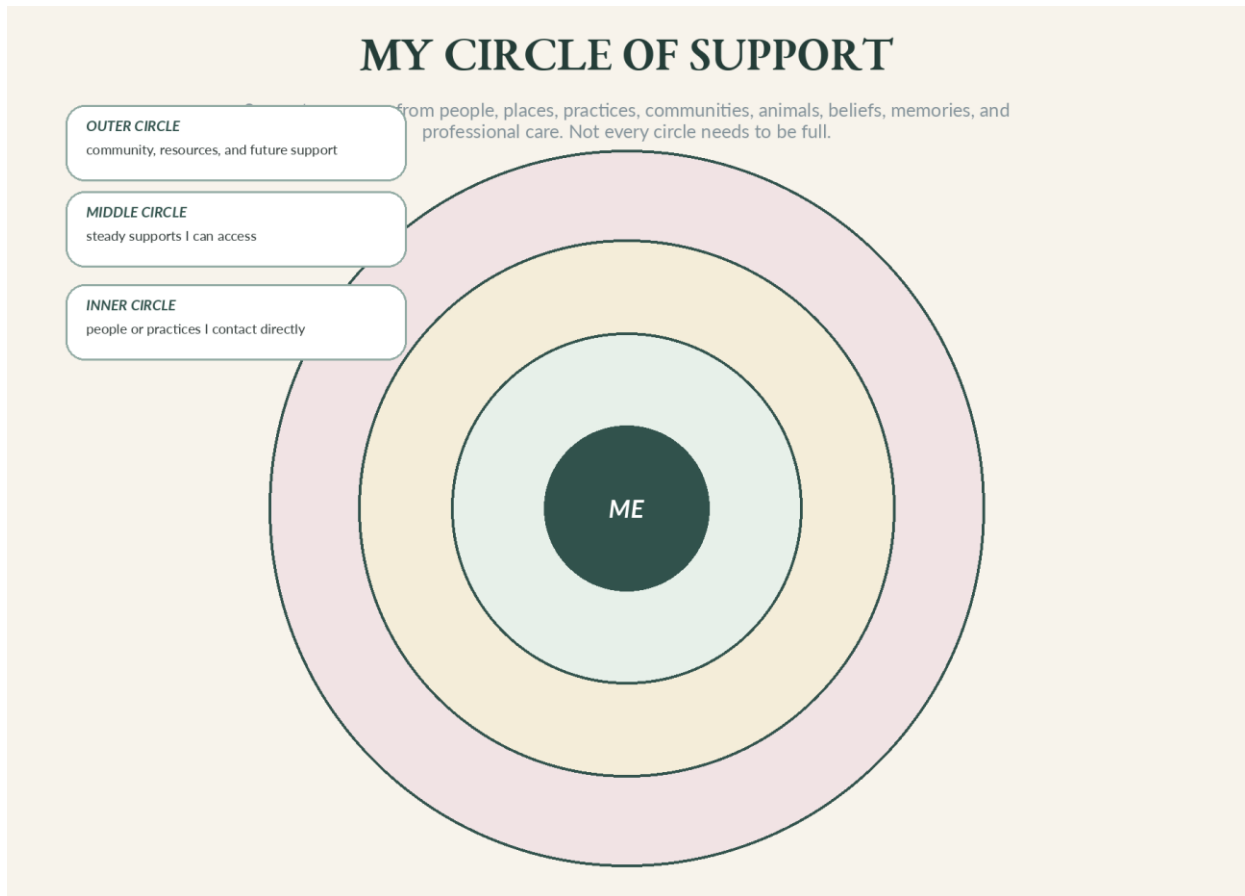
MY CUES OF PRESSURE

What tells me an interaction is becoming too much, too fast, or too exposed?

WEEK SIX PRACTICE

My Circle of Support

Map support without requiring a perfect network



ONE NEXT STEP

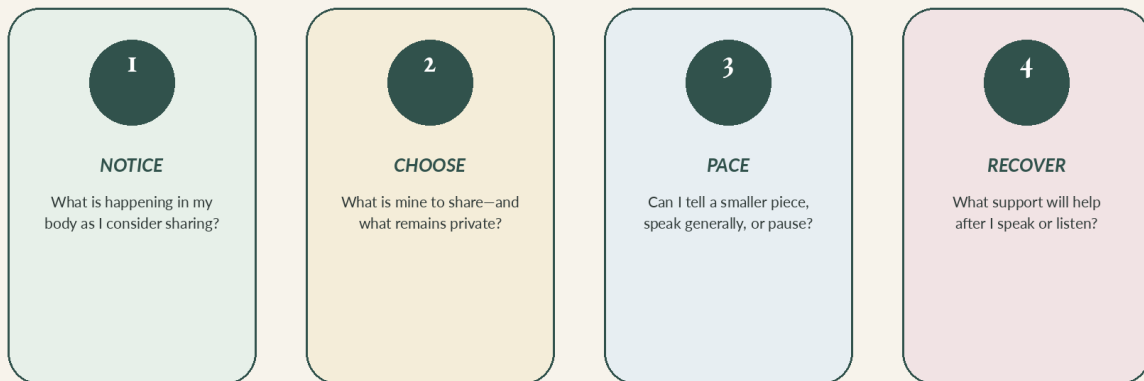
One support I want to strengthen, contact, or explore is:

WEEK SIX PRACTICE

Storytelling With Choice

Notice • choose • pace • recover

STORYTELLING WITH CHOICE



Passing is participation. Listening is participation. Silence can be an intentional boundary.

MY BOUNDARY

What part of my story feels shareable today—and what belongs only to me?

MY RECOVERY PLAN

What support might I need after speaking or listening?

WEEK SIX CIRCLE

Before I Share—or Pass

A private page for preparation

BODY

What happens in my body as I imagine being witnessed?

PURPOSE

What do I hope sharing—or choosing not to share—will protect or support?

SIZE

What is the smallest honest piece I could offer?

CHOICE PHRASE

A sentence I can use is: “I want to share...,” “I am not ready to share...,” or:

WEEK SIX

Witnessing Without Fixing

Notes from the circle

As you listen, notice the impulse to compare, advise, rescue, explain, or turn away. Practice staying present while remembering that another person's story belongs to them.

WHAT I HEARD

What did I hear from someone else that I needed to hear too?

WHAT I NOTICED

What was it like to share, pass, or simply witness?

CONNECTION

What does it feel like to know I am not the only one?

WEEK SIX INTEGRATION

What I Want the Group to Know

MY JOURNEY

One thing I want the group to know about my journey so far is:

WHAT HELPED

A moment of respect, connection, courage, or tenderness I noticed today:

WHAT I AM KEEPING

Something I heard today that I want to carry forward:

WEEK SIX

Closing Check-Out

After deep rest, where am I now?

CALM

ANXIOUS

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ONE WORD

One word for how I feel in this moment:

COPING TOOL

One relational or body-based tool I am taking with me:

BOUNDARY

What boundary will help me integrate after group sharing?

GRATITUDE

Something I appreciate about myself or the group today:

WEEK SIX AT HOME

Seven Days of Connection

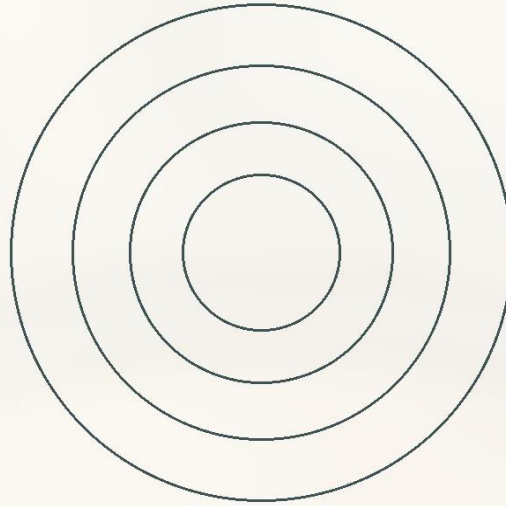
Connection can be brief, quiet, and chosen

Practice one small form of connection: send a message, sit near someone safe, ask for help, attend a group, spend time with an animal, listen without fixing, or receive care without apologizing.

DAY	REACH	RECEIVE	LISTEN	BOUNDARY	ONE WORD
MON	☐	☐	☐	☐	
TUE	☐	☐	☐	☐	
WED	☐	☐	☐	☐	
THU	☐	☐	☐	☐	
FRI	☐	☐	☐	☐	
SAT	☐	☐	☐	☐	
SUN	☐	☐	☐	☐	

WHAT I LEARNED

Which kind of connection helped me feel more like myself—and which kind required more protection or recovery?



WEEK 7

The Body as Instrument

Sound is heard—and sometimes felt

WEEK SEVEN

The Body as Instrument

Sound is heard—and sometimes felt

Today's Flow

- | | |
|--|---|
| ☐ Grounding + breath | ☐ Listening and vibration |
| ☐ Voice or humming option | ☐ Tuning forks or gentle tones |
| ☐ Supported yin yoga | ☐ Deep rest + reflection |

Today's Focus

Sound and vibration can influence attention, breathing, and the felt experience of the body. Some people notice vibration in the chest, face, hands, or bones. Others notice imagery, emotion, relaxation, alertness, irritation, or no clear response. There is no single correct way to experience sound.

Your body is not an instrument that needs to perform. It is an instrument in the sense that breath, voice, tissue, bone, and attention can all participate in resonance. Volume, pitch, distance, and duration should remain adjustable.

Listening includes noticing when your body asks for more space, less volume, or silence.

Before sound work, where am I right now?

CALM

ANXIOUS

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ARRIVAL

How am I arriving today—body, mood, and energy?

WEEK SEVEN PSYCHOEDUCATION

How Sound Can Be Experienced

HOW SOUND CAN BE EXPERIENCED

People respond differently to sound. You may notice hearing, vibration, breath, emotion, imagery, relaxation, alertness, irritation, or no clear change.

EARS

tone • volume • pitch

CHEST

resonance • breath • humming

SKIN + BONES

pressure • vibration • tingling

ATTENTION

focus • imagery • memory

EMOTION

comfort • grief • joy •
irritation

CHOICE

distance • volume • pause • stop

A helpful sound is not necessarily a quiet sound. The best guide is your own felt sense and ability to choose.

MY PREFERENCES

Sounds, voices, volumes, rhythms, or environments that usually feel supportive:

MY SENSITIVITIES

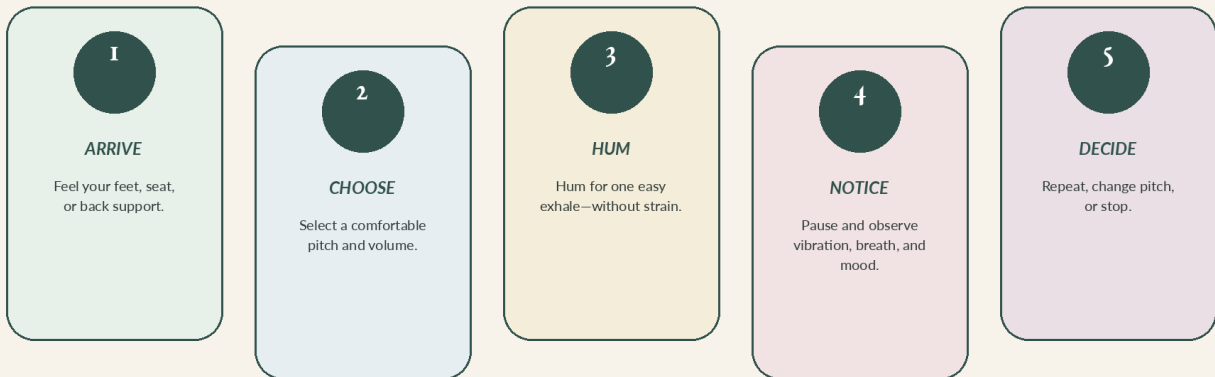
Sounds or conditions that may require more distance, preparation, or choice:

WEEK SEVEN PRACTICE

A Gentle Humming Practice

Voice as vibration—not performance

A GENTLE HUMMING PRACTICE



Skip humming if it feels uncomfortable. Listening, sighing, speaking softly, or feeling external vibration are valid alternatives.

BEFORE + AFTER

What did I notice in my chest, face, throat, breath, mood, or attention before and after humming?

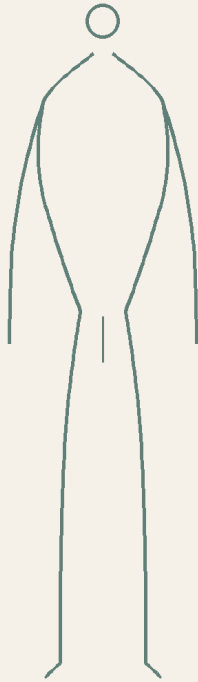
WEEK SEVEN BODY MAP

Where Did I Feel the Sound?

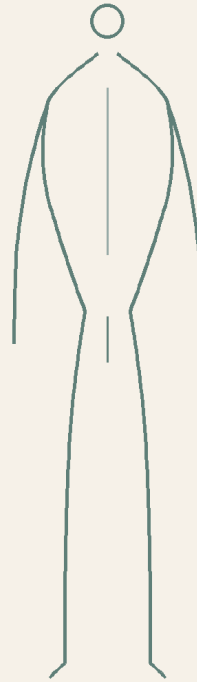
Mark vibration, pressure, tingling, ease, emotion, numbness, or nothing noticeable

BODY AWARENESS MAP

Shade, circle, or add words where you notice sensation today.



FRONT



BACK

STRONGEST SENSATION

Where did I feel sound or vibration most clearly—and how would I describe it?

WEEK SEVEN

During Class

Notes, images, and noticing

SOUND

Which sound, tone, instrument, or silence stood out?

IMAGES + THOUGHTS

What thoughts, memories, colors, or images arose while listening?

BREATH

How did my breathing change—or stay the same?

WEEK SEVEN INTEGRATION

Stillness After Sound

BODY

Where in my body did I feel sound or vibration most strongly?

BREATH

How does my breathing feel different—or unchanged—after sound work?

STILLNESS

What does stillness feel like in my body right now?

CHOICE

What adjustment helped me stay comfortable and present?

WEEK SEVEN

Closing Check-Out

After deep rest, where am I now?

CALM

ANXIOUS

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ONE WORD

One word for how I feel in this moment:

COPING TOOL

One sound-based or body-based tool I am taking with me:

SILENCE

What kind of sound—or silence—does my body want next?

COMPASSION

Something I appreciate about how I listened to myself today:

WEEK SEVEN AT HOME

Seven Days of Listening

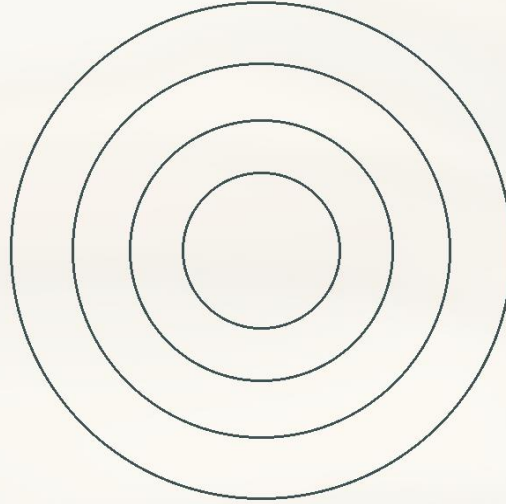
Notice the soundscape without needing to control it

Choose one brief practice: humming, listening to steady music, noticing a natural sound, using a grounding playlist, speaking a reassuring phrase aloud, or intentionally choosing quiet.

DAY	HUM	MUSIC	NATURE	QUIET	ONE WORD
MON	☐	☐	☐	☐	
TUE	☐	☐	☐	☐	
WED	☐	☐	☐	☐	
THU	☐	☐	☐	☐	
FRI	☐	☐	☐	☐	
SAT	☐	☐	☐	☐	
SUN	☐	☐	☐	☐	

WHAT I LEARNED

Which sounds supported steadiness, expression, energy, or rest? Which sounds required boundaries?



WEEK 8

Vibration & Release

Resonance, choice, and permission to respond honestly

WEEK EIGHT

Vibration & Release

Singing bowls, resonance, and permission to respond honestly

Today's Flow

- | | |
|--|---|
| ☐ Grounding + breath | ☐ Sound bath preparation |
| ☐ Singing bowls + resonance | ☐ Choice-based positioning |
| ☐ Supported yin yoga | ☐ Deep rest + journaling |

Today's Focus

Singing bowls create layered tones and vibrations that may be experienced as sound, pressure, tingling, imagery, emotion, relaxation, restlessness, or nothing noticeable. Some people experience a sense of release; others become more aware of tension, fatigue, grief, or the need for quiet.

Release is not something you must make happen. It can be a breath, a tear, a stretch, a boundary, a clearer feeling, or simply recognizing what is present. The goal is not to produce a dramatic response. The goal is to remain connected to choice and allow integration.

Nothing has to leave your body today for the practice to be meaningful.

Before the sound bath, where am I right now?

CALM

ANXIOUS

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

ARRIVAL

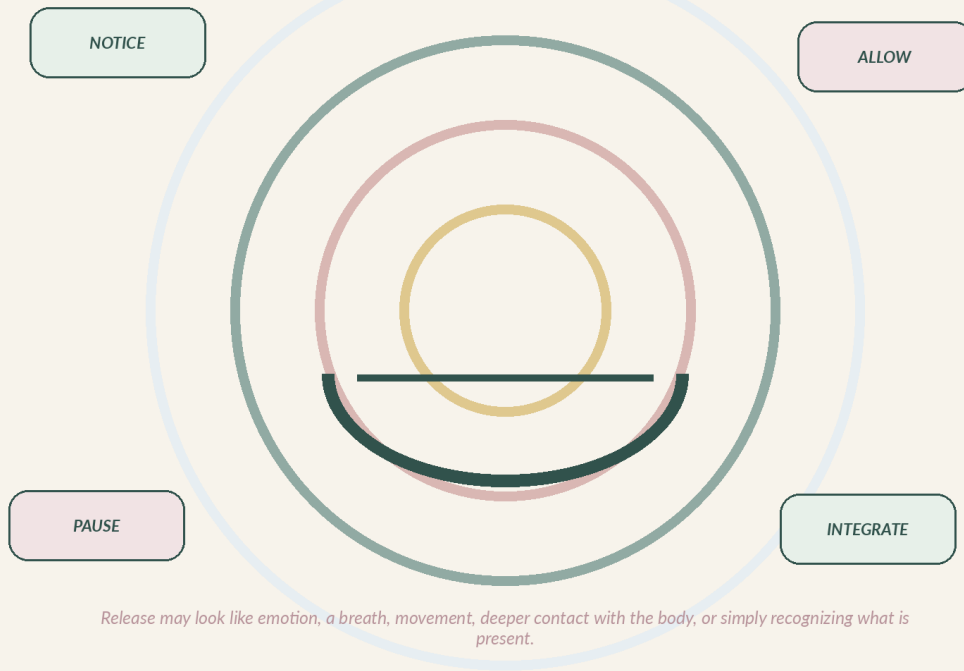
How am I arriving today—body, mood, and energy?

WEEK EIGHT PSYCHOEDUCATION

Resonance Without Forcing Release

RESONANCE WITHOUT FORCING RELEASE

Singing bowls and layered tones may be experienced as sound, pressure, tingling, imagery, emotion, relaxation, restlessness, or nothing noticeable. No response is more correct than another.



Release may look like emotion, a breath, movement, deeper contact with the body, or simply recognizing what is present.

MY DEFINITION

What does “release” mean to me today—physically, emotionally, relationally, or symbolically?

WEEK EIGHT PREPARATION

My Sound Bath Choice Plan

Plan for comfort before the first tone

MY SOUND BATH CHOICE PLAN

POSITION

lying down • seated • side-lying • eyes open

VOLUME

closer • farther away • ear protection • step out

GROUNDING

feet • blanket • wall • familiar object

COMMUNICATION

hand signal • verbal request • pause • decline

AFTERCARE

water • quiet • movement • journaling • connection

Comfort and consent matter more than completing the exercise exactly as planned.

MY CHOICES

The position, distance, grounding support, and aftercare I want today are:

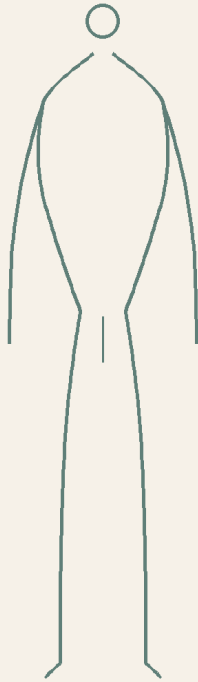
WEEK EIGHT BODY MAP

Vibration in the Body

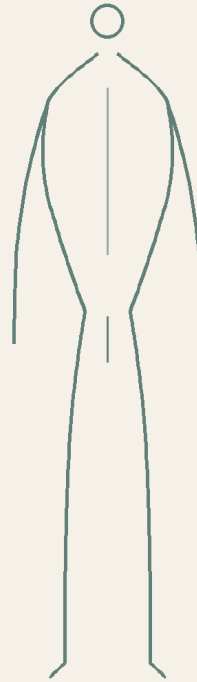
Mark where you noticed sound, pressure, emotion, warmth, tingling, spaciousness, irritation, or rest

BODY AWARENESS MAP

Shade, circle, or add words where you notice sensation today.



FRONT



BACK

MOST NOTICEABLE

What did I notice as the bowls played?

WEEK EIGHT

During the Sound Bath

Receiving without performing

BODY

What sensations changed, moved, intensified, softened, or remained neutral?

EMOTION

Did any emotion surface? What was it—and what did it seem to need?

CHOICE

Did I adjust position, distance, eyes, volume, or attention? What helped?

WEEK EIGHT INTEGRATION

What Am I Ready to Let Go Of?

Letting go does not require rejecting, erasing, forgiving, or forgetting. You may choose to release a role, expectation, tension pattern, old message, responsibility that is not yours, or the demand to have everything resolved.

READY

One thing I may be ready to loosen, set down, or relate to differently is:

NOT READY

Something I am not ready to release—and how I can respect that boundary:

MAKING ROOM

What do I want to make more room for?

WEEK EIGHT

Closing Check-Out

After deep rest, where am I now?

CALM

ANXIOUS

1

2

3

4

5

6

7

8

9

10

ONE WORD

One word for how I feel in this moment:

COPING TOOL

One sound, silence, or grounding tool I am taking with me:

RELEASE

What does release feel like for me physically—or what does “not yet” feel like?

CARE

What will support integration after today?

WEEK EIGHT AT HOME

Seven Days of Resonance

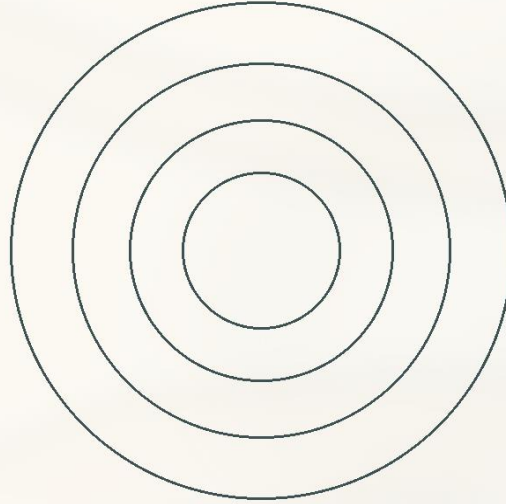
Brief sound practices with intentional recovery

Choose one accessible practice: singing bowl recording, humming, steady music, spoken affirmation, quiet rest, nature sounds, or noticing vibration while walking or speaking. Keep volume and duration comfortable.

DAY	SOUND	HUM	QUIET	REST	ONE WORD
MON	☐	☐	☐	☐	
TUE	☐	☐	☐	☐	
WED	☐	☐	☐	☐	
THU	☐	☐	☐	☐	
FRI	☐	☐	☐	☐	
SAT	☐	☐	☐	☐	
SUN	☐	☐	☐	☐	

WHAT I LEARNED

What kinds of sound supported release, clarity, connection, or rest? What helped me integrate afterward?



WEEK 9

Deep Rest & Integration

Rest is an active nervous-system state

WEEK NINE

Deep Rest & Integration

Rest is not the absence of doing—it is a state of receiving, repairing, and making meaning

Rest can be quiet or rhythmic, solitary or connected. The goal is not to force relaxation. It is to create conditions that may help the body reduce effort and receive support.

Where am I right now?

CALM 1 2 3 4 5 6 7 8 9 10 ACTIVATED

ARRIVAL

How am I arriving today—body, mood, and energy?

PERMISSION

What would make rest feel more possible or more choiceful today?

PSYCHOEDUCATION

Rest Is an Active State

The body can integrate without consciously solving everything

During periods of relative safety, the body can shift resources toward digestion, repair, memory integration, and recovery. Rest does not have to look perfectly still, and it does not have to be earned.

RESTORATIVE MENU

Rest can be supported in more than one way.

STILLNESS

Quiet, supported lying down, or a comfortable seat.

RHYTHM

Slow walking, rocking, swaying, or steady sound.

WARMTH

Blanket, warm drink, sunlight, or hands over the heart.

CONNECTION

Rest near someone safe or ask for practical support.

MY REST LANGUAGE

Which forms of rest feel supportive? Which forms feel uncomfortable, unfamiliar, or unavailable?

PRACTICE

Supported Rest

Choose the version that offers the most ease—not the version that looks most impressive

POSITION

Legs on a chair, feet on the floor, side-lying, reclined, or seated.

SUPPORT

Blanket, pillow, wall, bolster, eye covering, or open eyes.

SOUND

Silence, steady music, singing bowls, nature sounds, or a familiar voice.

TIME

Two minutes can be meaningful. You may stop before the timer ends.

BODY CHECK-IN

Before + After Rest

Notice difference without requiring improvement

BEFORE REST	AFTER REST
BODY MAP shade • circle • write 	BODY MAP shade • circle • write 

Color or mark tension, warmth, heaviness, numbness, ease, tingling, breath, or any other sensation. “No noticeable difference” is useful information too.

DURING CLASS

Notes & Noticing

SENSATION

What did I notice as effort decreased—or as rest became difficult?

THOUGHTS

What thoughts, memories, or images appeared?

CHOICE

Was there a moment when I adjusted, paused, opened my eyes, or asked for something?

SUPPORT

What helped me stay connected to the present?

INTEGRATION

What Rest Taught Me

RECEIVING

How did it feel to receive rest without earning it?

ENOUGH

What does “enough” feel like in my body right now?

DAILY LIFE

Where could I make room for two minutes of restorative pause?

COMPASSION

What would I say to the part of me that feels guilty for resting?

CLOSING

Closing Check-Out

After rest, where am I now?

CALM 1 2 3 4 5 6 7 8 9 10 ACTIVATED

ONE WORD

One word for how I feel in this moment:

COPING TOOL

One practice I am taking with me this week:

GRATITUDE OR SELF-COMPASSION

Something I appreciate, or one kind response I can offer myself:

AT HOME

Seven Days of Receiving

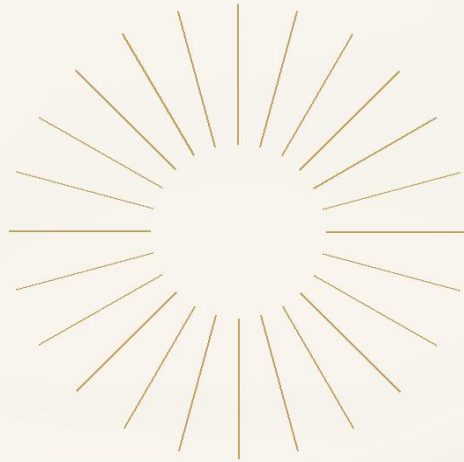
Practice brief moments of rest before exhaustion becomes the only option

Choose one brief practice that feels realistic. The purpose is not perfect completion. It is to notice what supports you and what your body prefers.

DAY	PAUSE	SUPPORT	SOUND	REST	ONE WORD
MON	☐	☐	☐	☐	☐
TUE	☐	☐	☐	☐	☐
WED	☐	☐	☐	☐	☐
THU	☐	☐	☐	☐	☐
FRI	☐	☐	☐	☐	☐
SAT	☐	☐	☐	☐	☐
SUN	☐	☐	☐	☐	☐

WHAT I LEARNED

What helped? What felt difficult? What do I want to remember?



WEEK 10

Energy, Trust & the Healing Field

Receiving care with choice, consent, and curiosity

WEEK TEN

Energy, Trust & the Healing Field

Receiving care with consent, boundaries, and curiosity

Reiki is commonly described as a gentle energy-based wellness practice. Experiences vary. Some people notice warmth, tingling, emotion, heaviness, calm, or nothing in particular. No specific sensation is required.

Where am I right now?

CALM 1 2 3 4 5 6 7 8 9 10 ACTIVATED

ARRIVAL

How am I arriving today—body, mood, energy, and openness to receiving?

PREFERENCE

What would help me feel respected and comfortable during today's practice?

CONSENT + CHOICE

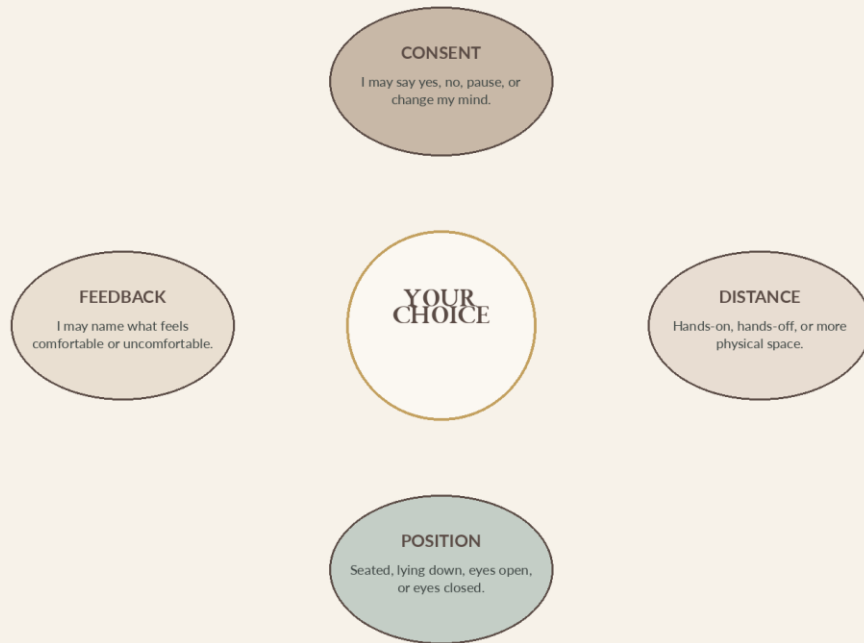
Receiving Is Not Surrendering Control

Trust can grow when choice remains available

Receiving care does not require passivity. You may name your preferences, remain seated, request hands-off practice, keep your eyes open, pause, or decline. Consent is ongoing—not a single decision made at the beginning.

RECEIVING WITH CHOICE

Care feels safer when your preferences are welcome.



MY RECEIVING PREFERENCES

Today, I prefer:

PRACTICE

A Receiving Ritual

Create a beginning, a middle, and a clear ending

ARRIVE

Feel your points of contact and orient to the room.

NAME

Silently name one preference or boundary.

RECEIVE

Allow the practice to unfold without searching for a particular sensation.

COMPLETE

Move fingers and toes, look around, drink water, and choose your next step.

GROUNDING PHRASE

A phrase I can use if I need more choice or space:

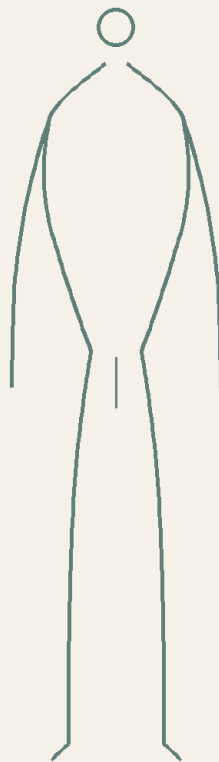
BODY AWARENESS

Where Did I Notice Receiving?

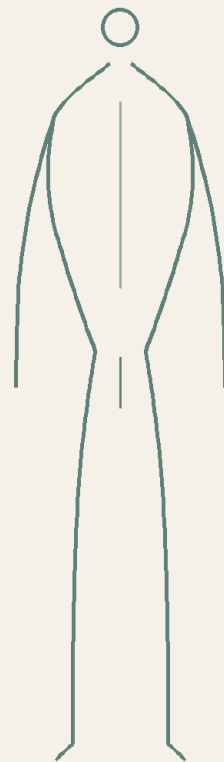
Warmth, tingling, heaviness, ease, emotion, neutral sensation, or no clear change

BODY AWARENESS MAP

Shade, circle, or add words where you notice sensation today.



FRONT



BACK

Use color, pattern, words, or symbols. There is no need to interpret or explain every sensation.

DURING CLASS

Notes & Noticing

BODY

Where did I notice warmth, tingling, heaviness, ease, or neutrality?

TRUST

What came up around trusting the practice, the practitioner, or myself?

BOUNDARY

Did I notice a yes, no, maybe, or need for more information?

RECEIVING

What was it like to receive without giving something back?

INTEGRATION

Care I Can Let In

SUPPORT

What kind of support is easiest for me to receive?

RESISTANCE

What makes receiving care difficult or complicated?

CHOICE

How can I keep agency while allowing support?

NEXT STEP

One small way I can practice receiving this week:

CLOSING

Closing Check-Out

After receiving, where am I now?

CALM 1 2 3 4 5 6 7 8 9 10 ACTIVATED

ONE WORD

One word for how I feel in this moment:

COPING TOOL

One receiving or grounding practice I am taking with me:

COMPASSION

What does it feel like to let myself be cared for?

AT HOME

Seven Days of Receiving

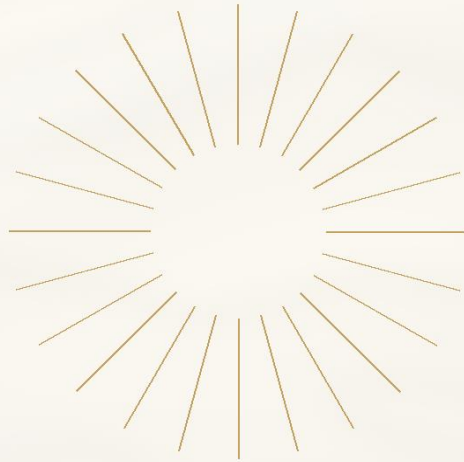
Practice accepting small, safe forms of care without erasing your preferences

Choose one brief practice that feels realistic. The purpose is not perfect completion. It is to notice what supports you and what your body prefers.

DAY	ASK	RECEIVE	PAUSE	THANK	ONE WORD
MON	☐	☐	☐	☐	☐
TUE	☐	☐	☐	☐	☐
WED	☐	☐	☐	☐	☐
THU	☐	☐	☐	☐	☐
FRI	☐	☐	☐	☐	☐
SAT	☐	☐	☐	☐	☐
SUN	☐	☐	☐	☐	☐

WHAT I LEARNED

What helped? What felt difficult? What do I want to remember?



WEEK 11

Self-Compassion & Wholeness

Offer yourself the presence you so freely offer others

WEEK ELEVEN

Self-Compassion & Wholeness

Wholeness includes the parts that are tired, protective, uncertain, and still learning

Self-compassion is not pretending everything is fine. It is meeting difficulty with awareness, shared humanity, and a response that supports rather than attacks.

Where am I right now?

CALM 1 2 3 4 5 6 7 8 9 10 ACTIVATED

ARRIVAL

How am I speaking to myself today?

NEED

What part of me is most in need of compassion right now?

PSYCHOEDUCATION

The Self-Compassion Pause

Notice. Remember. Respond kindly.



Self-compassion can include soft words, practical action, a boundary, rest, accountability, humor, or asking for help. Kindness is not always gentle in tone; sometimes it is clear and protective.

MY COMPASSIONATE RESPONSE

If I spoke to myself as I would speak to someone I love, I might say:

PRACTICE

Self-Reiki as Supportive Touch

Hands may rest lightly—or hover—where contact feels welcome

HEAD OR FACE

Hands near the temples, forehead, or cheeks—or no touch at all.

HEART OR CHEST

One or both hands over the upper chest, if comfortable.

BELLY OR RIBS

Hands over the abdomen or side ribs, with plenty of space.

ARMS OR LEGS

Hands on the arms, thighs, knees, or another neutral area.

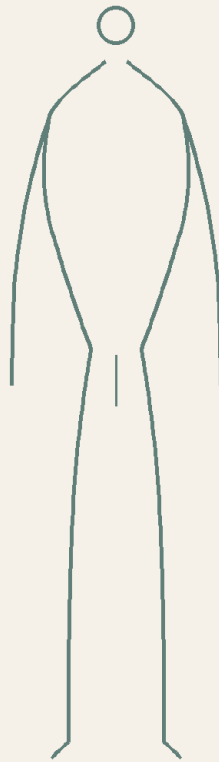
There is no required hand position and no need to force sensation. Choose contact, hovering, or no touch based on your comfort.

COMPASSION MAP

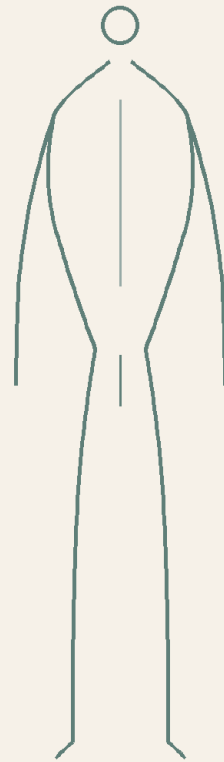
What Does This Part Need?

BODY AWARENESS MAP

Shade, circle, or add words where you notice sensation today.



FRONT



BACK

MESSAGE

The part of my body or self I marked may be asking for:

DURING CLASS

Notes & Noticing

INNER VOICE

What did I notice about the way I spoke to myself?

TOUCH

What did supportive touch, hovering hands, or no touch feel like?

COMMON HUMANITY

What helped me remember I am not alone in having difficult moments?

WHOLENESS

What part of myself am I more willing to include?

INTEGRATION

A Kinder Way Forward

MINDFULNESS

What is true right now, without adding criticism?

KINDNESS

What response would support me rather than punish me?

BOUNDARY

What limit or protection would be compassionate?

PRACTICE

One way I can practice self-compassion outside class:

CLOSING

Closing Check-Out

After practice, where am I now?

CALM 1 2 3 4 5 6 7 8 9 10 ACTIVATED

ONE WORD

One word for how I feel in this moment:

COMPASSION PHRASE

One sentence I want to remember this week:

GRATITUDE

Something I appreciate about how I showed up today:

AT HOME

Seven Days of Self-Compassion

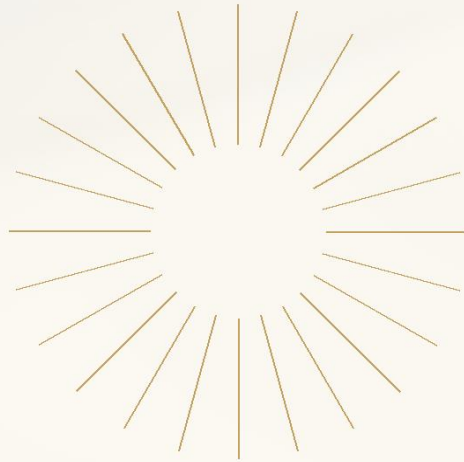
Choose one brief act of awareness, kindness, or protection each day

Choose one brief practice that feels realistic. The purpose is not perfect completion. It is to notice what supports you and what your body prefers.

DAY	NOTICE	KIND WORD	TOUCH	BOUNDARY	ONE WORD
MON	☐	☐	☐	☐	☐
TUE	☐	☐	☐	☐	☐
WED	☐	☐	☐	☐	☐
THU	☐	☐	☐	☐	☐
FRI	☐	☐	☐	☐	☐
SAT	☐	☐	☐	☐	☐
SUN	☐	☐	☐	☐	☐

WHAT I LEARNED

What helped? What felt difficult? What do I want to remember?



WEEK 12

Closing Circle & Group Reiki

Integration turns experience into something you can carry

WEEK TWELVE

Closing Circle & Group Reiki

A celebration of twelve weeks of showing up—and a beginning of what comes next

Integration turns an experience into something you can carry. Today is not a test of how much you changed. It is an opportunity to notice what became available, what remains tender, and what you choose to continue.

Where am I right now?

CALM 1 2 3 4 5 6 7 8 9 10 ACTIVATED

ARRIVAL

How am I arriving at this final session—body, mood, energy, and emotion?

INTENTION

How would I like to participate in the closing circle?

INTEGRATION

From Experience to Daily Life

INTEGRATION PATHWAY

Carry the experience into daily life in small steps.

NOTICE

What changed, opened, softened, or became clearer?

NAME

What meaning or language fits the experience now?

CHOOSE

What one practice, boundary, or support will I carry forward?

REPEAT

Small repetition helps the body recognize a familiar path.

WHAT I AM CARRYING

The practice, insight, boundary, or relationship I most want to carry forward is:

CLOSING CIRCLE

My Story of These Twelve Weeks

Share only what feels true and appropriately private

BEGINNING

When I began, I was...

TURNING POINT

A moment that stayed with me was...

BODY

My relationship with my body has...

NEXT CHAPTER

As I leave, I want to remember...

DURING CLASS

Notes & Noticing

GROUP

What did I notice while witnessing others?

REIKI

What did I notice during group Reiki or supported rest?

EMOTION

What feelings came with completion or goodbye?

CHOICE

How did I honor my needs today?

REFLECTION

Looking Back

You showed up. Take a slow breath and notice the whole journey.

THEN

Where was I—in my body, anxiety, or daily life—when I began?

NOW

Where am I now?

MODALITY

Which practice spoke to me most, and why?

INNER RELATIONSHIP

What did I learn about how I relate to myself?

THEN + NOW

My Body Across the Journey

Mark sensation, support, tension, or freedom without requiring a dramatic before-and-after

WHEN I BEGAN

BODY MAP

shade • circle • write



TODAY

BODY MAP

shade • circle • write



WHAT I NOTICE

What feels different, familiar, unfinished, or newly possible?

PERSONAL PLAN

My Regulation Plan

A plan is a menu—not a rule

EARLY SIGNS

When I begin moving toward activation or shutdown, I may notice:

FIRST SUPPORT

The smallest practice I can try first is:

PEOPLE

People I can contact or be near:

PLACES + OBJECTS

Places, routines, sounds, or objects that support me:

PROFESSIONAL SUPPORT

When additional support is needed, I can contact:

COPING TOOLKIT

My Twelve Practices

One tool from each week, in my own words

WEEK	PRACTICE / TOOL	HOW I WILL USE IT
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

LETTER

To the Version of Me Who Began

Write to yourself with honesty and compassion. You may name what you survived, what you learned, what you are proud of, and what you still need.

DEAR ME

CONTINUING

My Next Season

KEEP

A practice I want to continue:

BEGIN

Something I want to begin:

RELEASE

Something I am ready to loosen my grip on:

COMMUNITY

The support or community I want around me:

INTENTION

My intention for the next season is:

CLOSING BLESSING

Carry the Sanctuary With You

May you carry this sanctuary with you—not as a place you visit, but as a home inside your own body.

May your breath remind you that you can pause.

May your movement remind you that energy can shift.

May creativity give your feelings somewhere to go.

May sound and stillness remind you how to receive rest.

May connection remind you that you do not have to do everything alone.

And may you meet every part of yourself with curiosity, choice, and compassion.

With warmth,

Amy | The Zen Movement™

NOTES

What I Want to Remember

NOTES
