

REIKI

SCHOOL

WORKBOOK

The Quarantine Workbook

by Capucine F

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The sun rises up, and our body wakes up. Suddenly, we remember this is to be our days for a few weeks. How many weeks, I do not know. I rejoice at being alone, I'm also feeling a fear, on my side, telling me tales of survival, duress and tough choices.

My fridge and shelves are full. I should be fine. But my genes carry the trauma of rationing, I remember my grandparents in France under the Nazi occupation, I remember their 6 years without sugar, without regular meat etc.

Epigenetics is the coding and transmission of experiences in our ancestors transcribed to us through our DNA. We are all connected. This might explain the toilet paper frenzy.

We are here, reading those words, staying at home: conditioned and asked to stay home. A few generations ago, we could have politely removed ourselves from the whirl storm of society and wait by our windows for a glimpse of event, a glimpse of what's going on. Later the radio came and spoke news. Now, we have screen windows into everyone's living rooms, we can connect, we can know what is going on. The media, the radio etc can try to control us, but the citizen can share a video with the entire world to witness Italy panicking and queueing outside food stores, all in masks like a Will Smith movie. Is this video real? Is the citizen showing us truth or fake news-ing us? Who knows?

We are home.

We are connected;

United.

We have endless possibilities to be entertained, to whisk away those days. Avoid the fears, avoid the talking selves in your head preparing plans or trying to connect with us on a deeper level.

The Astrology now is quite fragrant with the need to assess where we are, where we've been going: collectively, and individually.

I tried being entertained. I have a list of tv shows, and I'm patiently waiting for the launch of Disney+ in Europe to finally meet Baby Yoda.

Sometimes the distraction is better than the Coronavirus news: constantly talking, sharing, showing a beautiful human effort in supporting one another.

This here is a chance to see, to gain clarity, when life is on pause, we can set the menu/the chapters and redirect the movie frames to our inner reality: its time for introspection.

We are conscious and aware beings.

This very fact makes us all sovereign.

Yes.

You get to choose.

I am not going to inflict another Law of Attraction, another Manifestation tool. But the starting point to it is Introspection:

When we acknowledge and connect with our past, with our present feelings, we can transmute it.

My life's objective is to be freed from the way I naturally interact with my reactions to the world. I am not at ease. I don't think I'm the only one.

I don't really get the unconscious human.

The one who advances for its own greed and following a structure that clearly doesn't work on a global level (capitalism). The unemotionally attuned person is a danger to me. I've fallen prey to those since infancy and felt intense pains, I wish for no one to ever inflict those on anyone again.

I don't really get why my existence has to be shifted by others' desires, actions, way. But this is the Matrix we live in. We are not victims, we don't need saving.

So how can we understand ourselves, understand the matrix and shed our light on our inner world so we protect, soothe and get to live an experience of joy, continued curiosity and serenity?

Time to roll up my sleeves and give you all I've got in the realm of explorative consciousness.

My name is Capucine, I'm a Reiki Master Teacher (you can sign up for [my class](#)).

For years now, my Scorpio sun has been leading me in the depths of my subconscious, there I met my soul, my past lives, my inner child.

Together they were orchestrating my conscious life so I joined the party. Every day I get to know them so we can plan my life on the surface together and I don't have to suffer the same cycles: the aim: learn to recognize the patterns and find liberation.

Ready?

Just like I mentioned with epigenetics: we are all connected: to others, the collective at large, our ancestors...

More than that we have an aura which is an electromagnetic field of energy. It's evolving at all times. It's not a static thing: it's a field of currents much like our oceans, going through your spine axis, from a few inches above your head to a few inches under your feet. In those carrefours of energy, a few matrices, your chakras, aliment your reality and it's operating system.

You get to affect it whenever you want with Reiki.

You can choose good health, you can visualize and perceive this on-going field and increase your vitality, cure and prevent illnesses (of course with the aid of traditional Western medicine, one doesn't prevent the other).

When life affects you and there's no time to become conscious and aware of its impact on you emotionally, physically, etc

Those energy fields can become affected.

Your flow is stopped, or minimized, this results in array of illnesses.

Now no one is saying you are responsible for contracting this or that. Never.

Only that having a moment each day (you have the time, there's time), where you can tune in to yourself will benefit you.

At first, there might be a lot to take in, a lot that can be emotionally tiring.

But this workbook will help you manage.

(if you want to book a Reiki session I can help you readjust those energy fields in a moment and accompany your healing:

<https://www.capucinef.com/services>

**Our intention is the powerful link to all the practices
we are going to delve in:**

Deciding to receive, to implement etc is the key

I didn't say: DESIRE.

I said: DECIDE.

**We aren't making a Christmas wishlist, we are making
a to-do's list.**

**We intent: we actively set goals, where the Universe
will help us and show us the next step
and WE WALK IT.**

We jump into action once we have set the list:

Now:

How are you?

I want you to screencapture this drawing, and use an app to draw on it
where you feel pain, physical, emotional, past scars etc..

(Could be Insta stories, you don't have to share it but if you do, tag us

@gloriajoy @_capucinef)

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Take time to breathe deeply, and listen
Feel like your consciousness is a scanner going down



Now, with each dot on your drawing, give it time to talk to you and tell you how you really feel/felt about what it needs to communicate to you:

...

...

**If the pain it gives you everyday, can you ask your dot for
another way to communicate with you:**

What do you need from me to make you heal?

And listen.

**The first words, the first sentence is your intuition. Don't
discard it. Don't let your mind join the party. Continue to
breathe deeply, and listen.**



Now, with your current situation, let's create a manifesto of what you'll do, what you will be accountable for in the future to make your whole being feel secure, heard, seen, connected:

I (birth name) am therefore assigning my conscious self to be a listening ear to my entire being: and I promise to:

which might look like ...

In my core, I crave ... and I don't find any shame, judgement or guilt towards it, because a need is a need: just a fact:

I will ...

I hold myself accountable to :

This will include ...

**By the ... day / month / year, I intend to be ...
(free, connected, involved in...)**

Sign it

Now after intention, comes attention

When you give attention to something; you feed it.

Wait wait, this isn't going to tell you to ignore this or that.

**It's about assessing in what state are you when you give
attention to ...**

**When you give attention to something else than you, you're
nourishing it. When you join someone's social media, you
follow it, you're adding your attention to it. You nourish the
social profile with your number as a follower.**

**When you're outraged by someone's cultural appropriation
and it makes you react and join the conversation: you
nourish it. At the end of the day: recall your energy.**

**Just by deciding (again, deciding) to turn back, you have set
in motion your recuperation of energy: state it outloud for
all your energy to hear:**

**I recall all the energy I sent out unknowingly and knowingly
right now, cleansed and back into my being.**

**You'll often see me mention 'outloud', because your
subconscious, your cells, your physical entity hear it and
follow through.**

The aim is Unity.

One of my most powerful things (besides Reiki, which I can teach you here) is to reflect on specific questions that I ask to my subconscious for it is she who rules my actions/reactions in this reality.

Set your audio recording app, and start your debate (or journal by hand):

What do I want?

Why do I want it?

What is beyond this desire?

Am I jealous of someone? Who?

Can I recognize this is my desire of being in such and such situations and portrayed in this light?

How can I go about and create such and such experiences for my heart to feel through?

What do I value?

What is my compass of values?

What is the aim? (Long term goal)

Talk in emotions, how you'd feel the aim.

Am I avoiding the truth about... ?

Recommendations:

You're home. You want entertainment.

Why not do a bit of soul searching?

Get yourself a month free trial of Audible

Get yourself a month of free trial of Kindle Unlimited

(the app is free, you don't need a Kindle)

Listen to high frequencies + Light Language:

My_playlist

ASMR before bed, but good vibrations:

I got you covered

Reiki Meditations + Healing:

I created a lot right here

Podcasts you said?

**Shameless plug:
I have my own + interviewed the most
fascinating healers:**

ECHO

[Apple Podcasts](#) / [Spotify](#).

(leave me a review? :))

How to Survive the end of the World

[Apple Podcasts](#)

Aubrey Marcus Podcast

[Apple Podcasts](#)

Soberish

[Apple Podcasts](#)

Books

Don't Just Sit There!

44 Insights to Get Your Meditation Practice Off the Cushion and Into the Real World
by Biet Simkin

You Were Born for This: Astrology for Radical Self-Acceptance

by Chani Nicholas

Existential Kink: Unmask Your Shadow and Embrace Your Power

(A method for getting what you want by getting off on what you don't)
by Carolyn Elliot, PhD

Emergent Strategy: Shaping Change, Changing Worlds

by adrienne maree brown

A Starseed Guide Andromeda, Pleiades, and Sirius Volume 1

by Eva Marquez

Gene Keys: Unlocking the Higher Purpose Hidden in Your DNA

by Richard Rudd

Tantric Intimacy: Discover the Magic of True Connection

by Katrina Bos

The Hathor Material

by Tom Kenyon

I wrote an ebook on healing:

Anchor, a class in soul archeology.

by Capucine F



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Service**

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sessions with us: subscribe to one of my social media:**

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reflective energy practices when you sign up to my
newsletter:**

Now