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Integration Journal – Systemic Reiki for Inner Parts

Thank you for participating in the Global Summit Session “Heal your Inner Critic – A Reiki Experience with a Systemic Twist”. Thank you for your courage, your openness, and your willingness to heal – both for yourself and the wider system you are part of.

Inner work like this often continues to unfold after the session ends. You might notice new insights, feelings, or shifts in your inner world over the next hours or days. This journal is here to support your integration and continuation of healing.

Use it as a gentle reflection guide. There are no right or wrong answers. Simply notice what is true for you.

You can use these pages after a session or whenever you want to reconnect with gentleness. Write freely. Keep language simple and kind. A few minutes often is more powerful than long, infrequent sessions.

This Integration Journal offers four things to you:

- The Map to Inner Parts Reiki
- Suggested daily practices
- Prompts for deeper reflection
- Fourteen-Day integration map

The Map

Part 1: Arrive

1) Today’s date and time:

2) What brings me here today?

3) Where in my body do I notice my Inner Critic or another part? Describe sensation, posture, or emotion.

Part 2: Meet and Acknowledge

- 1) If this part had a voice, what would it say right now?
- 2) What is this part trying to protect me from? Let it share with you.
- 3) Offer kindness in writing like: "I see you, thank you for your effort to keep me safe."

Part 3: Systemic Awareness

- 1) Whose voice might this echo, if any? Family, ancestors, teachers, culture, community?
- 2) What images or memories arise as I hold this gently with Reiki?
- 3) What do I choose to give back with love today?

Part 4: Healing Sentences

Use or adapt these, writing the ones that resonate today, the ones arising from Reiki, and speak them out loud:

- I honour where this comes from, and I give back what is not mine to carry.
- Dear Inner Critic, thank you for protecting me; you can rest now.
- I am safe even when I am imperfect. I choose gentleness.
- I respect my ancestors and live differently now, with compassion for us all.
- All parts of me are welcome and held in love.

Part 5: Re-Role and Re-Write

- 1) If this part took on a new role, what would it be? Gentle advisor, companion, resting?
- 2) One supportive belief I am trying on today:

3) One action that expresses this new role in real life:

Part 6: Close and Continue

1) Body check: What has softened or opened?

2) One sentence of appreciation for myself today:

3) Small next step I will take within 24 hours:

Suggested Daily Practices

- Healing list: Add the part or its quality to your Reiki healing list, reactivate daily for a few minutes.
- Surrogate practice: Choose a cushion, crystal, or stone to represent the part, place your hands on it with Reiki and compassion, or carry it with you, sending Reiki love to it when you remember.
- One gentle response a day: When the Inner Critic speaks, write its sentence, then respond with kindness and a healing sentence.
- Compassion breath: Hand on heart, slow inhale, soft exhale; silently affirm, "I am enough, I am safe."

Prompts for deeper reflection

- What patterns repeat when stress rises, and how does Reiki help me?
- Where did perfectionism help my people survive, and what new choice do I honour now?
- How does my body tell me a burden is not mine to carry?
- Which relationships feel different as I practice this compassion?
- If Reiki love was guiding me today, what would my thoughts and (inter)actions be?
- What is one loving message I can offer my Inner Critic (or certain Part) from now on?

Fourteen-Day Integration Map

For each day, note a brief check-in (1–2 lines): what or who showed up, what you gave back, and one kind response you practiced.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Day 8:

Day 9:

Day 10:

Day 11:

Day 12:

Day 13:

Day 14:

Keep going!

Small, kind moments add up. Return to your Reiki and breath often. Trust that every time you soften, your system learns a new way to be.