

HAPPY NEW YEAR REIKI CALENDAR - JANUARY 2019

Sunday

Monday

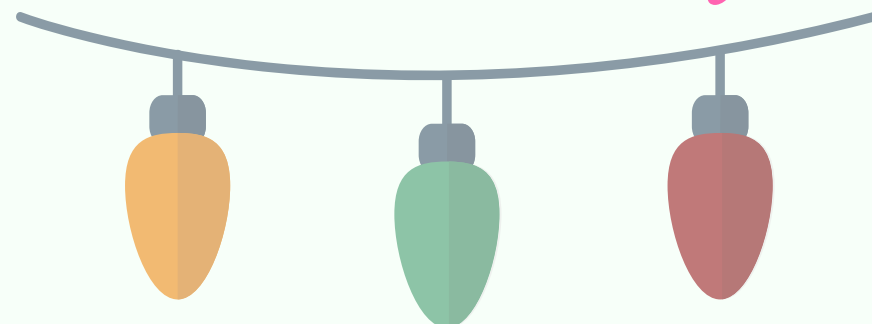
Tuesday

Wednesday

Thursday

Friday

Saturday



6 Try a New Moon Reiki Ritual

7 Listen deeply to someone and heal with your presence

8 Send healing Reiki to Mother Earth

9 Set your Reiki Healing Mantra for 2019

10 Connect with Reiki healers from your area

11 Create a Reiki healing diary and start using it

12 Just for today, be grateful

13 Phrase three healing intentions

14 Set healthy boundaries with Reiki

15 Think about how your actions make a difference

16 Aura Cleansing with Reiki

17 Surrender to Reiki!

18 Be kind to yourself in everything you do

19 Try something fun with Reiki

20 Tell someone about Reiki and its amazing benefits

21 Release your blocks with Reiki and Full Moon

22 Be present while drinking your cup of coffee/tea

23 Free yourself from toxic bonds. Forgive with Reiki!

24 Every hour take three calm breaths in and out

25 Reiki your pillow before going to sleep

26 Use Reiki in a creative activity

27 Reiki your water and drink minimum 2l

28 Appreciate your healing hands

29 Send Reiki to your subconscious mind

30 Connect with your soul and follow its guidance

31 Do a kind gesture for a stranger

There's nothing more dangerous than lack of self-love. So put your hand on your heart and feel the love now. — Pamela Miles