

SAYING **YES!** TO CHANGE

REIKI CALENDAR - JUNE 2021



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 Say YES to your true path! Reiki for destiny retrival

2 "Accept & Trust" as your new daily mantra

3 Infuse your body with gratitude & love - exercise

4 Archangel Haniel: live in congruence with your beliefs

5 Embark on a soul retreat as an act of great self-love

6 Create your own Reiki meditation for deep change

7 Reiki principles as your guide in times of great change

8 Find the light within - Reiki infused meditation

9 Choose to create new healthy habits with Reiki

10 Write your healing New Moon manifestation letter

11 Learn to manage your emotions in a healthy manner

12 Appreciate life with Gratitude Meditation

13 Today do something you've never done before

14 Support your inner rebirth with Malachite stone

15 Letting go with greater ease: Reiki exercise

16 Balance your centers of energy with healthy food

17 Release toxic positivity and reclaim balance

18 Make your list of empowering affirmations

19 Let go of overthinking and declutter your mind

20 Improve your mindset & heal any trauma with Reiki

21 Remember to fill your own cup before filling others

22 How did Reiki energy change your life?

23 Practice the healing art of detachment

24 Reiki Shower: energetic cleansing in Full Moon

25 Honor yourself with a relaxing self-Reiki session

26 It's time for stretching and Reiki breath exercises

27 Say YES to life! Surrender & release control!

28 Delve into a new level of consciousness

29 Release the old with the Zibu symbol, Rakuna

30 Send soothing Reiki energy to the future You!

*"Most of the shadows of this life are caused by standing in our own sunshine."
- Henry Ward Beecher*

