

10 DAYS OF DEEP CLEANING REIKI WORKSHEET

Name _____

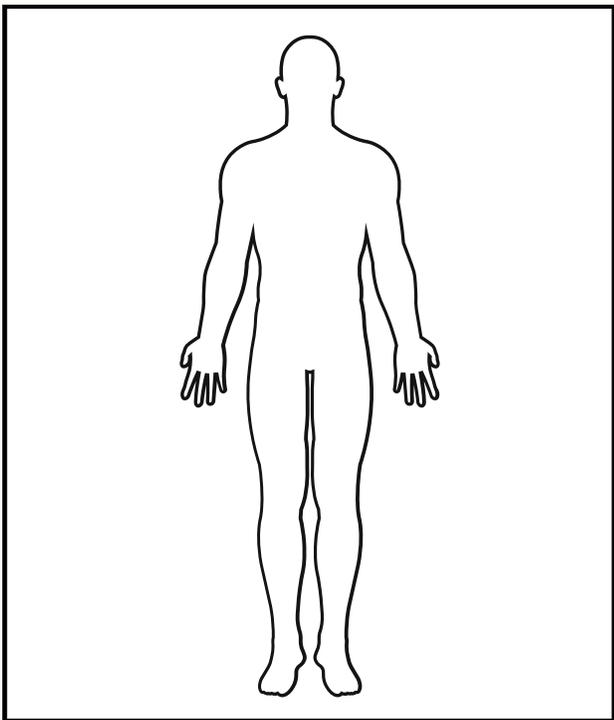
Mark the images below with the appropriate symbol to represent the shifts you have felt. You can take further notes below.

△ = CHANGE ○ = BLOCKED ENERGY □ = STRONG ☆ = WEAK

Day 1

Clearing Environmental Energy

What energy am I holding that isn't mine and how can I let it go?

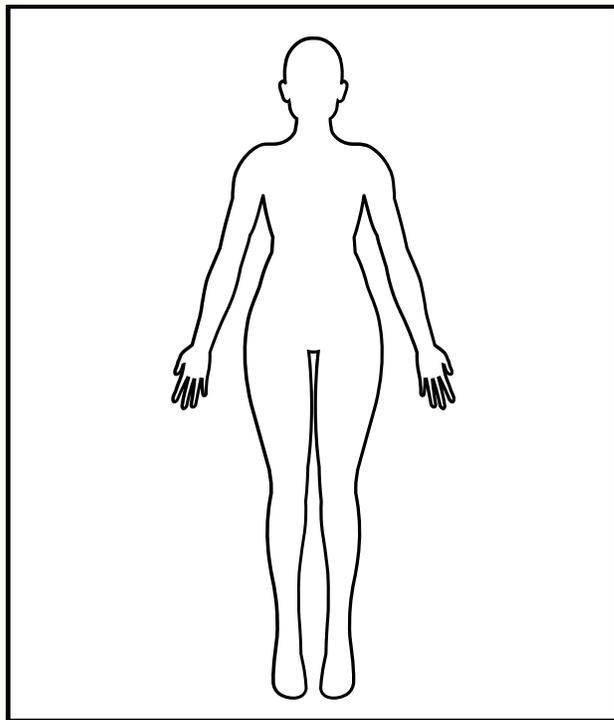


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Day 2

Soothing the Nervous System:

What part of my life feels overwhelming, and how can I soften it?



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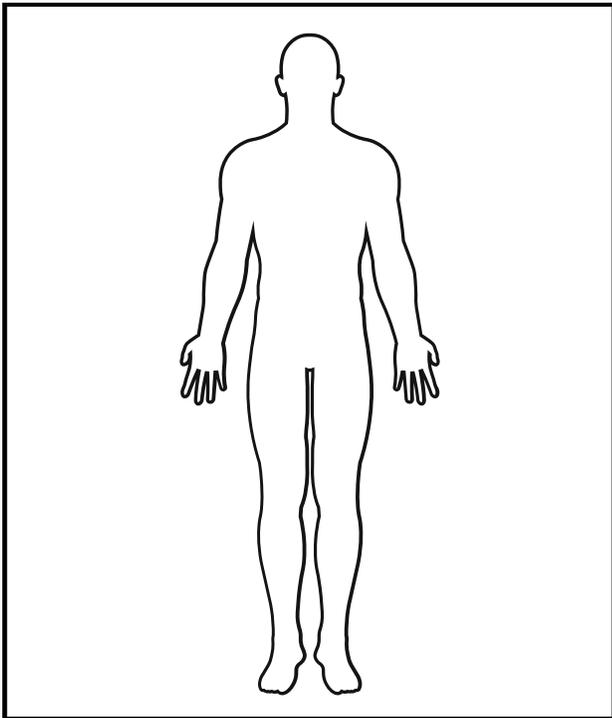
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Day 3

Lightning the Aura:

What is weighing down my energy field and how can I lift it?

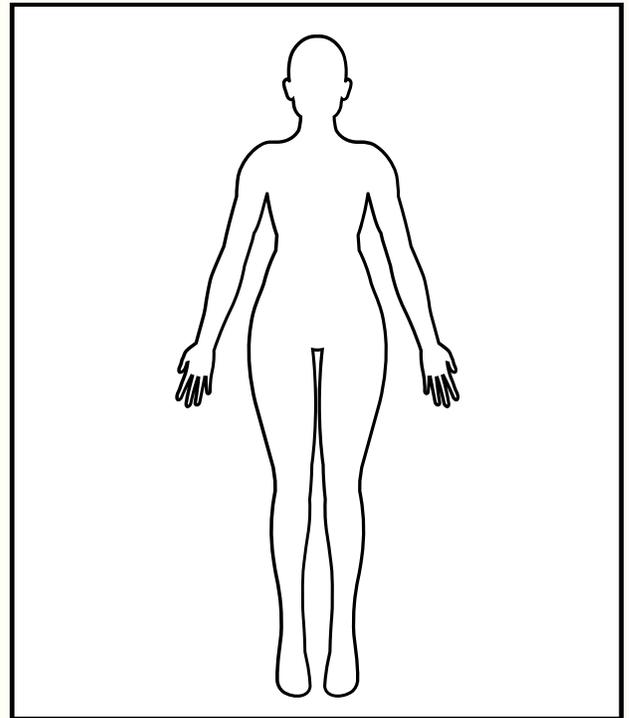


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Day 4

Harmonizing Feminine & Masculine:

Where in me is the feminine and masculine energies out of sync?



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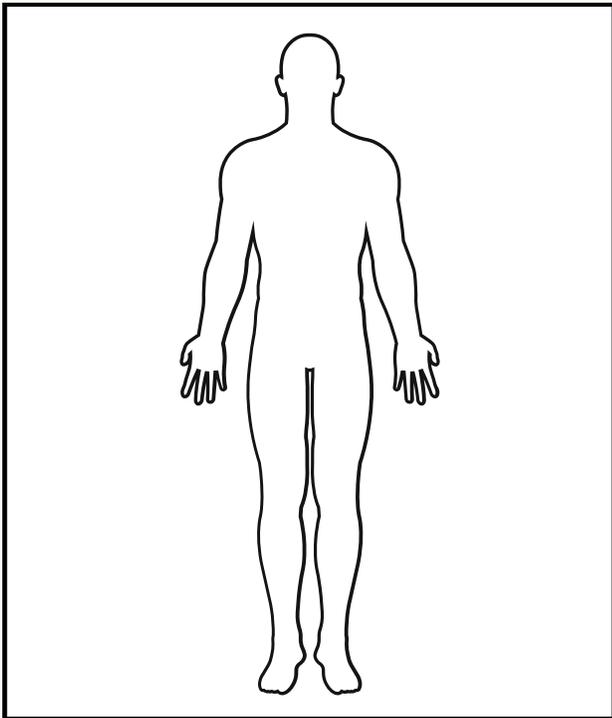
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Day 5

Releasing Spiritual Debris:

What past spiritual or energetic experiences still linger and me?

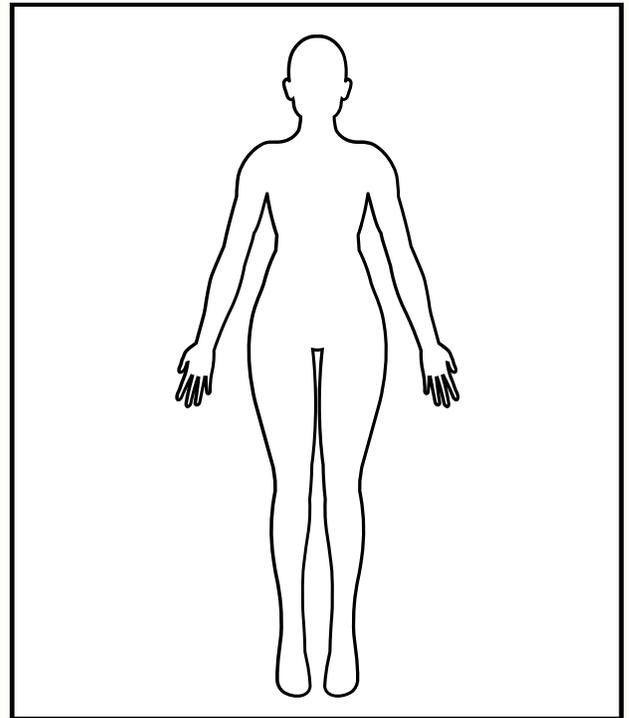


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Day 6

Resetting Heart Energy:

What part of my heart is calling for healing and compassion?



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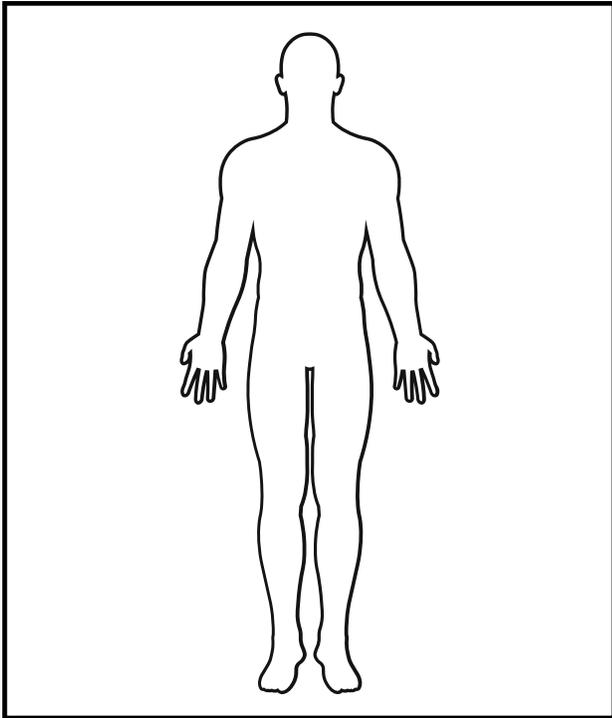
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Day 7

Repairing Energy Leaks:

Where have I been leaking energy through people, thoughts, or actions?

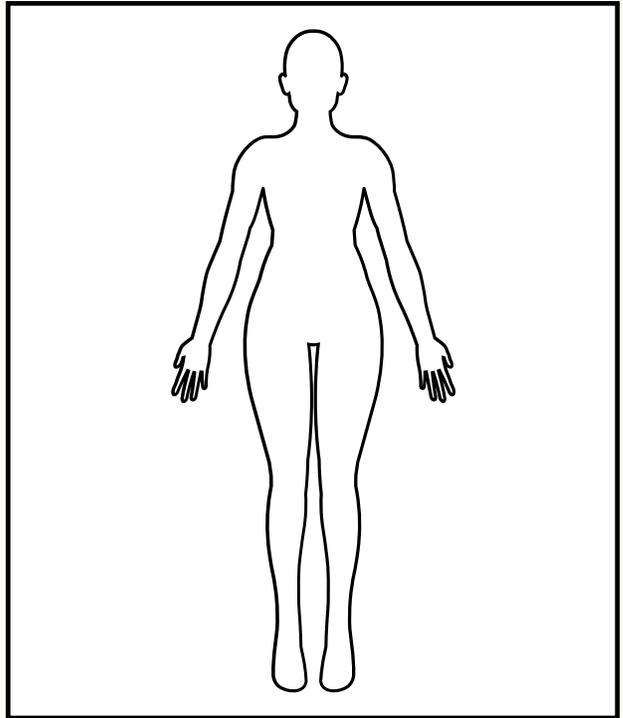


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Day 8

Clearing Mental Clutter:

What thoughts run on repeat in my mind and where did they begin?



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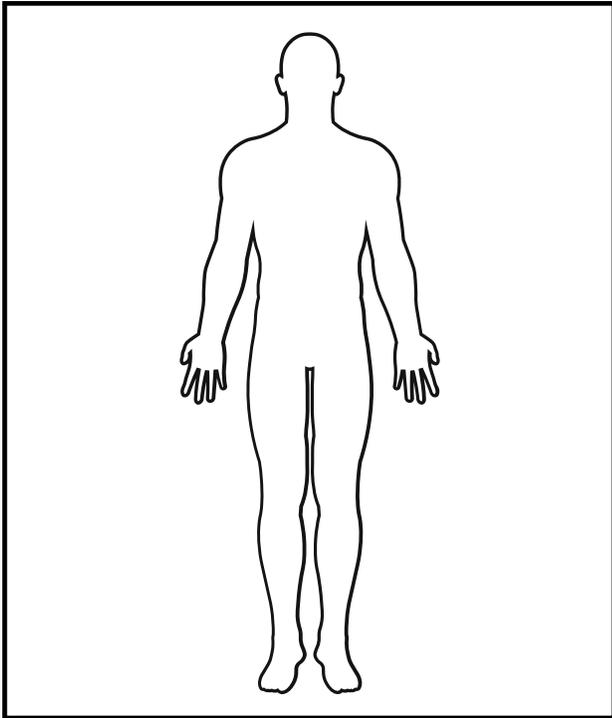
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Day 9

Releasing Resistance:

What would happen if I fully surrendered to what is?

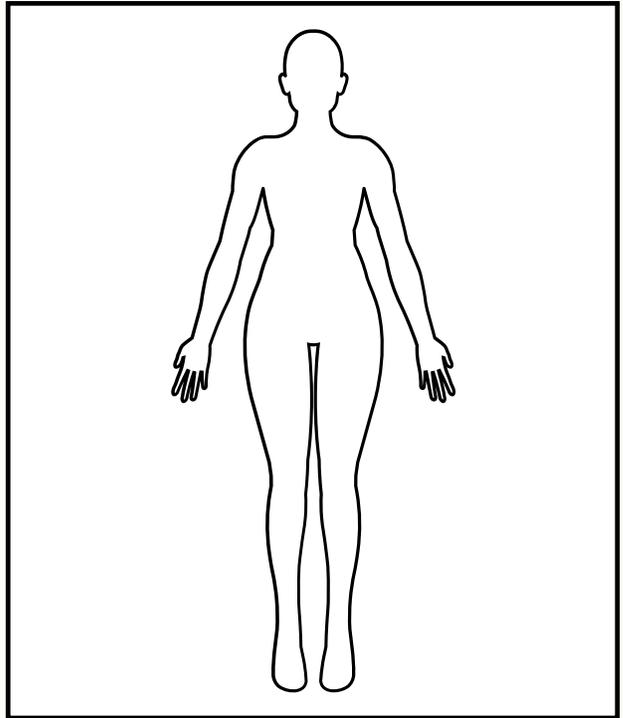


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Day 10

Strengthening the Light Body:

What helps me hold and embody more light in my everyday life?



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