

21 DAYS OF HEALING ACROSS INCARNATIONS REIKI WORKSHEET

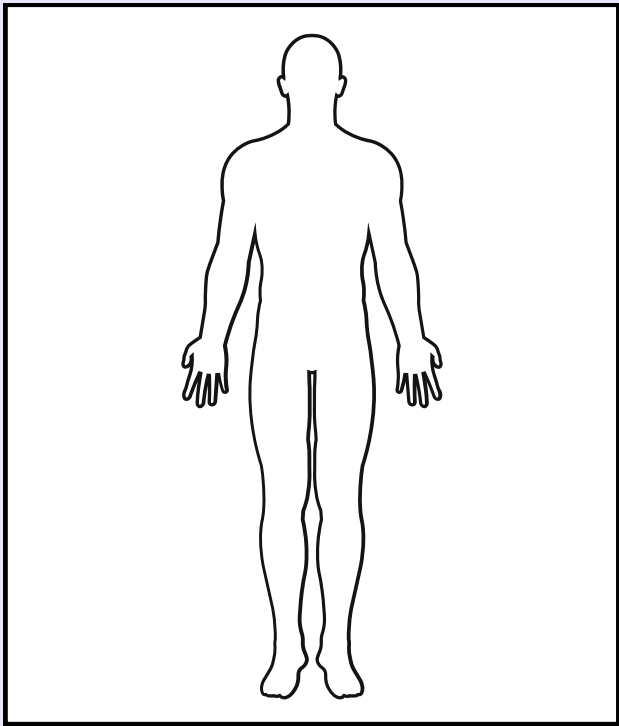
Mark the images below with the appropriate symbol to represent the shifts you have felt. You can take further notes below.

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

Name

Day 1

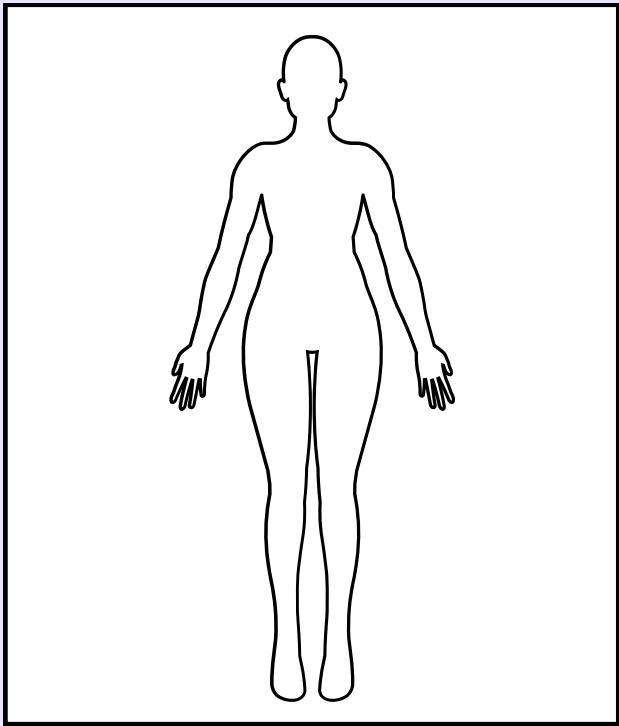
The Chair of Alignment:
alignment of root and sacral



NOTES

Day 2

The Chair of Alignment:
alignment of solar plexus and heart



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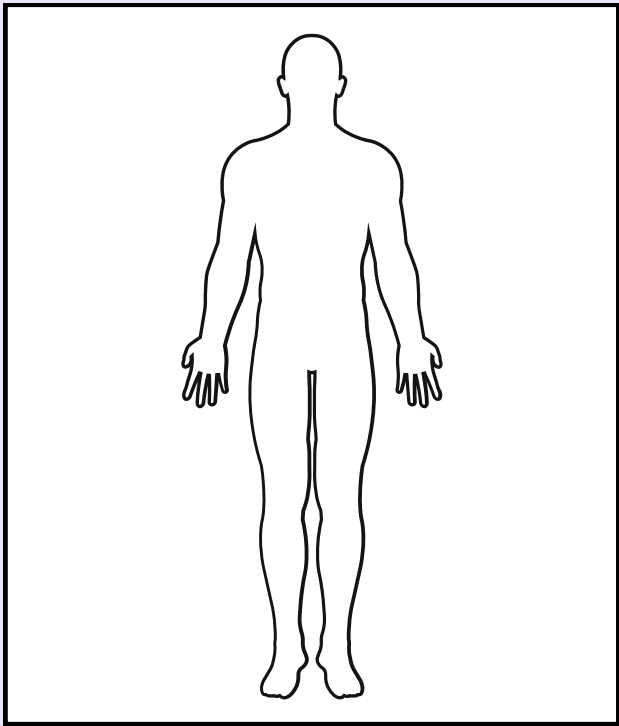
21 DAYS OF REIKI: HEALING ACROSS INCARNATIONS WORKSHEET

Weekend healings will support the week's topics.

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Day 3

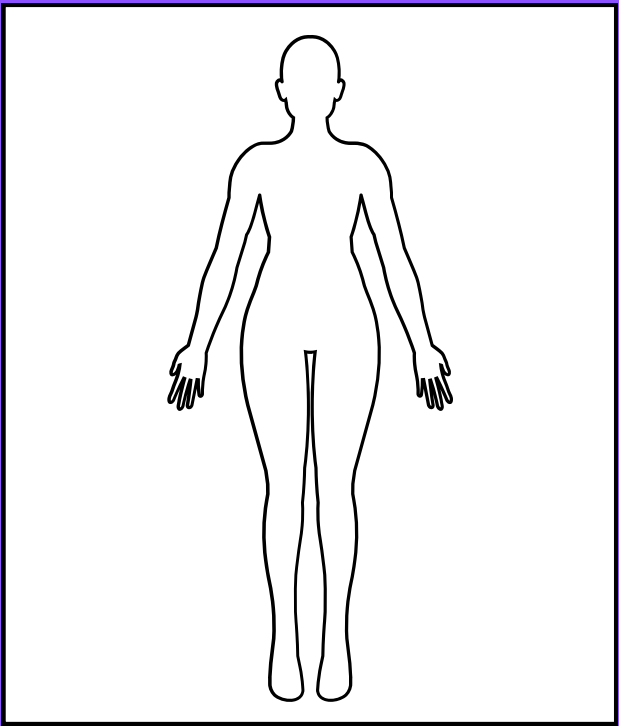
The Chair of Alignment:
alignment of throat and third eye



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Day 4

Weekend Session



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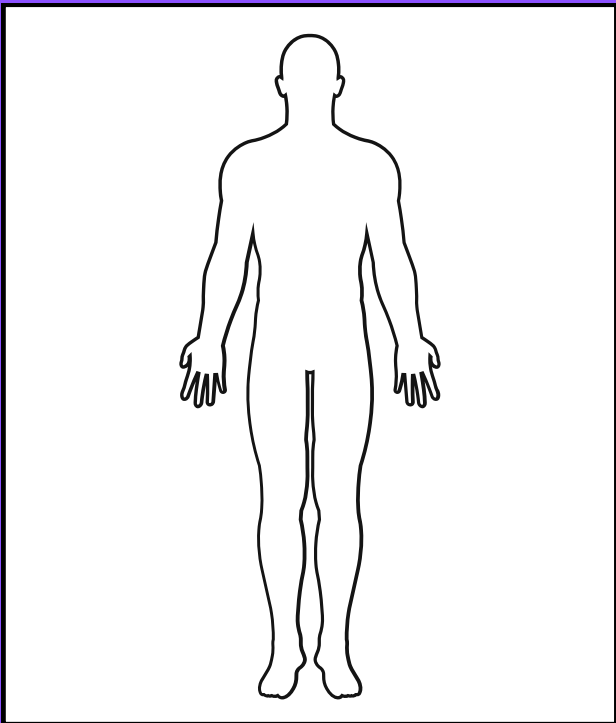
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Day 5

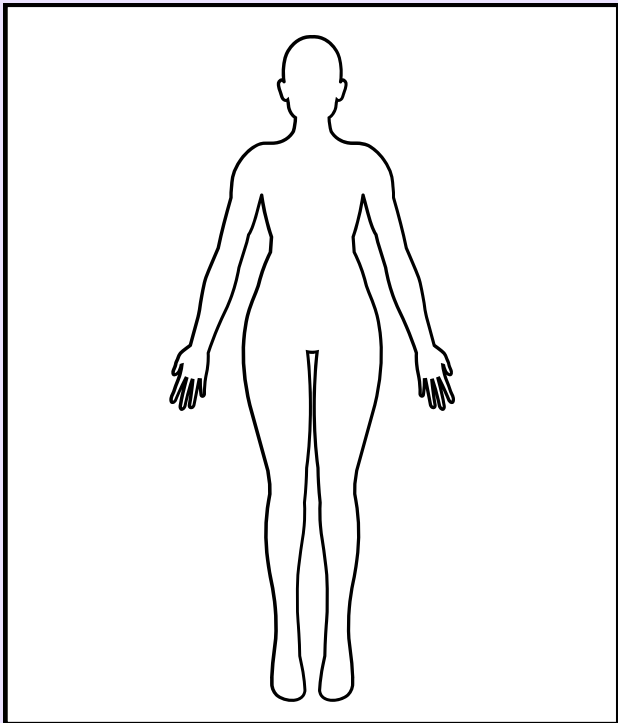
Weekend Session



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Day 6

The Chair of Alignment:
alignment of crown and higher
consciousness



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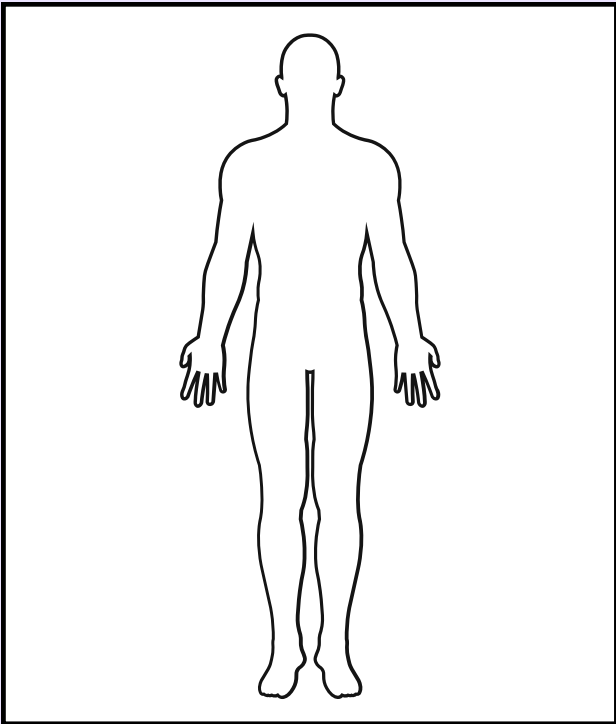
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Day 7

Soul Retrieval:

Reclaiming lost soul fragments across timelines

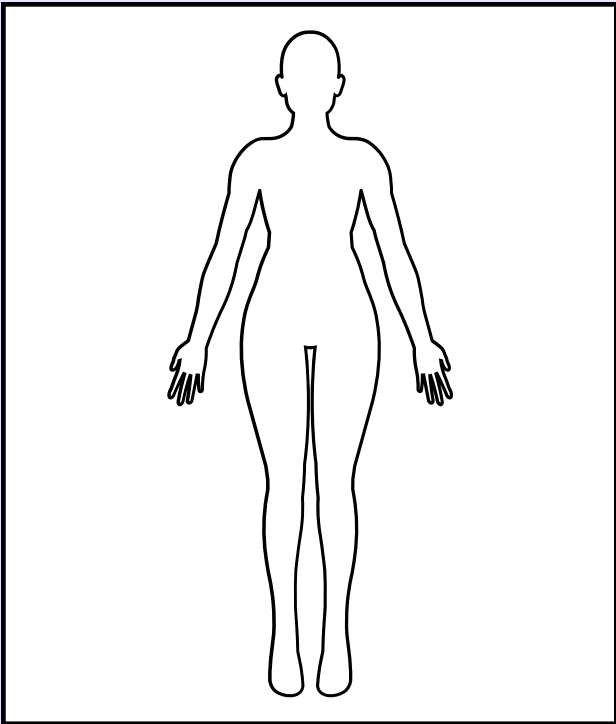


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Day 8

Akashic Record Work:

Accessing soul contracts, life lessons, and healing imprints



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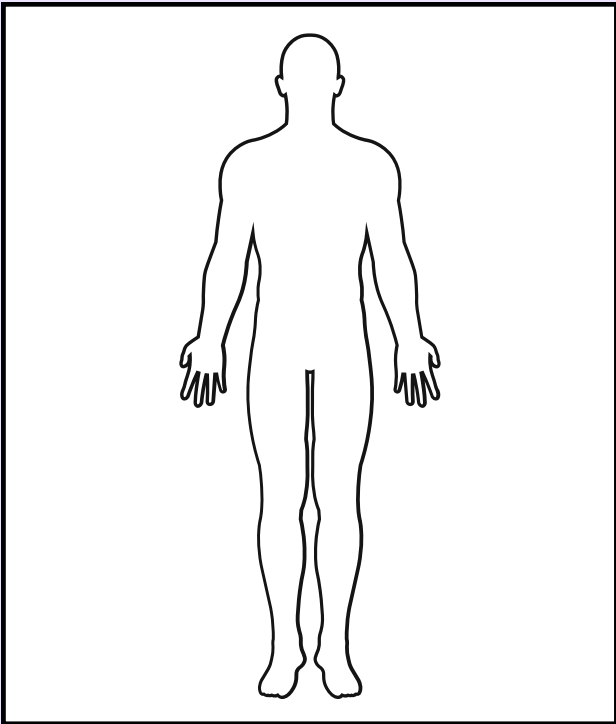
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Day 9

Akashic Record Work:

Accessing soul contracts, life lessons, and healing imprints throughout your incarnations

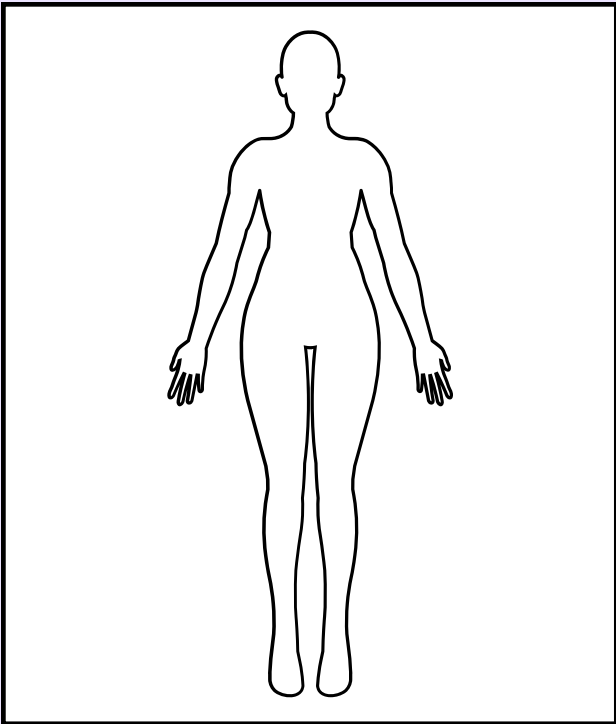


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Day 10

Forgiveness & Compassion Practices:

For self and other versions of self, beyond time and space.



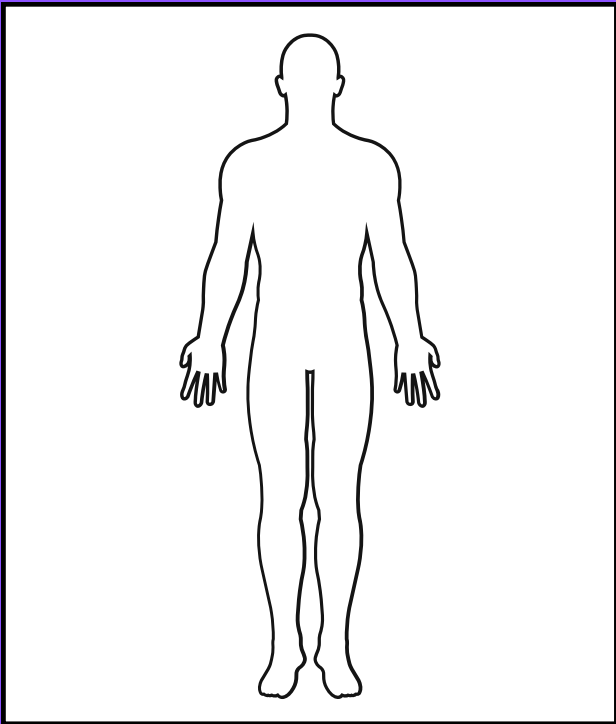
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Day 11

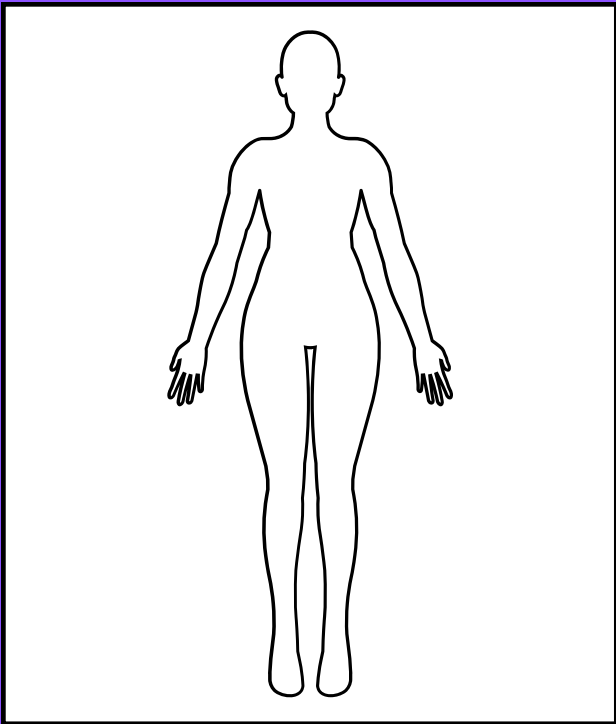
Weekend Session



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Day 12

Weekend Session



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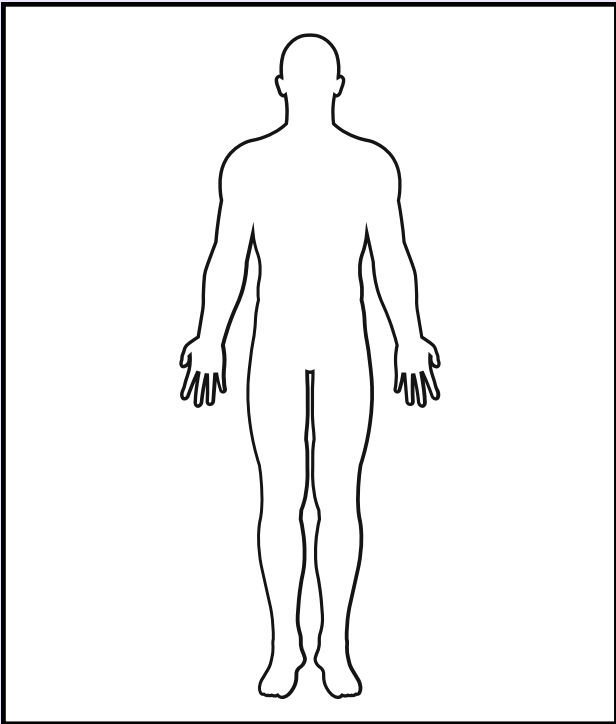
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Day 13

Dream Gallery:

Linking dreams from other incarnations to the goals you are currently working on

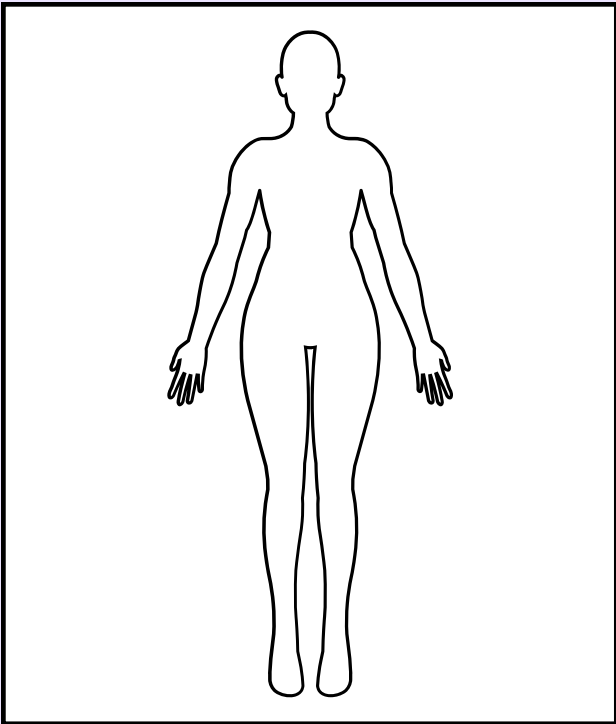


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Day 14

Soul Retrieval in Dream Gallery:

Reclaiming your soul's light energy in the dream realm.



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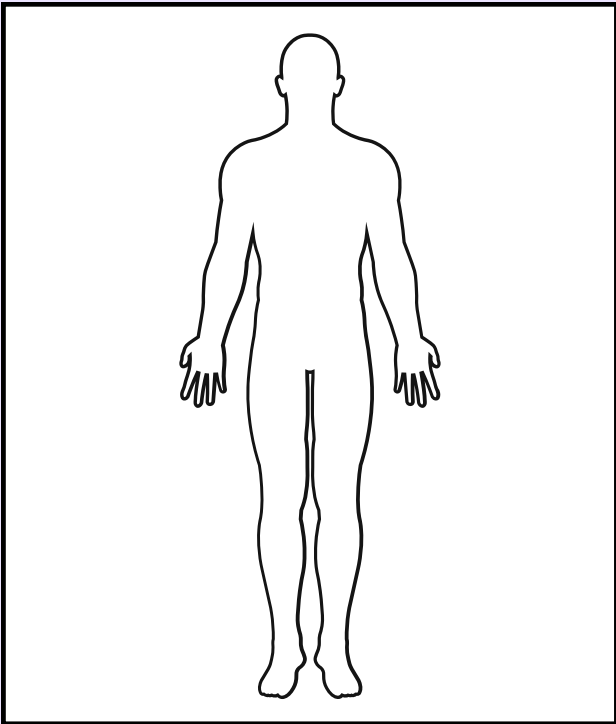
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Day 15

Dream Gallery:

Building energy connections to other dream incarnations of self

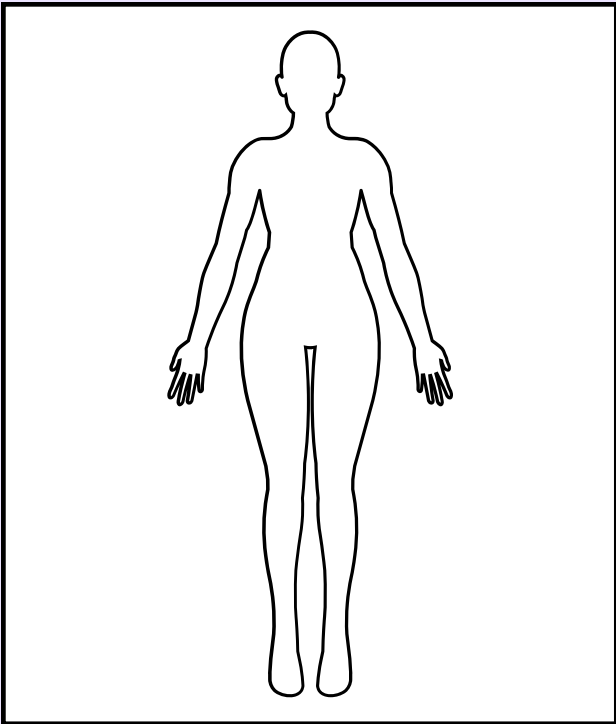


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Day 16

Dream Gallery:

Being shown how to utilize dream energy to co-create your outcomes in each incarnation



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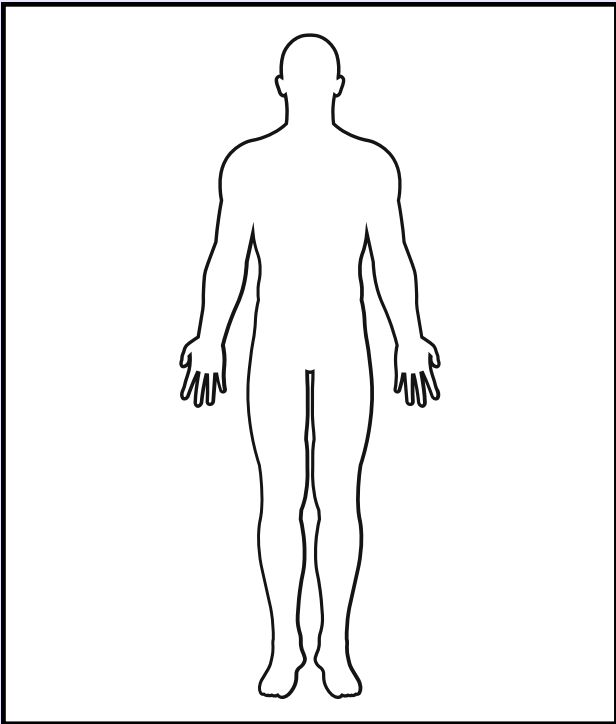
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Day 17

Dream Gallery:

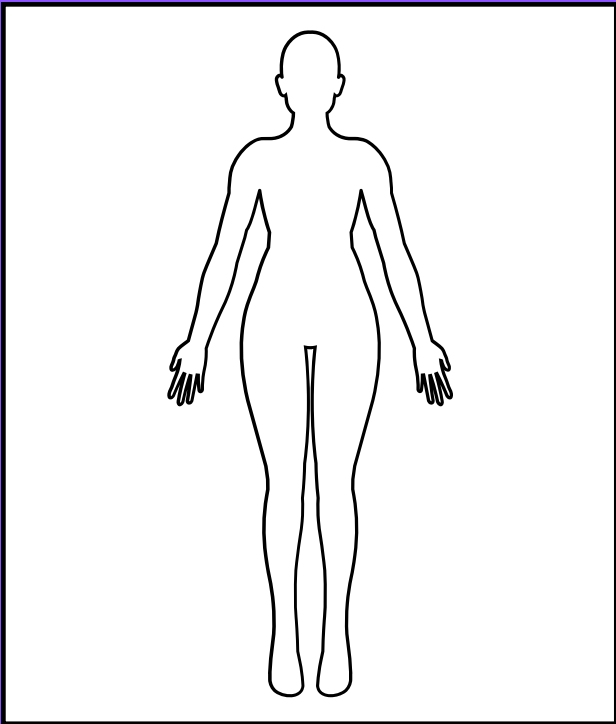
Utilize dream energy to help assist any other incarnation of yours that needs assistance



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Day 18

Weekend Session



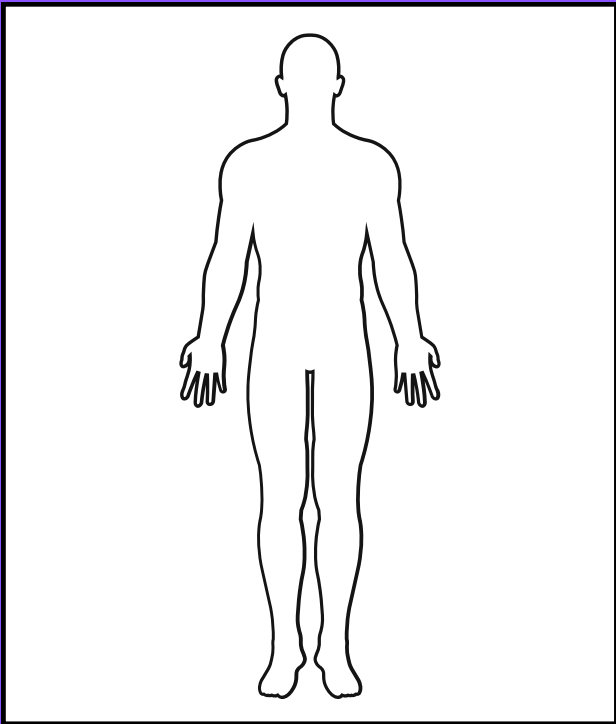
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Day 19

Weekend Session

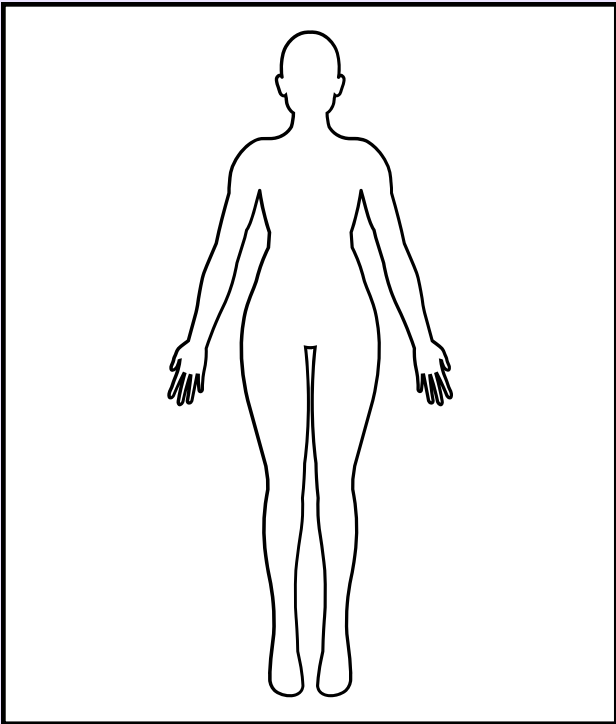


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Day 20

Timeline Shifting & Quantum Healing

Choosing new realities with intention



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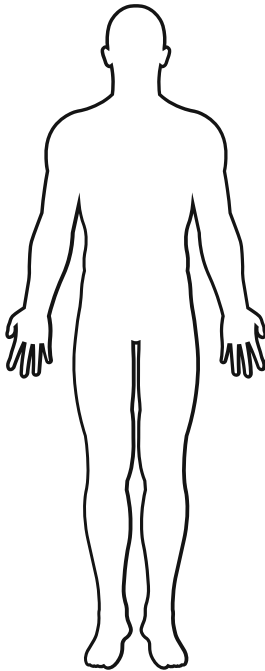
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Day 21

Integration Practices:

Grounding healing from all incarnations into
the now



List what you will continue to foster beyond the 21 Days of Reiki.

NOTES

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