

21 DAYS OF RELEASE & RESET REIKI WORKSHEET

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

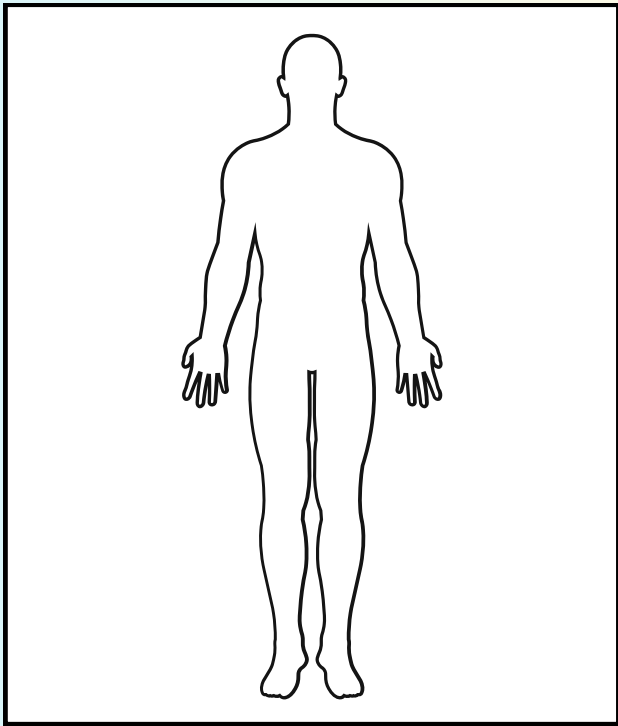
△ = CHANGE ○ = BLOCKED ENERGY □ = STRONG ☆ = WEAK

Name

Day 1

Detoxing the Aura:

restore clarity and alignment in auric field

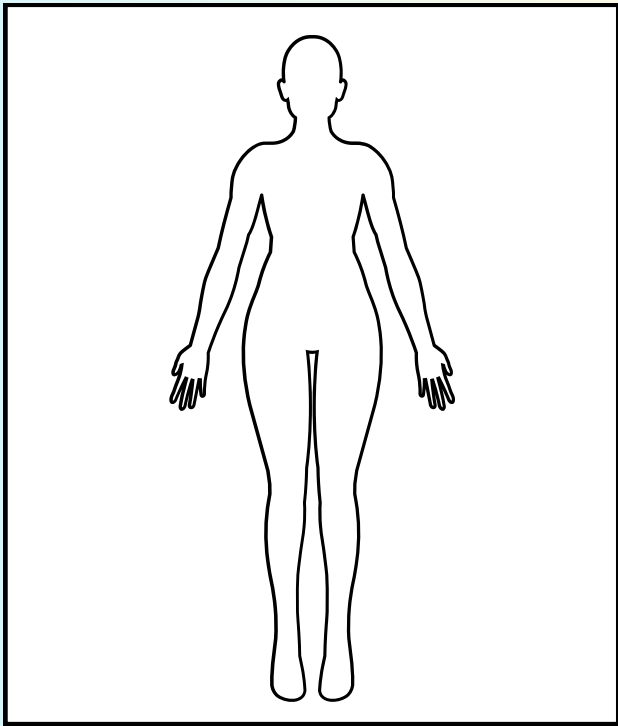


NOTES

Day 2

Emotional Detox:

clearing suppressed feelings



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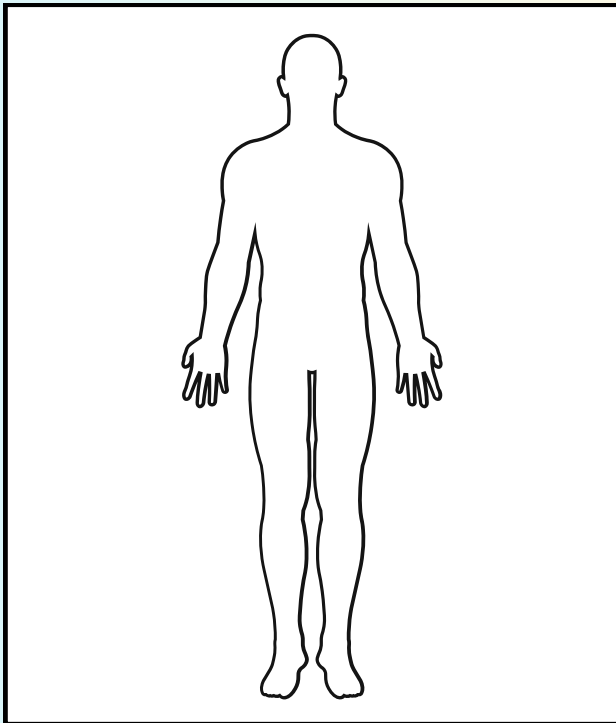
21 DAYS OF REIKI: RELEASE & RESET WORKSHEET

Weekend healings will support the week's topics.

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Day 3

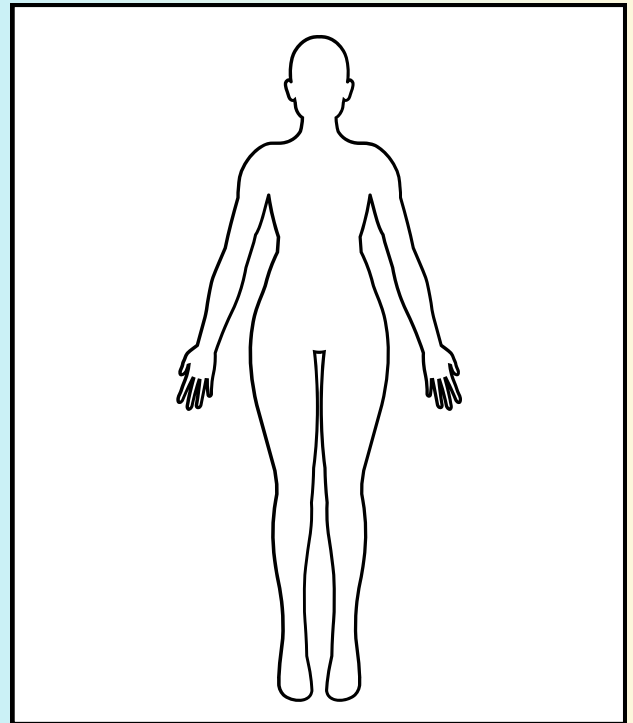
Resetting the Nervous System:
regulate energy through nervous system



NOTES

Day 4

Weekend Session



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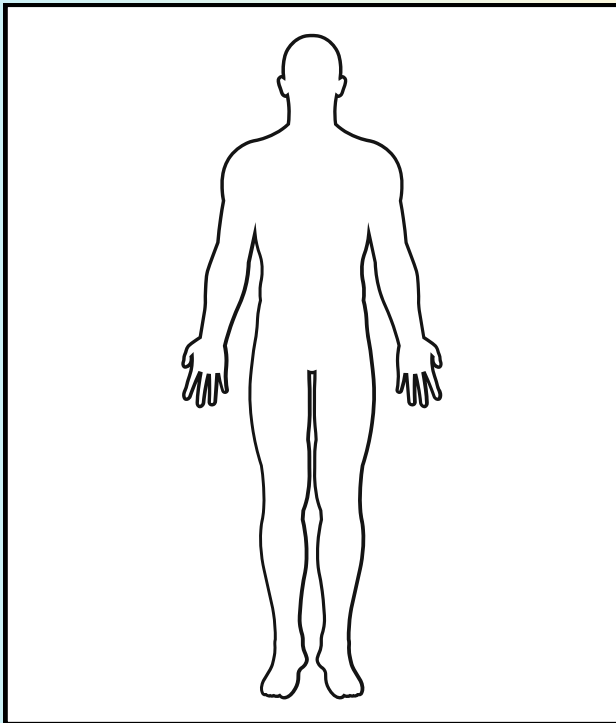
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Day 5

Weekend Session

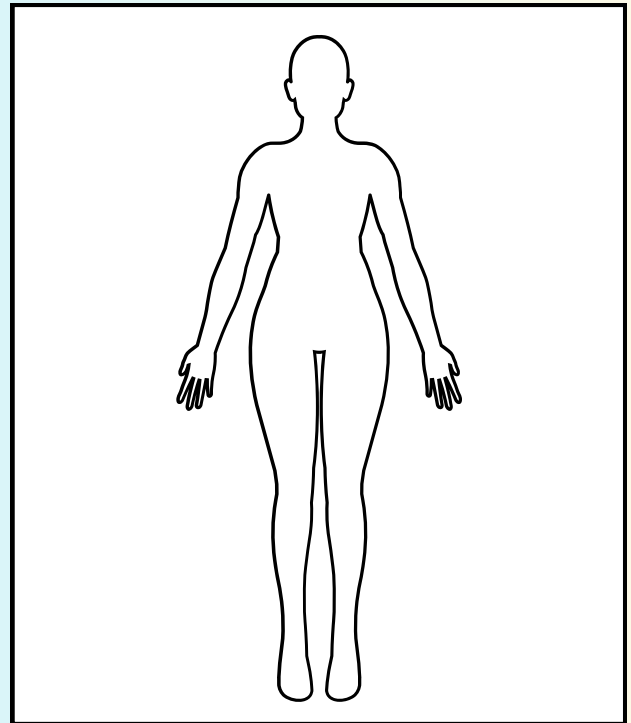


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Day 6

Releasing Ancestral Burdens:

let go of inherited energetic patterns or emotional weight through generations



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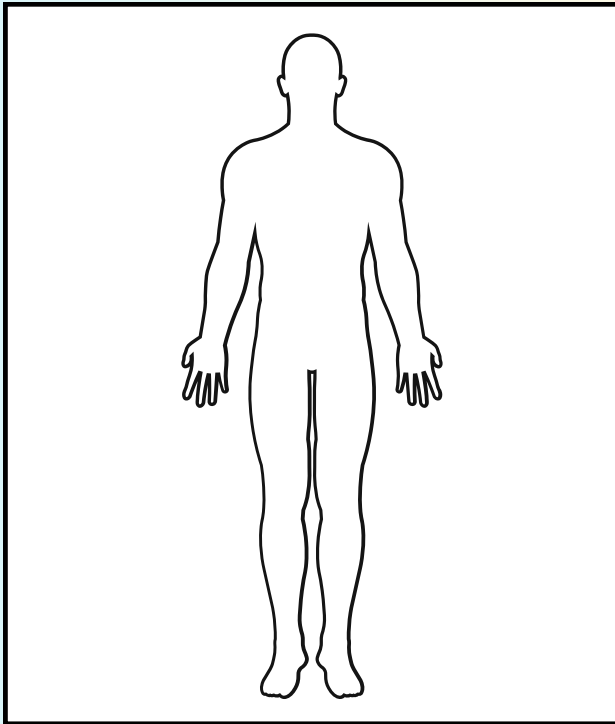
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Day 7

Shedding Limiting Beliefs:

dissolve inner resistance & install new frequencies of possibilities

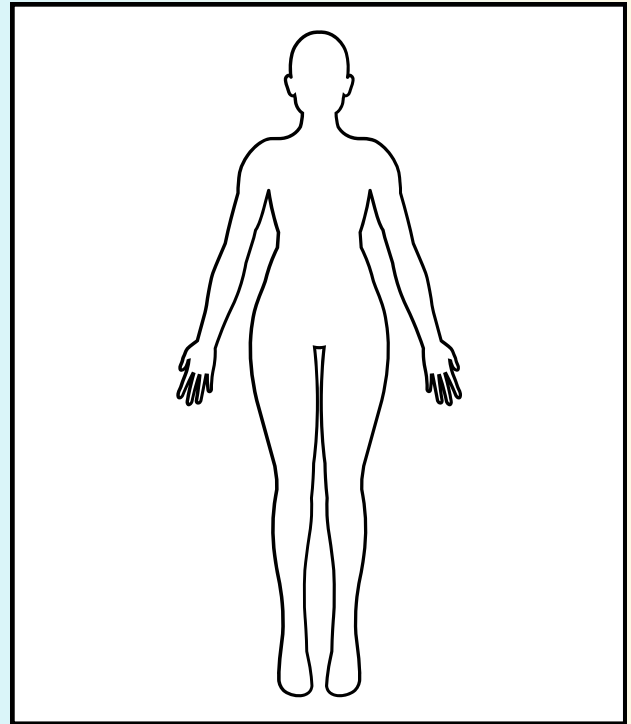


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Day 8

Releasing Guilt & Shame:

bring compassion & forgiveness to the wounded parts of you



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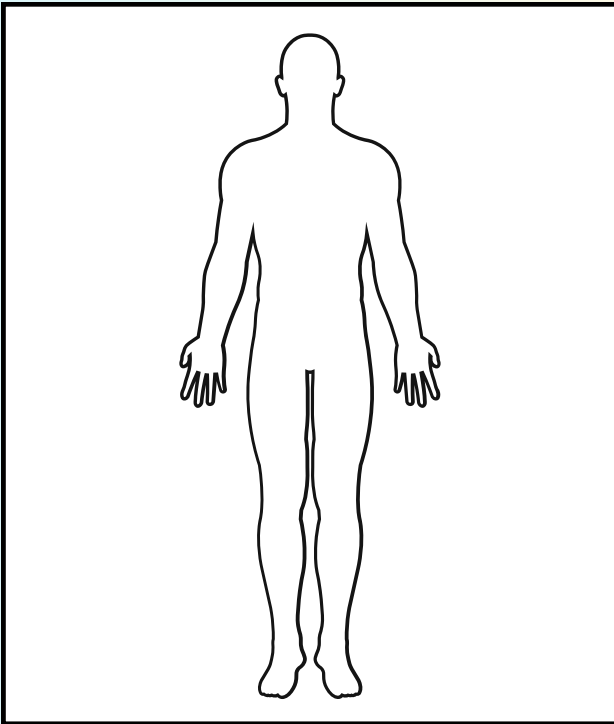
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Day 9

Clearing Mental Clutter:

unhook from repetitive,
unhelpful thought patterns

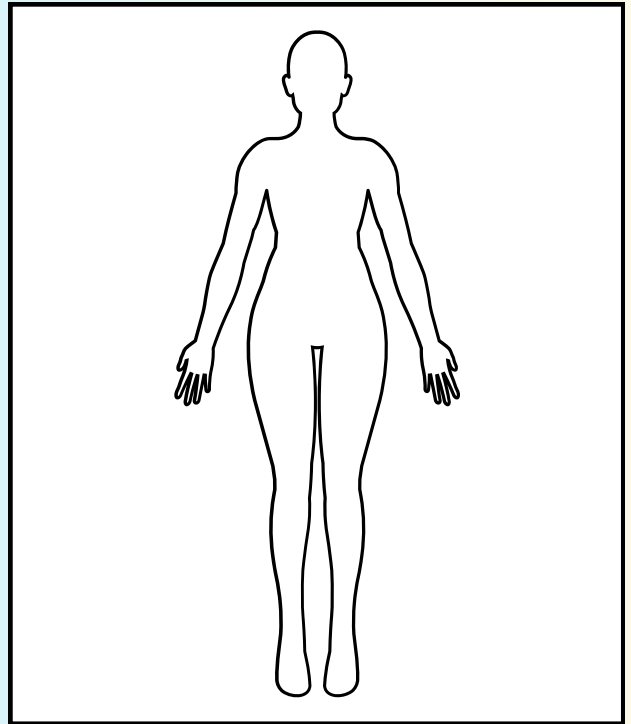


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Day 10

Reset Solar Plexus:

reactivate your inner strength & power



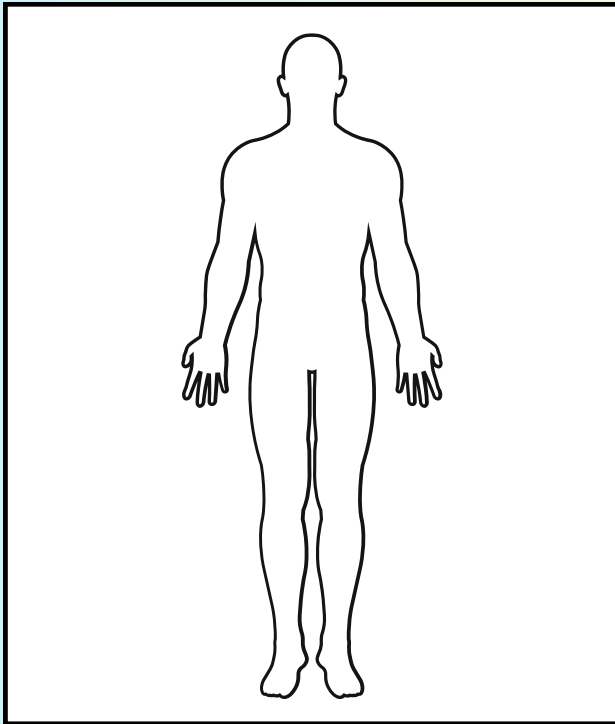
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Day 11

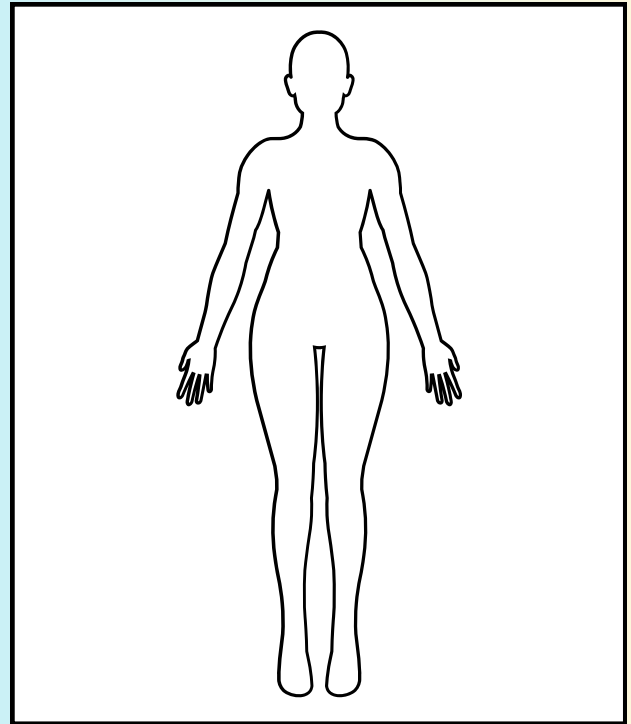
Weekend Session



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Day 12

Weekend Session



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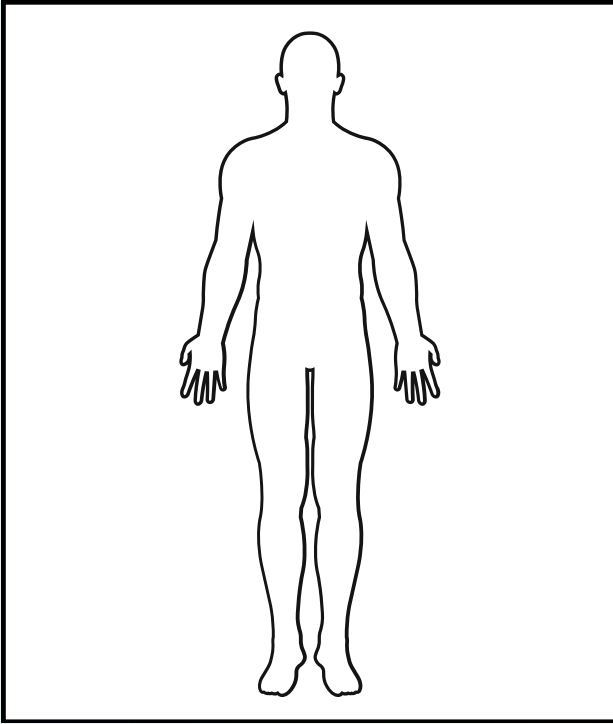
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Day 13

Surrendering the Need to Know:

trust the unknown & align with the divine

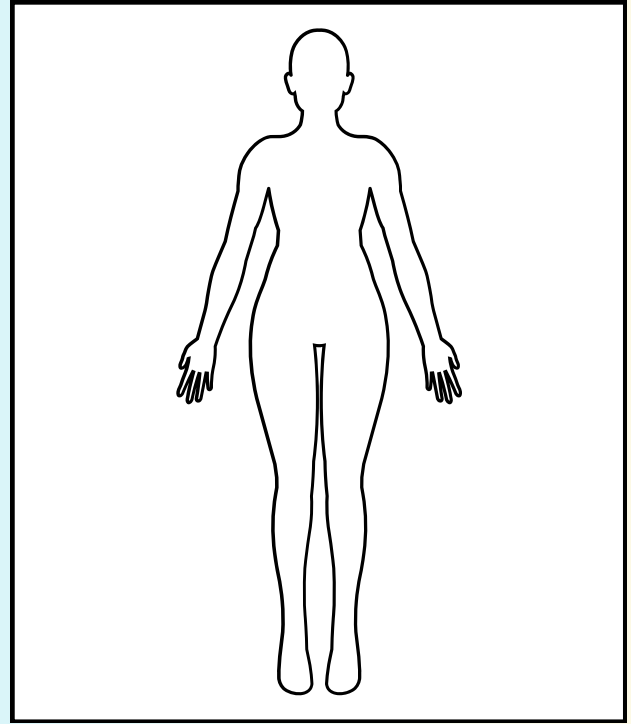


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Day 14

Releasing Resistance to Change:

make space for trust, adaptability, & courage



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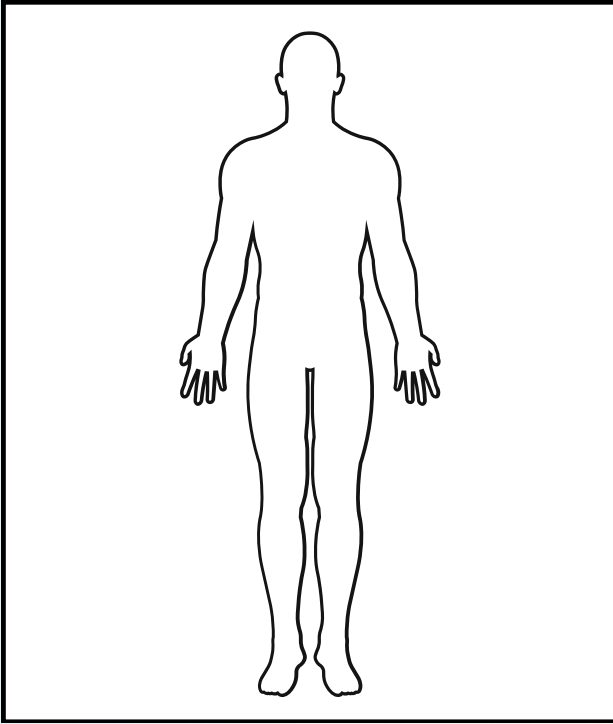
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Day 15

Cleansing the Heart Space:

restore softness, openness,
& receptivity to love

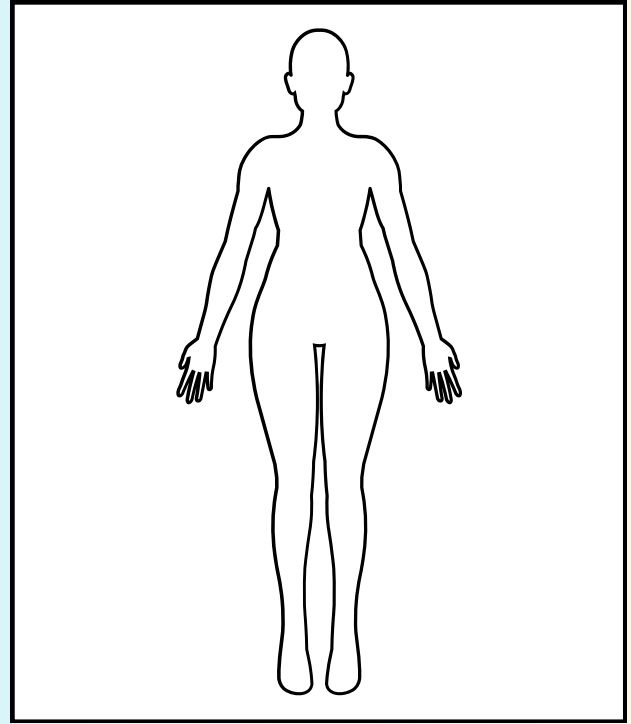


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Day 16

Purging Subconscious Blocks:

illuminate what's beneath the
surface for deep healing



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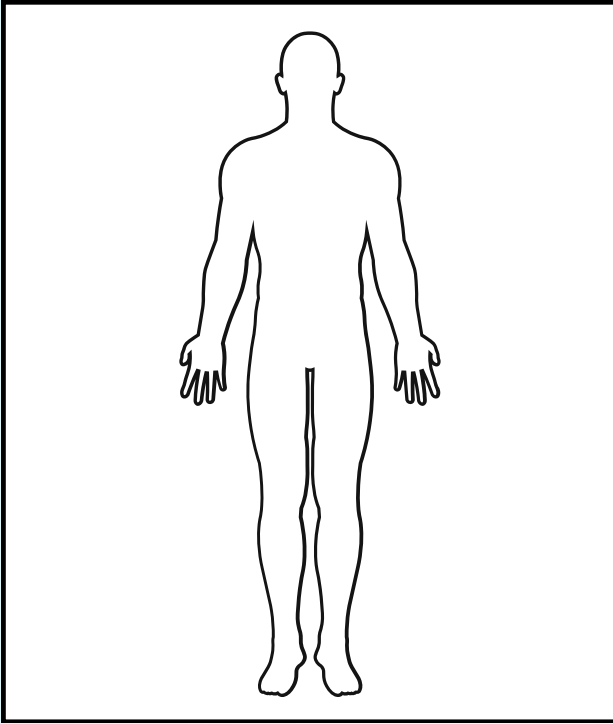


= WEAK

Day 17

Releasing Fear of Your Own Power:

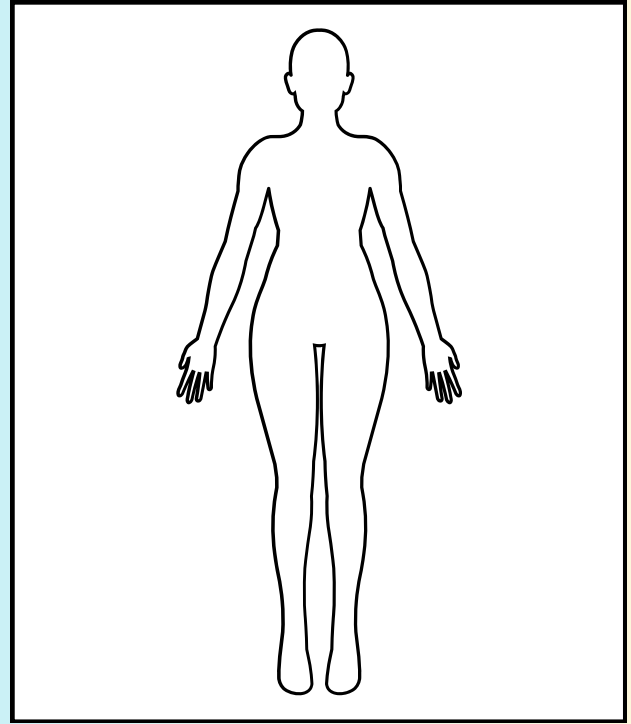
reconnect to sacred responsibility
& joy of inner light



NOTES

Day 18

Weekend Session



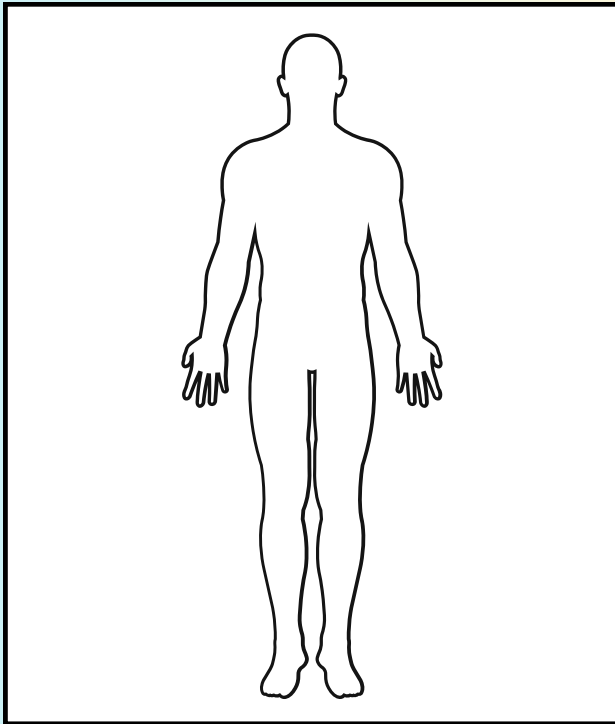
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Day 19

Weekend Session

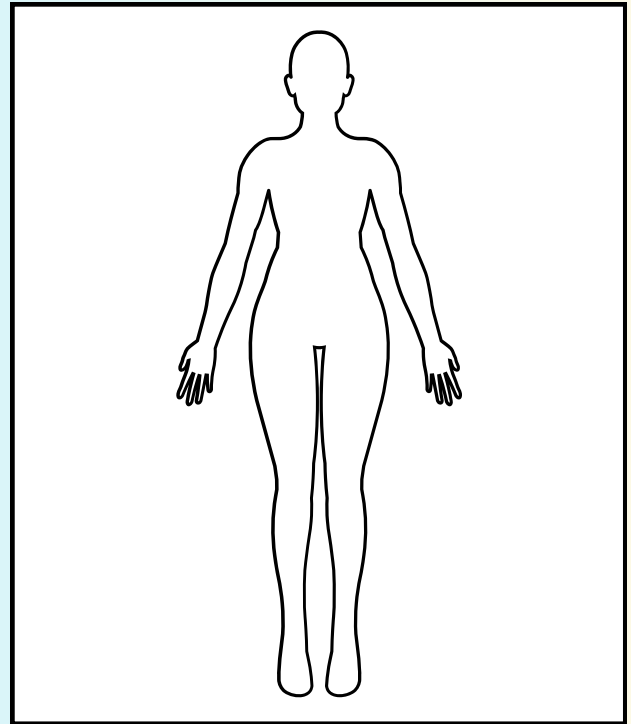


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Day 20

Resetting Soul Alignment:

realign with highest path in a grounded,
embodied way



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= CHANGE



= BLOCKED ENERGY



= STRONG



= WEAK

Integration and Renewal:

A simple line drawing of a human figure from the back, showing the spine, shoulders, arms, and legs. The figure is standing upright with arms slightly away from the body. The drawing is composed of clean, black outlines on a white background.

NOTES

[illegible]