

21 DAYS QUANTUM REIKI: THE LIVING FIELD WORKSHEET

Name

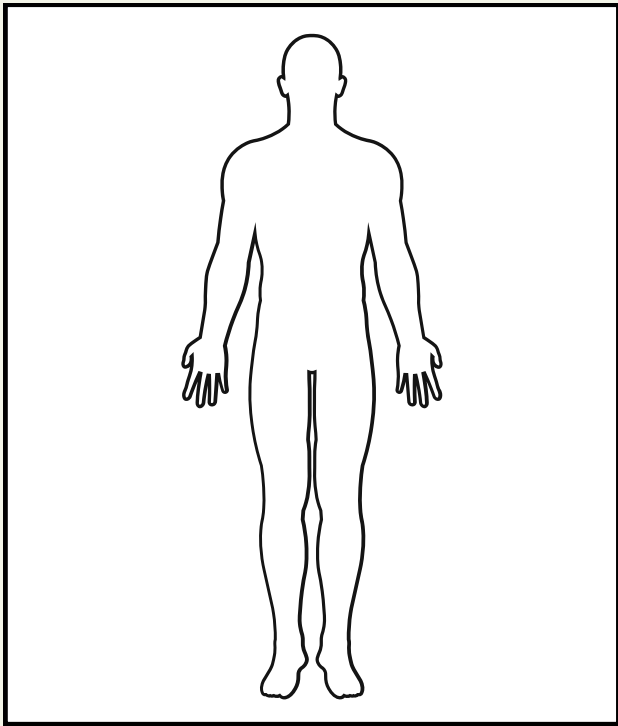
Mark the images below with the appropriate symbol to represent the shifts you have felt. You can take further notes below.

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

Day 1

Cell Membrane Intellegence

Where am I ready to become more aware within myself?

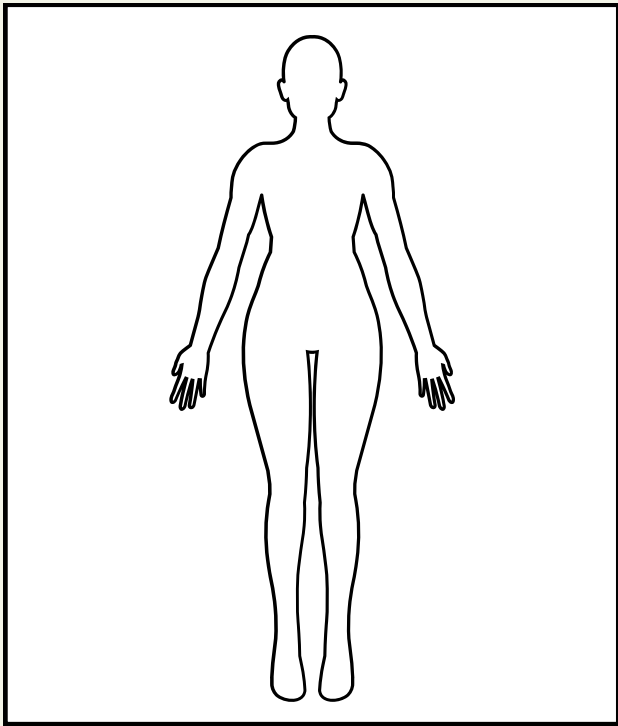


NOTES

Day 2

Calcium: Structural Stability

Where do I feel supported in my life?



NOTES

21 DAYS QUANTUM REIKI: THE LIVING FIELD WORKSHEET

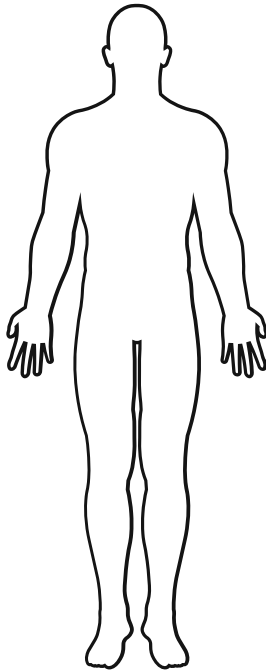
Weekend healings will support the week's topics.

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

Day 3

Magnesium: Nervous System

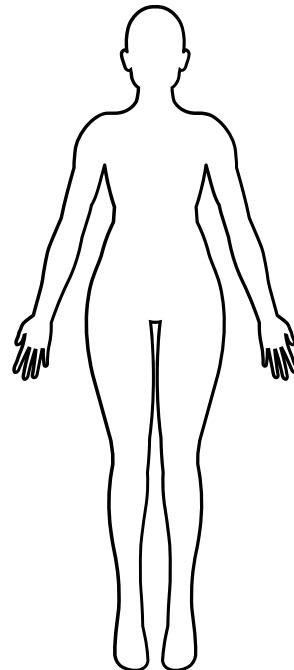
- What does calm feel like in my body?



NOTES

Day 4

Weekend Supports the Week's Themes



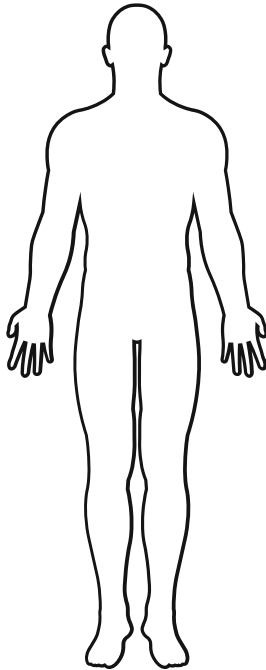
NOTES

21 DAYS QUANTUM REIKI: THE LIVING FIELD WORKSHEET

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

Day 5

Weekend Supports the Week's Themes

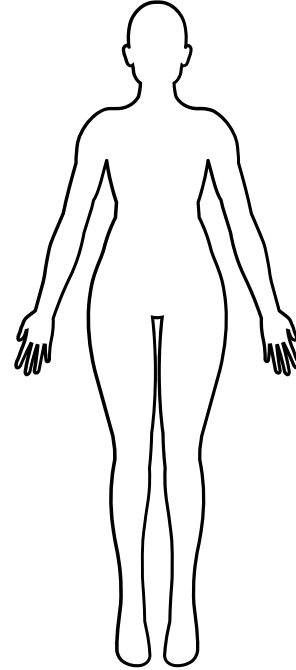


NOTES

Day 6

Potassium: Electrical Flow

Where am I ready for smoother flow?



NOTES

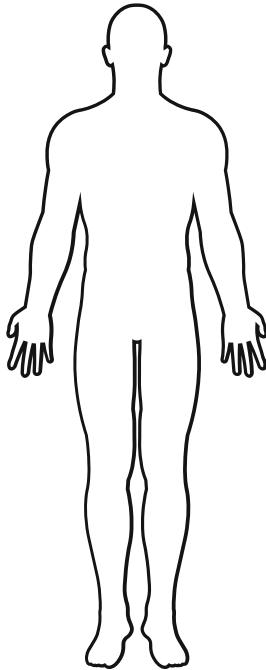
21 DAYS QUANTUM REIKI: THE LIVING FIELD WORKSHEET

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

Day 7

Sodium: Fluid Balance

How do I allow balance in my life?

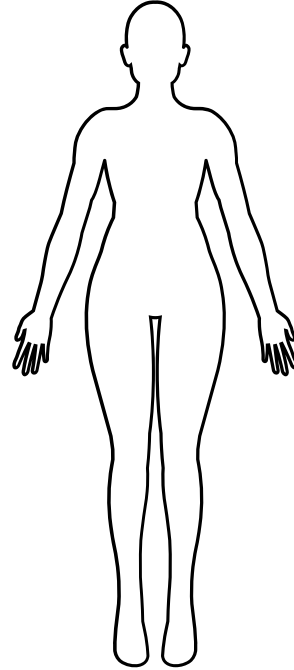


NOTES

Day 8

Iron: Oxygen + Vitality

What energizes me deeply?



NOTES

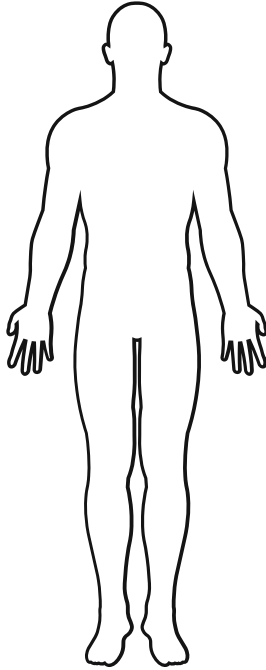
21 DAYS QUANTUM REIKI: THE LIVING FIELD WORKSHEET

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

Day 9

Zinc: Immune Intelligence

Where am I ready to restore?

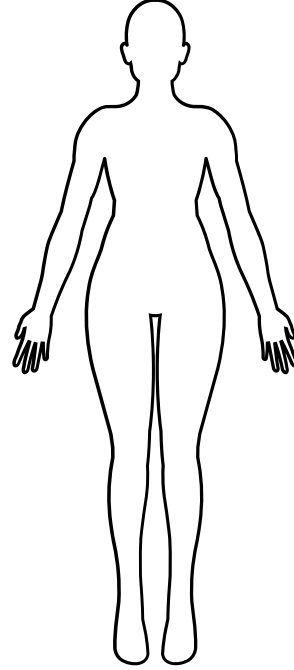


NOTES

Day 10

Phosphorus: Energy Creation

What fuels my inner energy?



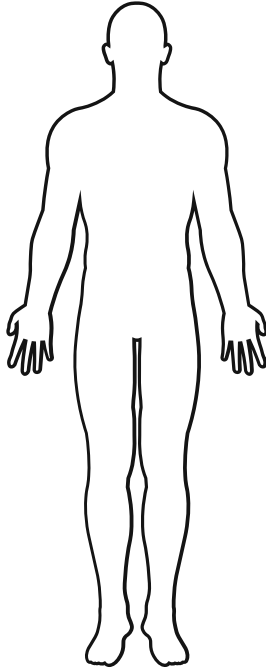
NOTES

21 DAYS QUANTUM REIKI: THE LIVING FIELD WORKSHEET

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

Day 11

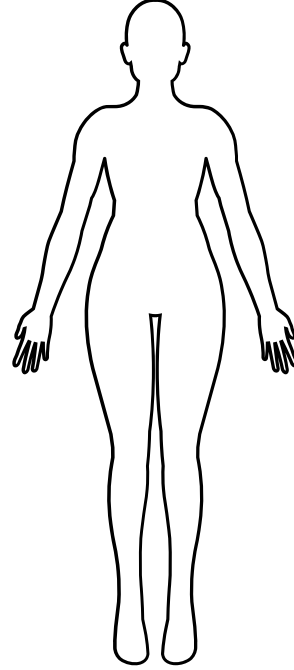
Weekend Supports the Week's Themes



NOTES

Day 12

Weekend Supports the Week's Themes



NOTES

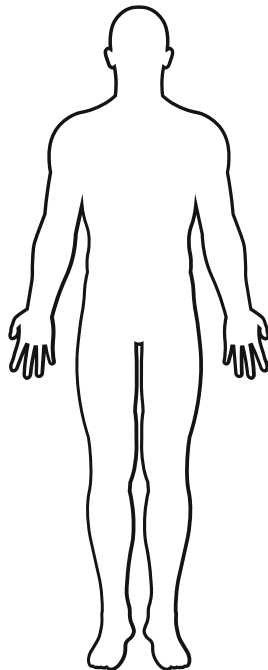
21 DAYS QUANTUM REIKI: THE LIVING FIELD WORKSHEET

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

Day 13

Mitochondria Activation

How do I express my vitality?

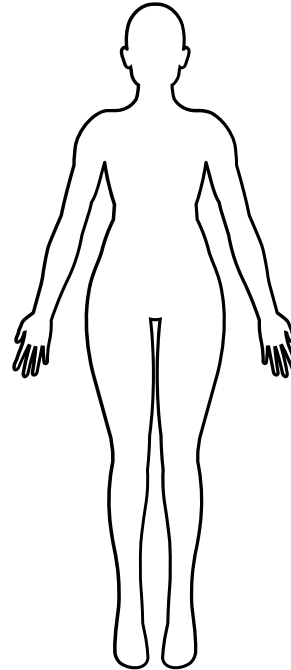


NOTES

Day 14

Selenium: Cellular Protection

Where do I invite protection?



NOTES

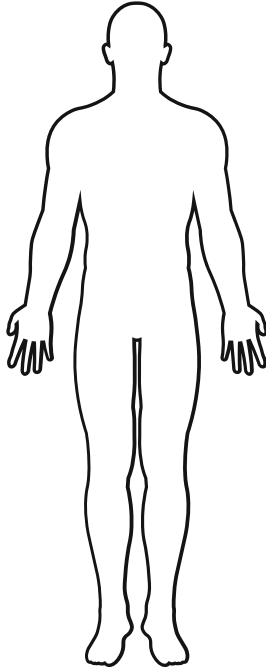
21 DAYS QUANTUM REIKI: THE LIVING FIELD WORKSHEET

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

Day 15

Copper: Energy Transfer

Where am I ready to receive support?

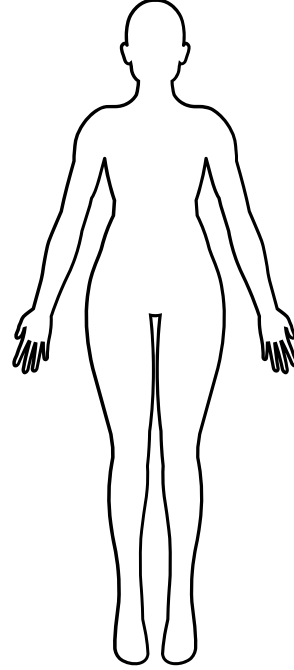


NOTES

Day 16

Iodine: Thyroid Expression

What truth is ready to move through me?



NOTES

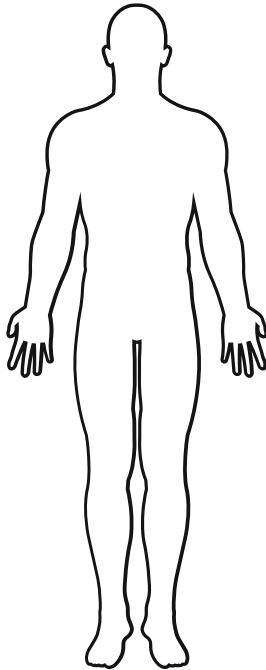
21 DAYS QUANTUM REIKI: THE LIVING FIELD WORKSHEET

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

Day 17

Immune Cell Activation

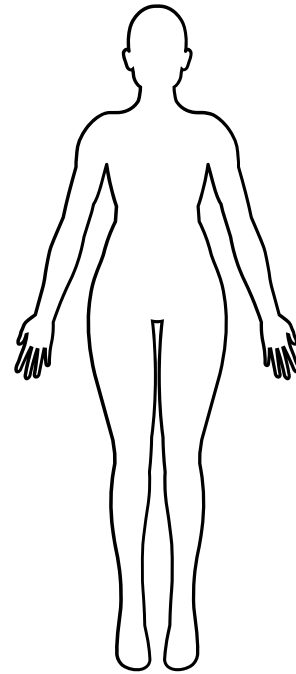
Where do I feel strong?



NOTES

Day 18

Weekend Supports the Week's Themes



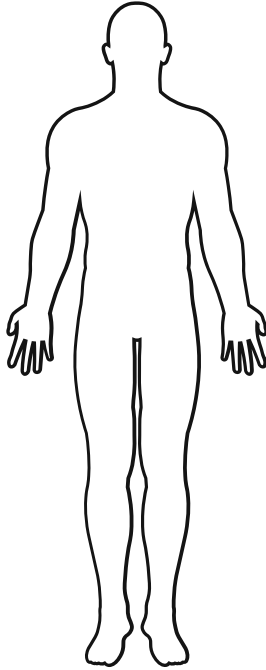
NOTES

21 DAYS QUANTUM REIKI: THE LIVING FIELD WORKSHEET

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

Day 19

Weekend Supports the Week's Themes

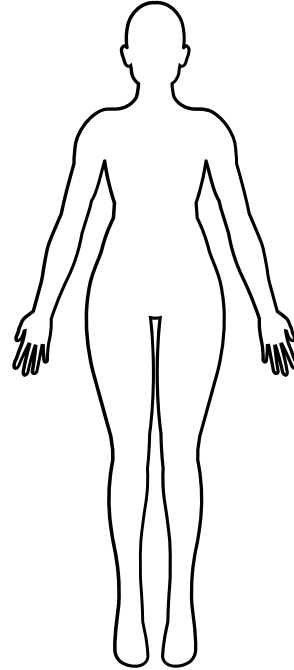


NOTES

Day 20

DNA Light Encoding

What am I ready to become?



NOTES

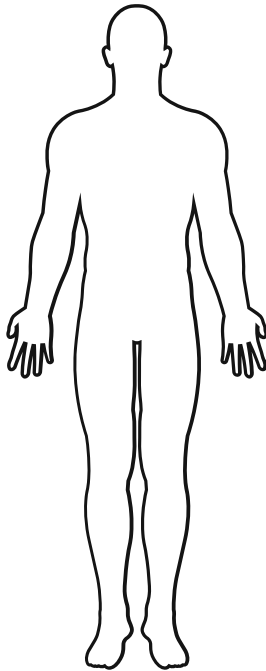
21 DAYS QUANTUM REIKI: THE LIVING FIELD WORKSHEET

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

Day 21

Whole-System Integration

How do I live in harmony within myself?



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

NOTES

[illegible]