



JOYOUS REIKI CALENDAR - JUNE 2019



*A joyful heart is the normal result of
a heart burning with love.
– Mother Teresa*

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

3 It's New Moon!
Invite more joy into
your life

4 Do today
3 things that
bring you great joy

5 Envision a
joyful Earth & send
Reiki to the future

6 Being positive:
create your own
happiness jar

7 Just for today,
look for the joyous
side of things!

8 Raise your
joyous vibe with
Reiki meditation

9 See the joyous
side of a difficult
situation

10 Being happy &
joyful with daily
Reiki

11 Use healing
affirmations:
My life is full of joy!

12 What's your
joyous Reiki story?
Share it with others

13 Offer a kind
small gift infused
with Reiki

14 Heal your
Sacral Chakra to
Access Joy

15 Be joyful and
creative with Reiki:
playtime with kids

16 Create your
Happiness Chi Balls
with Reiki

17 Release any
happiness and joy
blockages with Reiki

18 Spread joy!
Brighten
someone's day!

19 Heal the
source of your joy:
the inner child

20 Remember
any fun childhood
activity? Do it today

21 Celebrate the
International Day
of Yoga with Reiki

22 Plan a fun
Reiki activity with
another healer

23 Speed up your
healing process with
happiness and joy

24 Be a child
again: laugh, dance,
sing, play, explore

25 Explore with
Reiki: try new & fun
things

26 Reiki your
way to happiness
and true self

27 Time for a
joyous relaxing Reiki
self-healing session

28 Daily joy with
support from the
higher realms

29 Make a list of
the joys in your life
and be grateful

30 Commit to live
life on a positive &
joyful note



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