



# CHILLAX REIKI CALENDAR - JULY 2019

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

*Saturday*

*Sunday*

**1** Just for today,  
do not worry!  
Living the principles

**2** Spread peaceful  
blessings this  
New Moon

**3** Start daily stress  
relief affirmation to  
calm down

**4** Make your self-  
Reiki sessions more  
relaxing

**5** Healing anxiety  
with Sei Hei Ki  
symbol

**6** Slow down in  
your everyday life  
with Reiki

**7** Relieve stress  
and relax with  
Green color

**8** Create your list  
of must-do relaxing  
activities

**9** Rest your mind!  
Reiki meditation  
for overthinkers

**10** Choose your  
perfect Reiki  
music and relax

**11** Calm your  
nervous system  
with Reiki symbols

**12** Relax & Laugh -  
Spread the Reiki  
Smile Wave

**13** Inner balance -  
Reiki techniques for  
distress

**14** Great news!  
It's time for a  
Reiki massage!

**15** Relax! Try the  
Reiki Holy Bath  
method

**16** Release all  
tension this Full  
Moon - Meditation

**17** Bring healing &  
relaxation into  
your lineage

**18** Remember:  
things can change  
for the better

**19** Create positive  
energy flow into  
your life with Reiki

**20** Let nature  
soothe you - Reiki  
Flower Meditation

**21** Essential oils &  
angels for deep  
relaxation

**22** Create a more  
relaxed reality -  
Reiki your mind

**23** Meditation as  
a relaxing tool for  
your Reiki practice

**24** Rejuvenate  
with a good night's  
sleep - Meditation

**25** Live mindfully -  
relax into the  
present moment

**26** Chill out with  
a Reiki-infused  
tea or coffee

**27** Unplug from  
social media &  
spend time in

**28** Send Reiki to  
any situation that is  
causing you stress

**29** Send soothing  
Reiki energy to  
the future You

**30** Take your  
Reiki gratitude  
practice further

**31** Stay calm &  
use Reiki in any  
situation!

*"Tension is who you think you should  
be. Relaxation is who you are."  
- Chinese Proverb*

