



ACTION REIKI CALENDAR - SEPTEMBER 2019



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 Set this month's intention and daily act upon it

2 Sending Reiki healing to our community & planet

3 What's your #1 Reiki principle? Use it today!

4 Make time for doing a Reiki Yoga session

5 Today be open to new life experiences - How does it feel?

6 Change your inner colors with Reiki Fall Meditation

7 Have an outdoor Reiki meeting/circle

8 Get out into nature for a Reiki Energy Walk

9 Today do something you've never done before

10 Commit to your Reiki practice - 10 Keys to Start

11 Support a Reiki project or initiative you care about

12 Conduct a Self Past Life Regression with Karuna® Reiki

13 Move through blockages Reiki exercise

14 Full Moon Meditation to heal your loved ones

15 Connect to Spirit with Reiki Active Meditation

16 Write down any future dreams & send Reiki to them

17 Do something active and fun like dancing with friends

18 Choose to create new healthy habits with Reiki

19 Do something different in your Reiki practice today

20 Find out how to start a Reiki community

21 Sign up for a Reiki 21-Day Challenge

22 Be active in creating a life of abundance

23 It's time for stretching and Reiki breath exercises

24 Act now! Get that courage you need with Reiki

25 Do something you've postponed for a long time

26 Follow your dreams - start a Reiki business

27 Taking life too seriously? Time for a Reiki Laughter

28 Remember to Return to Love this New Moon

29 Today do 3 acts of kindness for a better world

30 Think about how your actions make a difference



*Do you want to know who you are? Don't ask. Act!
Action will delineate and define you.
— Thomas Jefferson*



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