

# LET GO REIKI CALENDAR - OCTOBER 2019

*Sunday*

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

*Saturday*

**6** Break out of the victim mentality with Reiki

**7** Make peace with your past & release it for a better future

**8** Reiki self-healing visualization for autumn

**9** Release people & situations that don't serve your growth

**10** Let go of fear & embrace your spiritual abilities

**11** Letting go with greater ease - Reiki exercise

**12** Reiki release technique to deal with any problem

**13** Let go & release using the power of the Full Moon

**14** Explore your inner world through art journaling

**15** Nature walk to contemplate the beauty of letting go

**16** Embrace the energy of letting go - How does it feel?

**17** Release stale & limiting beliefs with Reiki symbols

**18** Change your inner colors with Reiki Fall Meditation

**19** Go with the flow using the water element

**20** Release the old with Zibu symbol, Rakuna

**21** Visualize, cut & dissolve energy cords with Reiki

**22** Clear energy with the power of conscious breathing

**23** Release stuck emotions with Reiki, angels & crystals

**24** Support someone's process of letting go

**25** Breaking down walls with Love Meditation

**26** Let go of expectations related to Reiki practice

**27** Clear the mind of negative energy - Reiki meditation

**28** Manifest & release with New Moon Balloon ritual

**29** Whatever is released, let Reiki fill the empty spaces

**30** It's time to develop a life of patience with Reiki

**31** Accept & trust the wisdom of Reiki to guide you

*When I let go of what I am,  
I become what I might be.  
- Lao Tzu*