



# GRATITUDE REIKI CALENDAR - NOVEMBER 2019

*Sunday*

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

*Saturday*

THANK YOU

*The roots of all goodness lie in the soil of appreciation for goodness. - Dalai Lama*

**3** Write a gratitude letter to someone special in your life

**4** It's time for some healing gratitude affirmations!

**5** Set aside 20 min and take a gratitude walk in nature

**6** Shift your energy with intentional gratitude bath

**7** Boost happiness & start your own gratitude journal

**8** 3 things you are grateful for as Reiki practitioner

**9** Today choose gratitude over any kind of complaints

**10** Forgive and be grateful with Ho'oponopono

**11** Create the Gratitude Jar and send it daily Reiki

**12** Full Moon Meditation with Archangel Jophiel

**13** Use Anu, the Zibu Symbol of Gratitude

**14** Appreciate life with Gratitude Meditation

**15** Draw or build your own Reiki Gratitude Tree

**16** Be thankful for the presence of Reiki in your life

**17** Take your gratitude practice deeper

**18** 3 things you are grateful for at the end of the day

**19** Heal & balance your Heart to feel the gratefulness

**20** Magnify the power of gratitude with CKR symbol

**21** Write a 'Thank You' note to yourself and put it at sight

**22** Smile often & tell others how much you appreciate them

**23** Infuse your body with love & gratitude - exercise

**24** Be thankful for your food & those who made it possible

**25** Always be grateful for the many gifts of Reiki

**26** New Moon channeled message from the fairies

**27** Be thankful for the joyous moments of your life!

**28** The power of a thankful heart - Happy Thanksgiving!

**29** Set a Gratitude Crystal Grid & charge it with Reiki

**30** Be thankful for autumn and all the changes it brought

