



USUI REIKI

Realization for All

Reiki - 21 Day Cleanse Workbook

Steps for 21 Day Cleansing & Harmonizing

1. Acknowledge the Need for Healing.
2. Security - imagine your pyramid or protective area.
3. Gassho, centre Yourself - bring your attention inward.
4. Reiji-Ho, statement of Intent, ask, *"Reiki energy, please cleanse, energize, and heal my (name the chakra) for my highest good and purest of intentions."*
5. Chiryō, Heal Daily Chakra
6. Begin Harmonization with Statement of Intent, ask, *"Reiki energy, please balance and harmonize my chakras for my highest good and purest of intentions."*
7. Balance Third Eye and Sacral chakras. Place one hand on the third eye chakra and one on the sacral chakra. Bring awareness to the sensation in your hands, as well as those within your chakra centers. Keep hands in place noticing the differing energies in each chakra, differences in temperature, sensation, magnetism, etc. Remain in this position until the energies feel equal. Treat both front and back of each chakra.
8. Balance Throat and Solar Plexus chakras in the same way.
9. Heal Heart chakra. Bring awareness to your heart, and all the chakras above and below. Notice how the heart feels like the tipping point of a weighted scale. Is energy being drawn upwards to the throat or third eye? Is energy being drawn down to the solar plexus or sacral? If you feel out-of-balance, move hands to the needed position and continue healing. When your hands rest over your heart and you feel the energy flow directly into your heart and fill your heart you know the harmonization is complete.
10. Seal Energy, ask: *"Reiki energy, please seal this healing energy for my highest good and purest intention."*
11. Gratitude.
12. Swipe Aura.
13. Ground.
14. Journal your experience.

21 Day Cleanse and Harmonize Schedule

Week 1:

Day 1 - Root Chakra	10 minutes cleanse
Day 2 - Sacral Chakra	10 minutes cleanse
Day 3 - Solar Plexus Chakra	10 minutes cleanse
Day 4 - Heart Chakra	10 minutes cleanse
Day 5 - Throat Chakra	10 minutes cleanse
Day 6 - Third Eye Chakra	10 minutes cleanse
Day 7 - Crown Chakra	10 minutes cleanse 10 minutes harmonize all Chakras

Week 2:

Begin from Root Chakra, repeat days 1 -7, include a 10 minute cleanse of the individual Chakra, plus a 10 minute balance and harmonize of all Chakras each day.

Week 3:

Begin from Root Chakra, repeat days 1 -7 including the daily balance and harmonization.

21 Day Cleanse & Harmonize Journal

The cleanse and harmonization process takes approximately 20 minutes daily, and must be done for 21 days consecutively. If you miss a day, photocopy an additional week of journal and start the process again. The result is the culmination of 21 days of continuous cleansing and harmonizing, each day builds on the previous.

Column 1: Record the day, date, chakra and time of treatment. You may begin to notice a pattern, for some it is easier to complete first thing in the morning, prioritizing time before a hectic schedule begins. For others setting a specific time midday may help to energize and refocus their day, helping them get through the afternoon. And for others the best time may be in the evening, once the house is quiet and the days to do list behind them. Others still will find that no set schedule works and they are able to complete their cleanse and harmonization spontaneously when an opportunity presents itself.

Column 2: Fill in any observations you make during the treatment. You may notice heat, tingling, or cooling sensations in the hands. You may see light, colours, visions, or complete blackness. Overwhelming emotions may fill you, sadness, joy, discomfort or nothing at all. Others may experience a great welling up of energy and then a sense of release. Treatments may be described as calm, peaceful, energetic, anxious. Do not judge the experience. Each change in sensation is exactly as it should be. Set no expectation, as you continue recording in your journal some days may seem more eventful than others, what happens one day probably won't happen the next. Resist the urge to compare and set expectation. Simply record the changes that you notice.

Column 3: Record observations from the day. You may include things such as your feelings, emotions, sense of balance, ability to cope, coincidences, incidents of good fortune, or things you may not have previously realized. Again, do not judge, do not set expectation.

There is no right or wrong in this exercise, these experiences are yours alone, by journaling we are simply acknowledging change.

Reiki - 21 Day Cleanse

DAY 1 - DATE: CHAKRA: TIME:		
DAY 2 - DATE: CHAKRA: TIME:		
DAY 3 - DATE: CHAKRA: TIME:		
DAY 4 - DATE: CHAKRA: TIME:		
DAY 5 - DATE: CHAKRA: TIME:		
DAY 6 - DATE: CHAKRA: TIME:		
DAY 7 - DATE: CHAKRA: TIME:		

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