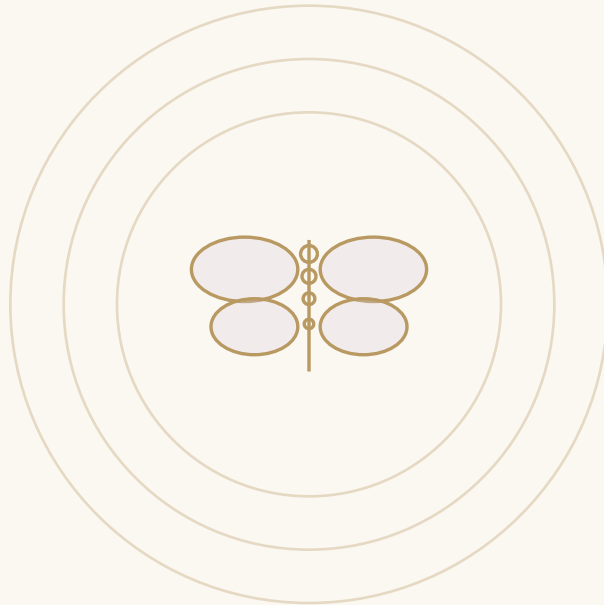




4GRATITUDE REIKI

REIKI LEVEL 1

21-DAY REIKI INTEGRATION LOG

NOTICE. ALLOW. RETURN.

Experience the energy. Listen to yourself. Return to gratitude.

NAME

ATTUNEMENT DATE

THIS IS YOUR JOURNEY.

Become still. Notice what you experience. Allow it to be enough.
Then return to yourself - and to gratitude.

LEARN THE RHYTHM. EXPERIENCE THE ENERGY. RETURN TO GRATITUDE.



YOUR 21-DAY REIKI INTEGRATION JOURNEY

A simple daily rhythm for self-Reiki

For the next 21 days, give yourself time to experience self-Reiki each day. Some days may be longer. Some may be only a few intentional minutes. Both count.

Use this log to capture what feels worth remembering - not to analyze every sensation or turn your experience into an assignment. You can type directly into the journal fields on your device, or print these pages and write by hand.

YOUR SIMPLE DAILY RHYTHM

01 BECOME STILL

Take three intentional breaths and return to your body.

02 SET YOUR INTENTION

Perhaps simply: I AM OPEN TO RECEIVE.

03 EXPERIENCE SELF-REIKI

Use the hand positions as your map and listen to yourself.

04 NOTICE

Observe without forcing an explanation.

05 RETURN

Come back to your body, your surroundings, and the present moment.

06 FOUR GRATITUDES

Close by naming four things for which you are grateful.

NO PERFECTION. NO PERFORMANCE. SIMPLY RETURN.

NOTICE. ALLOW. RETURN.



DAY 1

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 2

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 3

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 4

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 5

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 6

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 7

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 8

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 9

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 10

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 11

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 12

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 13

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 14

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 15

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 16

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 17

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 18

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 19

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 20

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

1.

2.

3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 21

SELF-REIKI INTEGRATION

DATE

TIME / LENGTH OF SELF-REIKI

MY INTENTION TODAY

HOW I FELT BEFORE

WHAT DID I NOTICE?

Sensations, emotions, thoughts, images, stillness - or anything else that stood out.

HOW DO I FEEL NOW?

WHAT AM I LEARNING ABOUT MYSELF?

FOUR GRATITUDES *Today, I am grateful for...*

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3.

4.

NOTICE. ALLOW. RETURN.

Let today's experience be enough.



DAY 21 - LOOKING BACK

Your integration journey is complete. Take a moment to notice what you are carrying forward.

WHAT DID I DISCOVER ABOUT THE WAY I EXPERIENCE REIKI?

WHAT HELPED ME BECOME STILL AND CONNECT WITH MYSELF?

WHAT PATTERNS OR CHANGES DID I NOTICE OVER THESE 21 DAYS?

WHAT SURPRISED ME?

WHAT DO I WANT TO CARRY FORWARD FROM THIS JOURNEY?

WHAT AM I CURIOUS TO EXPLORE NEXT?

THIS IS YOUR JOURNEY.

Keep listening. Keep noticing. Keep returning to yourself.

AND ALWAYS - RETURN TO GRATITUDE.