

The 30 Day Reiki Challenge Planner Copyright © 2009 Duane P. Flowers, PhD All rights reserved

Instructions

This planner accompanies the 30 Day Reiki Challenge eBook and is designed to keep you on track as well as to easily enable you to chart your progress on the Reiki Path.

Simply print out this planner, either all at once, or day by day as you go through the Challenge, and check off the boxes as you complete specific tasks. Also be sure to write down your thoughts, impressions, experiences, questions, comments, etc. in the space provided so that you can refer to them later as you reflect on your Reiki progress.

The boxes below the challenge are for your notes on that individual challenge and the notes section on the left if for your notes on the Challenge in general.

Best of luck to you!!!

Duane P. Flowers, PhD

Rate your exper	ience (4 being bes
Difficulty	0234
Enjoyment	0234
Enjoyment Importance	
	1 2 3 4

Day 1 - Reiki Goals

Write down your long term Reiki goals

- ☐ Strategic Reiki
- ☐ Planting Reiki Seeds
- ☐ The Three Pillars of Reiki

Do	ly Z
Rate your exper	ience (4 being best)
Difficulty	0234
Enjoyment	0234
Importance	0 2 3 4
Effectiveness	0 2 3 4
Overall	0234

Day 2 - Reiki Action Plan

Write down your Reiki **Action Plan** *****

- □ Reiki Kaizen
- 7 Ways To Make Your Job Much Easier With Reiki
- □ Reikiman

Rate your exper	rience (4 being bes
Difficulty	① ② ③ ④
Enjoyment	0234
Importance	① ② ③ ④
Effectiveness	0234
Overall	① ② ③ ④

Day 3 - Reiki Timelords

Write down your daily	
Reiki schedule	

- ☐ Reiki on the Run
- □ Reiki Routine
- ☐ Reiki Writing

Rate your exper	ience (4 being bes
Difficulty	1 2 3 4
Enjoyment	1) 2) 3) 4)
Importance	1) 2 3 4
Effectiveness	1) 2 3 4
Overall	1 2 3 4

Day 4 - Physical Self-Healing

Give yourself a complete Physical Reiki treatment *****

- ☐ Healing Yourself with Reiki
- ☐ Self-Reiki Techniques
- ☐ Reiki Hibiki

Rate your exper	ience (4 being best
	1 2 3 4
Difficulty	0 2 3 4
Difficulty	1 2 3 4
Difficulty Enjoyment	0234

Day 5 - Emotional Self-Healing

Give yourself a complete Emotional Reiki treatment *****

- ☐ Regression and Reiki
- ☐ Permanently Alleviating Stress
- ☐ The Subtlety of Reiki

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Rate your experi	ience (4 being best
Difficulty	1 2 3 4
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Enjoyment	1 2 3 4
Enjoyment	0234

Day 6 - Mental Self-Healing

Give yourself a complete
Reiki Thought Healing

- ☐ Sensory Overload vs. Reiki
- ☐ Reiki & the Unconscious Mind
- ☐ Reiki and Hypnosis

Day 7	
Data	dana (41 + 1 - 2
Difficulty	ience (4 being best) ① ② ③ ④
Enjoyment	0234
Importance	0234
Effectiveness	
Overall	1) 2) 3) 4)

Day 7 - Spiritual Self-Healing

Spiritually Attune and Stifle the Monkey *****

- Reiki and Meditation
- ☐ Reiki Advanced Practice Series: Reiki and Meditation
- □ Reiki and Enlightenment

Rate your exper	ience (4 being best
Difficulty	① ② ③ ④
Enjoyment	① ② ③ ④
Importance	① ② ③ ④
Importance Effectiveness	

Day 8 - Physical Healing

Perform a Complete Physical Healing & Listen

Recommended Readings	(check if completed)

- $f \Box$ Breaking Through Stubborn Energy Blocks
- ☐ Guessing vs. Intuiting in Reiki
- ☐ Reiki Radar

Rate your exper	ience (4 being bes
Difficulty	① ② ③ ④
Enjoyment	0 2 3 4
Importance	1 2 3 4
Effectiveness	
Overall	① ② ③ ④

Day 9 - Emotional Healing

Perform a Complete Emotional Healing & Listen

Recommended Readings (check if completed)

Permanently Alleviating Stress

Reiki for Ultimate Relaxation

Relaxing with Reiki

Rate your exper	ience (4 being bes
Difficulty	1 2 3 4
Enjoyment	1) 2) 3) 4)
Importance	
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Overall	

Day 10 - Mental Healing

Perform a Complete

Mental Healing & Listen

- ☐ Reiki & the Law of Attraction
- ☐ Reiki and Hypnosis
- ☐ Reiki and Abundance

Rate your experience (4 being best		
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Effectiveness ①②③④	Enjoyment	1 2 3 4
	Importance	1 2 3 4
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Day 11 – Spiritual Healing

Perform a Complete Spiritual Healing & Listen

- ☐ Reiki and Auras
- ☐ Reiki and Shamanism
- ☐ Reiki and Religion
- ☐ Reiki and Religion Revisited

Rate your exper	ience (4 being bes
Difficulty	① ② ③ ④
Difficulty	
Enjoyment	1 2 3 4
Importance	① ② ③ ④
Effortiveness	$\Omega \Omega \Omega \Omega$
Effectiveness	U W W 4
Overall	0234

Day 12 – Distance Healing

***** Perform a Complete **Distance Healing** ****

- ☐ Ho'oponopono and Reiki
- ☐ Distance Reiki
- ☐ Psychic Reiki

Da	y 13
Rate your exper	rience (4 being best)
Difficulty	0 2 3 4
Enjoyment	0234
Importance	①②③④
Effectiveness	0234
Overall	0234

Day 13 - Healing Plants & Animals

Perform Reiki on the Plant or Animal of your choice *****

- ☐ Reiki in Nature
- ☐ Reiki and Auras
- ☐ Reiki and Chakras

Rate your exper	ience (4 being best)
Rate your exper	ience (4 being best) ① ② ③ ④
Difficulty	0234
Difficulty Enjoyment	0 2 3 4 0 2 3 4 0 2 3 4

Day 14 - Healing Through Time & Space

***** Perform a Reiki Healing on Your Past Self *****

- ☐ Reiki the Way, Reiki the Day
- ☐ Regression and Reiki
- lacktriangledown Imagineering your Future with Reiki

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Rate your exper	ience (4 being best ₎
Difficulty	1 2 3 4
Enjoyment	① ② ③ ④
Importance	0234
Effectiveness	$\Omega \Omega \Omega \Lambda$

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Day 15 - Reiki Challenge Recap



No Recommended Readings for Today

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Day 16 – Energetics Intro

Practice with Three Index Cards

- ☐ The Reiki Power Symbol
- ☐ The Quantum Nature of Reiki Energy
- ☐ The Quantum Nature of Reiki Energy Towards a

 Scientific Explanation

Day	y 1 /
Rate your exper	ience (4 being best)
Difficulty	1 2 3 4
Enjoyment	1) 2 3 4
Importance	1) 2 3 4
Effectiveness	1 2 3 4
Overall	0 2 3 4

Day 17 - Intelligent Energy

Fingertip Exercise

- ☐ Resonant Reiki Exercise
- ☐ Breaking Through Stubborn Energy Blocks
- □ Distinguishing Reiki Energy from Other Energies

Day	y 18
Rate your exper	ience (4 being best)
Difficulty	1 2 3 4
Enjoyment	1 2 3 4
Importance	
Effectiveness	
Overall	1 2 3 4

Day 18 - Quantum Healing

Liquid Reiki Exercise	

Recommended Readings (check if completed)

☐ Flatland: A Romance of Many Dimensions

Day	y 19
Rate your exper	ience (4 being best
Difficulty	1 2 3 4
Enjoyment	1 2 3 4
-	1 2 3 4
Effectiveness	
Overall	0234

Day 19 - A Scanner Lightly

Byosen Scanning and **Symbol Detection** *****

- ☐ Reiki Hibiki
- ☐ Reiki's Byosen Scanning
- □ Reiki Reiji

Rate your experi	ience (4 being best
Difficulty	1234
Enjoyment	1 2 3 4
Importance	1 2 3 4
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Effectiveness	0000

Day 20 - Essential Reiki Oil



- ☐ Reiki's Hatsurei Ho
- ☐ Reiki and Aromatherapy
- ☐ Reiki Energy Orbs

Rate your exper	ience (4 being best
Difficulty	1 2 3 4
Enjoyment	① ② ③ ④
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Day 21 - Supercharging Crystals

Jiko Joka Healing Exercise

- ☐ Breaking Through Stubborn Energy Blocks
- ☐ Reiki and Crystals
- ☐ Reiki and Chakras

Day 22 Rate your experience (4 being best) Difficulty ① ② ③ ④ Enjoyment ① ② ③ ④ Importance 1 2 3 4 Effectiveness ① ② ③ ④ Overall ① ② ③ ④

Day 22 - Reiki Usability Testing

Solar Energy Training Exercise	

- ☐ Reiki Kaizen
- ☐ Strategic Reiki
- Where Does Reiki Come From?

Rate your experience (4 being best Difficulty ① ② ③ ④ Enjoyment ① ② ③ ④ Importance ① ② ③ ④ Effectiveness ① ② ③ ④	•	
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Enjoyment ① ② ③ ④ Importance ① ② ③ ④ Effectiveness ① ② ③ ④		
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Effectiveness ① ② ③ ④	Enjoyment	① ② ③ ④
	Importance	1 2 3 4
0verall	Effectiveness	1 2 3 4
	Overall	① ② ③ ④

Day 23 - Spiritual Essence

Work Spirituality into your Reiki Goals

- ☐ Reiki and Religion
- ☐ Reiki and Religion Revisited
- ☐ Reiki and Meditation

Day	y 24
Rate your exper	ience (4 being best)
Difficulty	1 2 3 4
Enjoyment	0 2 3 4
Importance	1 2 3 4
Effectiveness	
Overall	① ② ③ ④

Day 24 - Bridging Practicality and Spirituality

Perform the Bridge Meditation

- ☐ Reiki Bridge Meditation
- □ Did Ye Get Healed?
- ☐ Guessing vs. Intuiting in Reiki

Day	y 4 3
<u></u>	
Rate your exper	ience (4 being best)
Difficulty	0234
Enjoyment	1) 2) 3) 4)
Importance	① ② ③ ④
Effectiveness	0 2 3 4
Overall	① ② ③ ④

Day 25 - Ready, Set, Meditate!

Perform the Flame of Life Meditation

- lacksquare The Reiki Principles Don't Be Angry
- ☐ The Reiki Principles Don't Worry
- □ 2nd Reiki Principle Revisited

Day	y 26
	ience (4 being best)
Difficulty	0 2 3 4
Enjoyment	0 2 3 4
Importance Effectiveness	
Effectiveness Overall	1 2 3 4
overall	0000

Day 26 - Next Stop... Enlightenment!

***** Perform an Enlightened Meditation *****

Recommended Readings (check if completed)

☐ The Power of Now by Eckhart Tolle

(might need 2 days for this one...)

Day	y 27
Rate your exper	ience (4 being best)
Difficulty	1 2 3 4
Enjoyment	1) 2 3 4
Importance	① ② ③ ④
ECC1'	$\Omega \cap \Omega \cap A$
Effectiveness	0000

Day 27 - Spiritual Paths to Freedom

Re-Spiritually Attune

- ☐ Follow the Reiki Brick Road
- ☐ Reiki and Enlightenment
- ☐ Reiki and Suffering

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ffectiveness ①	23	
verall ①	2 3 2 3 2 3	4

Day 28 - Advanced Meditation

Develop your Meditation Plan *****

- ☐ Reiki and Yoga
- ☐ Reiki Marathon
- ☐ The Reiki Tunnel

Day	y 29
Rate your exper	ience (4 being best)
Difficulty	1 2 3 4
Enjoyment -	1 2 3 4
Importance Effectiveness	
Effectiveness Overall	1234

Day 29 - Bringing It All Together

Perform an Integrated Hatsurei Ho *****

- ☐ Bushido The Soul of Reiki
- ☐ Ho'oponopono and Reiki
- □ Psychic Reiki

Daj	, 50
Rate your exper	ience (4 being best)
Difficulty	1234
Enjoyment	0234
Importance	1 2 3 4
Effectiveness	0234
0 11	

Day 30 - Where Do We Go From Here?

Make it to the Next 30 Day Challenge!!!

No Recommended Readings (that's all folks)