

Guidelines for 21 Days Self-Healing Commitment Assignment

A gentle structure to help you prepare, personalize, and deepen your self-healing journey.

This exercise is meant to help you connect deeply with the Reiki energy before and after your practice. Please remember - this is a guideline, not a script. Use the structure below, but write it in your own words so it truly resonates with you and feels authentic to your heart 

✨ 1. Opening Prayer (before practice)

Create a short prayer that expresses gratitude and connection. You may include:

- ~ Giving thanks to the Universe / God / Higher Power / Universal Life Force.
- ~ Gratitude towards your parents, Reiki teachers, your soul, and your body.
- ~ Visualize Reiki energy flowing in through your crown chakra and out through your hands.
- ~ A heartfelt line such as: "Thank you for choosing me as a channel for this healing energy."

✨ 2. Closing Prayer (after practice)

End your session with a prayer of gratitude in a similar way - thanking the Universe, Reiki energy, and yourself for the experience, while sealing the healing with love.

✨ 3. Intention

Set one simple intention for your 21-day journey. Remember:

- ~ It should always be about you (inner growth, healing, peace, clarity, self-love etc.)
- ~ Example: "My intention is to heal my inner child."

✨ 4. Affirmations

Write one or more affirmations connected to your intention. Keep them in the present tense and positive.

~ Example (for intention of inner child healing):

"I am safe and loved."

"I embrace my inner child with compassion."

Tip: Keep your words simple and heartfelt. This is your unique connection with Reiki - let it flow naturally.

Important: Once you have completed this assignment, please submit it before starting your 21 days self-healing practice.