



21 day Reiki challenge

Full Reiki treatment & Reiki grid	Full Reiki treatment & Reiki grid	Full Reiki treatment & Reiki grid	Full Reiki treatment & Reiki grid	Full Reiki treatment & Reiki grid
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Clear your home or workplace with Jacki-Kira Joka-ho <small>(p. 60 in level 1&2 manual)</small>	Do Koki-ho for 3 days straight on a troubled area of your body <small>(p. 58 in level 1&2 manual)</small>	Listen to our Podcast https://reikifromthefarm.buzzsprout.com/	Send Reiki to someone you don't care for	Send Reiki with your eyes (Gyoshi-ho) to a stranger <small>(p. 60 in level 1&2 manual)</small>
Do a 20 minute Gassho meditation with Reiki <small>(p. 54 of level 1&2 manual)</small>	Reiki all food & medication	Do Koki-ho for 3 days straight on a troubled area of your body <small>(p. 58 in level 1&2 manual)</small>	Do Reiki for a friend's pet <small>(with permission)</small>	Explain Reiki to a friend who does not know you do it
Make one treatment an hour long - with your favorite music	Send distance Reiki to our entire group	Listen to another Podcast episode	Invite a friend for a Reiki treatment	Receive Reiki from a friend
Read a Reiki magazine and share ideas from your favorite article	Send Reiki to your family	Make your favorite healthy meal (with Reiki) & share the recipe with the group	Reiki your heart for 15-20 minutes	Play music, dance around the house spreading Reiki symbols

