





*This*

# **21-Day Reiki Cleanse Journal**

*belongs to:*

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*Date:*

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## Introduction

*Just for today, I will live peacefully.*

*Just for today, I will release worry.*

*Just for today, I will be grateful.*

*Just for today, I will be kind to all beings.*

*Just for today, I will be honest.*

~ The Five Reiki Principles

## Reiki

Reiki is a natural system of stress reduction, relaxation, and healing. Discovered in Japan by Mikao Usui during meditation, Reiki uses "life force energy" (also referred to as "Qi" or "Chi") to promote these positive benefits in the body.

One can practice Reiki in person through "laying on hands" or at a distance. Regardless of how it is performed, Reiki is safe and easy to use. When training to become a Reiki practitioner, one is "attuned" to the energy and the techniques necessary to use Reiki.

The initial level I training acquaints one to Reiki and enables them to use the energy on themselves and others in person. Level II extends the training to include distance work and other tools for using this energy. Level III, the final course, trains one as a Reiki Master and Teacher.

## Reiki Cleanse

A Reiki cleanse is a 21-day process that follows a Reiki attunement. The cleanse begins the following day (so get plenty of rest the night after your attunement). The process is divided into three weeks, each of which focuses on different themes and issues. Week 1 focuses on the physical body, week 2 focuses on the mental and emotional bodies, and week 3 focuses on the spiritual body.

Each week is a cycle of cleansing that targets a different chakra each day (day 1 being the root chakra, day 2 being the sacral chakra, and so on). While the cleanse addresses all bodies and all chakras during the 21-day process, the cleanse addresses special issues associated with the chakra and body associated with each day.

This process is not unique to Reiki. Anytime you make a major change or life decision, you go through this process automatically. The level of the cleanse and your ability to notice it depend on the situation. In most cases, a 21-day cleanse is mild and not very noticeable. However, there are exceptions and Reiki is one of them.

Reiki cleanses are noticeable for most people and tend to get progressively more intense with each level of Reiki attunement. My students generally report mild, but palpable, cleanse experiences following Reiki I attunement. Some report rapid spiritual advancement and others report heightened intuition and awareness. These latter two aspects can be temporary or “just the beginning” depending on how an individual decides to move forward with Reiki.

My Reiki students share that the Reiki II cleanse is much more noticeable and intense than Reiki I. Though having a box of tissues on hand is helpful for both cleanses, the issues that come up during Reiki II are deeper and require more conscious processing.

Depending on how much one “allows” during the Reiki II cleanse and how much “stuff” remains, the Reiki III/Master cleanse may be more intense, about the same, or lighter. It just depends on the person. Students who have received Reiki II and III/Master attunements in the same day (myself included) report the most intense experiences.

Something that my students consistently report is that despite what may sometimes be an uncomfortable experience, “it’s worth it.” The issues that come up for resolution and release are necessary for

spiritual growth and advancement. The outcome is a happier, healthier you!

## **My Reiki Cleanse Experience**

My Reiki cleanse for level I is only noticeable in hindsight. At the time I had little idea what was going on. I initially interpreted the changes and issues that arose as signs that I was not resonant with Reiki. I did not practice Reiki at first. Following the cleanse I put the entire experience behind me. I see things differently now that I have been through a level II/Master cleanse and worked with Reiki students who have been through the cleansing process. During this time, problems and issues were brought to my attention that were uncomfortable to deal with, but a necessary part of growth.

I received my Reiki II and master-level attunements at the same time. This time I knew to expect the cleanse. The experience was much more noticeable, particularly during week 2. During week 1 I experienced some physical cleansing and elimination that ultimately left me feeling healthier. On days that I ate healthier and stayed hydrated I felt better. I exercised during this time but found that I was more tired than usual.

During week 2 I experienced “rapid” grief and sadness regarding past and present issues. The tears flowed freely! This is common in week 2. The process is easier if you “allow” it to happen and don’t resist the issues that arise. The problems that come up because they must be addressed for your spiritual growth.

Week 3 can be similarly emotional or refreshing, depending on your level of allowing. If you allow it to be, week 3 yields new spiritual growth and insight. The result at the end of 21 days is a lighter, happier healthier you.

## **Are you a “journal-er?”**

I will be the first to admit that I am not a journal-er. I have started journaling more times than I can count – in any and every format that you can possibly imagine. As a child I tried writing in my electronic toy “data pad,” which lasted a few days. I tried traditional diaries and journals... I think my personal “best” was about a month. Later as online journaling and blogging became more popular, I tried again. I could never maintain a public or private journal over an extended period of time. Recently I have started seeing “5-year” journals on the market. I shudder at the thought of trying to keep one of these up myself, though I can definitely see the attraction for those dedicated journal-ers out there.

Though long-term journaling just isn't for me, I am “good at” journaling for short periods of time about small specific goals. Journaling just isn't something that I have the desire to keep up indefinitely. If you're like me, you'll love this 21-day time-limited journal. You'll never face a blank page during this Reiki journaling journey. Each day comes with guiding questions and a suggested prompt (if you're a born journal-er, you're free to skip any or every prompt and write using your own prompt). No matter your level of experience or interest in journaling... completing this Reiki journal is achievable!

## **Day-to-Day Advice**

Be as descriptive as possible. Speaking from personal experience, the cleanse is much more intense “in the moment” than you later remember it to be. As time moves on details fade and you begin to remember your cleansing experience in simple terms. In some ways this is good – it means you've “let go” of a lot of the baggage that was weighing you down and causing all sorts of problems. On the other hand, it is later much more difficult to reflect back over your progress if you can't remember where you started.

# **Week 1:**

## **The Physical Body**

*Week 1 focuses on a cleanse of the physical body. Each of the three weeks of cleansing will include cleansing of the physical, mental, emotional, and spiritual bodies. However, this week will focus on aspects of the physical body associated with each of the seven chakras. In addition to practicing Reiki daily, be sure to get plenty of rest, to stay hydrated, and to eat healthy foods.*

Each and every being has an  
innate ability to heal as a gift  
from the gods.

~ Mikao Usui

## Day 1: Root Chakra

The Physical Body

**How are you feeling today?**

Physically    **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Rough                      OK                      Amazing!

Emotionally    **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Sad                      Neutral                      Super!

Spiritually    **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Disconnected                      Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your physical body today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## Day 2: Sacral Chakra

*The Physical Body*

**How are you feeling today?**

*Physically*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Rough                      OK                      Amazing!

*Emotionally*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Sad                      Neutral                      Super!

*Spiritually*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Disconnected              Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your physical body today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## Day 3: Solar Plexus Chakra

*The Physical Body*

**How are you feeling today?**

*Physically*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Rough                      OK                      Amazing!

*Emotionally*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Sad                      Neutral                      Super!

*Spiritually*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Disconnected              Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your physical body today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## Day 4: Heart Chakra

*The Physical Body*

**How are you feeling today?**

*Physically*      **1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10**  
Rough                      OK                      Amazing!

*Emotionally*    **1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10**  
Sad                      Neutral                      Super!

*Spiritually*      **1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10**  
Disconnected      Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your physical body today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## Day 5: Throat Chakra

*The Physical Body*

**How are you feeling today?**

*Physically*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Rough                      OK                      Amazing!

*Emotionally*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Sad                      Neutral                      Super!

*Spiritually*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Disconnected              Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your physical body today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## Day 6: Third Eye Chakra

*The Physical Body*

**How are you feeling today?**

*Physically*     **1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10**  
Rough                      OK                      Amazing!

*Emotionally*     **1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10**  
Sad                      Neutral                      Super!

*Spiritually*     **1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10**  
Disconnected              Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your physical body today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## Day 7: Crown Chakra

The Physical Body

**How are you feeling today?**

*Physically*    **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Rough                      OK                      Amazing!

*Emotionally*    **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Sad                      Neutral                      Super!

*Spiritually*    **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Disconnected              Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your physical body today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## **Week 2:** **The Mental *and*** **Emotional Bodies**

*Week 2 focuses on a cleanse of the mental and emotional bodies. As with the previous week, this week will also include cleansing of aspects of the physical and spiritual bodies. However, the primary focus this week will be mental and emotional aspects associated with each of the seven chakras. Be extra gentle with yourself this week.*

May you be happy.  
May you be healthy.  
May you live with ease.

*~ Metta Meditation*





**Day 9: Sacral Chakra**  
*The Mental and Emotional Bodies*

**How are you feeling today?**

*Physically*      **1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10**  
Rough                      OK                      Amazing!

*Emotionally*    **1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10**  
Sad                      Neutral                      Super!

*Spiritually*      **1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10**  
Disconnected      Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your mental / emotional bodies today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## Day 10: Solar Plexus Chakra

*The Mental and Emotional Bodies*

**How are you feeling today?**

*Physically*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Rough                      OK                      Amazing!

*Emotionally*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Sad                      Neutral                      Super!

*Spiritually*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Disconnected              Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your mental / emotional bodies today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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# Day 11: Heart Chakra

*The Mental and Emotional Bodies*

**How are you feeling today?**

*Physically*     **1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10**  
Rough                      OK                      Amazing!

*Emotionally*     **1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10**  
Sad                      Neutral                      Super!

*Spiritually*     **1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10**  
Disconnected              Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your mental / emotional bodies today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## Day 12: Throat Chakra

*The Mental and Emotional Bodies*

**How are you feeling today?**

*Physically*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Rough                      OK                      Amazing!

*Emotionally*   **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Sad                      Neutral                      Super!

*Spiritually*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Disconnected       Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your mental / emotional bodies today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## Day 13: Third Eye Chakra

*The Mental and Emotional Bodies*

**How are you feeling today?**

*Physically*    **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Rough                      OK                      Amazing!

*Emotionally*    **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Sad                      Neutral                      Super!

*Spiritually*    **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Disconnected              Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your mental / emotional bodies today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## Day 14: Crown Chakra

*The Mental and Emotional Bodies*

**How are you feeling today?**

*Physically*    **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Rough                      OK                      Amazing!

*Emotionally*    **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Sad                      Neutral                      Super!

*Spiritually*    **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Disconnected              Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your mental / emotional bodies today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## **Week 3:**

# **The Spiritual Body**

*Week 3 focuses on a cleanse of the spiritual body. As the cycle begins anew this week, cleansing will also include the physical, mental, and emotional bodies. Now two weeks in to your cleanse, anticipate spiritual insights be open to new ideas. You may find yourself questioning some of your beliefs or preconceptions this week. Keeping an open mind during this process will lead to greater spiritual growth and awareness.*

Do not be angry, do not worry,  
be grateful, work with  
diligence, be kind to people.

~ Dr. Mikao Usui





## Day 16: Sacral Chakra

*The Spiritual Body*

**How are you feeling today?**

*Physically*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Rough                      OK                      Amazing!

*Emotionally*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Sad                      Neutral                      Super!

*Spiritually*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Disconnected              Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your spiritual body today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## Day 17: Solar Plexus Chakra

*The Spiritual Body*

**How are you feeling today?**

*Physically*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Rough                      OK                      Amazing!

*Emotionally*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Sad                      Neutral                      Super!

*Spiritually*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Disconnected              Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your spiritual body today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## Day 18: Heart Chakra

*The Spiritual Body*

**How are you feeling today?**

*Physically*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Rough                      OK                      Amazing!

*Emotionally*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Sad                      Neutral                      Super!

*Spiritually*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Disconnected              Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your spiritual body today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## Day 19: Throat Chakra

*The Spiritual Body*

**How are you feeling today?**

*Physically*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Rough                      OK                      Amazing!

*Emotionally*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Sad                      Neutral                      Super!

*Spiritually*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Disconnected              Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your spiritual body today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## Day 20: Third Eye Chakra

*The Spiritual Body*

**How are you feeling today?**

*Physically*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Rough                      OK                      Amazing!

*Emotionally*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Sad                      Neutral                      Super!

*Spiritually*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Disconnected              Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your spiritual body today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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## Day 21: Crown Chakra

*The Spiritual Body*

**How are you feeling today?**

*Physically*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Rough                      OK                      Amazing!

*Emotionally*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Sad                      Neutral                      Super!

*Spiritually*     **1** – 2 – 3 – 4 – **5** – 6 – 7 – 8 – 9 – **10**  
Disconnected              Present                      Awake!

**What fears, worries, or issues are “bubbling up” that you could release or solve with Reiki?**

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**How is this cleanse affecting your spiritual body today?**

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**What blessings or opportunities are becoming more apparent?**

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**What new ideas or insights occurred to you today?**

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# Reflection

**Looking back over your experiences during the past 21 days, how did the cleanse affect you? What did you feel? What did you learn?**

*Physical Body* \_\_\_\_\_

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*Emotional and Mental Bodies* \_\_\_\_\_

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*Spiritual Body* \_\_\_\_\_

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**What fears, worries, or issues did you release or “solve?”**

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**What blessings or opportunities did you receive?**

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## About the Author

**Chris Anama-Green, MAT, MPH** is a traditional Usui Reiki Master/Teacher from Virginia who currently resides in eastern Kentucky. In addition to his career as a Spanish teacher, Chris teaches Reiki and practices aromatherapy (with a focus on emotional and spiritual well-being) in the mountains of central Appalachia. Chris is also the author of *Mikao's Journey: The Story of Reiki* and *Usui Reiki II*.

## Other Titles by Chris Anama-Green

*Mikao's Journey (The Story of Reiki)*

Mastering Peace

Command Line BASIC

Dive Into Spanish

*Teach the Clinch (co-edited with Carol Doss)*

*Usui Reiki II (co-authored with Scott Vaughn)*

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