

January 2026 – Simple Reiki Calendar



Themes for Daily Practice. Place hands where comfortable, breathe naturally, and gently repeat or reflect on the affirmation.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Calm breath I invite calm into this moment.	2 Hands on heart I am safe and supported.	3 Hands on belly I trust my body's wisdom.
4 Slow exhale I soften and release.	5 Reiki to the Arms I am present now.	6 Shoulder release I let go of tension.	7 Self-compassion I treat myself with kindness.	8 Slow Deep breathing My mind is clear and open.	9 Grounding I am steady and grounded.	10 Quiet pause Healing happens naturally.
11 Honor truth I honor my inner voice.	12 Let go I release what no longer serves me.	13 Gratitude I am thankful for this moment.	14 Peaceful mind Peace flows through my thoughts.	15 Trust process I trust where I am.	16 Support I am held and supported.	17 Balance I return to balance.
18 Receive I allow myself to receive.	19 Inner strength My strength is steady and calm.	20 Gentle joy I welcome gentle joy.	21 Love Love flows through me.	22 Earth connection I am connected to the earth.	23 Inner listening I listen inwardly.	24 Soften I relax and soften.
25 Energy flow Energy flows with ease.	26 Kindness I care for myself kindly.	27 Enough I am enough as I am.	28 Alignment I am aligned and centered.	29 Release control I let go of control.	30 Healing flows Healing flows where needed.	31 Gratitude close I give thanks for today.