

Inner Sanctuary Wellness

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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. |