



Reiki Time Clarity Self-Practice

This simple practice can help you connect with your priorities and bring more clarity to how you use your time. You can do it in as little as 5–10 minutes.

1. Prepare Your Space

- Find a quiet place where you won't be interrupted.
- Sit comfortably with your spine straight, feet grounded, and hands resting on your lap or over your heart.

2. Set Your Intention

- Silently say to yourself:
"I invite clarity and focus into my day. I trust Reiki to guide my time and priorities."

3. Activate Reiki

- If you're attuned, open your Reiki flow using your preferred method.
- Place your hands over your heart or solar plexus and feel the gentle warmth or energy begin to flow.

4. Visualize Your Day or Week

- Imagine your upcoming tasks floating in front of you like cards or bubbles.
- Allow Reiki to highlight or "light up" the ones that are most important for your energy, joy, and growth.

5. Breathe and Receive

- Take a few deep, slow breaths as Reiki continues to flow.
- Notice if certain tasks feel lighter, more joyful, or more urgent.

6. Close and Ground

- Thank Reiki for its guidance.
- Take a moment to write down your top 3 priorities that came to mind. These are your focus points for the day or week.

Tip: You can do this practice daily in just a few minutes to keep your time aligned with your energy.