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SCHEDULE REBEL

PLANETARY PLANNER

BIOENERGETIC PLANNER

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PLANETARY PLANNER

Physically Igniting your Purpose & Core Stability

A note from Dianne:

Each one of these meditations represents an inner bio quest. A deep journey within your body to activate the organ systems for a profound embodiment of your purpose. This is the way to **PHYSICALLY FEEL YOUR DHARMA**. It is yours to access any time and you can apply the following practices into your daily custom to magnify your radiance and live in your true purpose.



Love,
Dianne

SATURDAY SATURN DAY

Self Empowerment: Organize your computer and/or office space. Pick a room in the house to clean from top to bottom. Take a look at your “HELL YES” list and initiate one project. Set a timer to block off your time (that is a great way to use the energy of discipline) and get that thing D O N E.

[Click here for your SATURN DAY Meditation, Kriya and Movement Practice](#)



SATURDAY

SATURN DAY

Saturn gives the energy of productivity. It represents discipline and taking responsibility. It is ironic that this has been made into a “weekend” day to take off when it can actually be quite the WORK day. You can certainly utilize Saturn frequency to wrap up lingering projects. Be proactive. It’s a get shit done kind of day.

Line 1 - BONES

Creator. Solitude. Self Empowerment.

Introspective and love to know how things work. You love the actual process of creating for creation sake.

IN BUSINESS: It’s a SPEAKING DAY. This is a day you can plan your latest webinar or make a presentation.



Roasted Pineapple and Kale Salad

Serves 1

Ingredients:

Fresh bunch of kale rinsed and drained	1/8 cup walnuts
4 oz fresh pineapple sliced into rings	1/2 fresh red pepper
2 oz Julienned fresh zucchini	1 tbsp olive oil
2 oz Julienned fresh green papaya	1 tbsp champagne vinegar
	Cumin
	Salt & Pepper

Instructions:

Spread pineapple across a roasting pan. Spray with coconut oil cooking spray. Season with a little paprika and bake on 425 for 8-10 min until ends turn slightly brown. Toss kale, zucchini, papaya, red pepper and walnuts in a salad bowl. Whisk together the olive oil, vinegar, a dash of cumin, salt and pepper. Drizzle over the salad and top with roasted pineapple.

SUNDAY SUN DAY

Evolution: Write your vision out in full detail and meditate on it. Spend time reflecting on what makes your soul sing. Pray and ask for guidance on what your purpose is. Even if you know your path, Sunday is a great day to ask for more clarity.

[Click here for your SUN DAY Meditation, Kriya and Movement Practice](#)



SUNDAY SUN DAY

The sun radiates the energy of purpose. It lights up your soul if you are open to its frequency. Practice living in harmony with its energy and Sunday will no longer carry anxiety for you. Relax and settle into yourself. This frequency is so important for your vitality. Write your vision out in full detail and meditate on it. Spend time reflecting on what makes your soul sing. Pray for guidance on your purpose. Sunday is a great day to ask for more clarity.

Gene Keys Line 3 - CARDIOVASCULAR SYSTEM Interaction. Energy. Changer.

You see life as an adventure and love change and see the best in all situations.

IN BUSINESS: It's a WRITING DAY. This is a great time to craft an email or copy for your website.



L O V E Chili

Ingredients:

1 tbsp olive oil	28 oz can diced tomatoes
1 finely chopped onion	
3 minced garlic cloves	1 1/4 cup veggie broth
1 chopped red pepper	15 oz can kidney beans
1 tbsp chili powder	15 oz can black beans
2 tsp ground cumin	Optional: cheese, avocado, yogurt for topping
1/4 cup fresh cilantro	
1 tsp cayenne pepper	
1/2 tsp salt	

Instructions:

Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently. Next add in chili powder, cumin, cilantro, cayenne pepper and salt; stir for about 20 seconds.

Next add in tomatoes, broth, and beans. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together.

MONDAY MOON DAY

Self Care: Rest. Meditate. Hydrate. Bathe with Epsom salts. Journal on your intentions. A little Netflix binging or a good book.

[Click here for your MOON DAY Meditation, Kriya and Movement Practice](#)



MONDAY MOON DAY

The Moon has the energy of emotion. It's alignment with the earth on this day means that there is an opportunity to tune into our mood. It is a time to go inward and observe. How are you feeling? What do you require to feel nourished and GOOD? If you start the work week in GO mode trying to be productive and focused you may feel off kilter, stressed and physiologically out of rhythm.

Gene Keys Line 2 - LYMPHATIC SYSTEM
Dancer. Passion. Relationships. Marriage.

You have an intuitive knack for things. You move through life with a certain lightness and ease.

IN BUSINESS: It's a NOURISHING DAY. Schedule something entertaining for yourself.



Blueberry Walnut Parfait

Ingredients:

- 1/2 cup blueberries
- 1/8 cup crushed walnuts
- 1 cup vanilla coconut yogurt
- 1 tsp cinnamon
- 1/2 tsp cardamom

Instructions:

Place half the yogurt on the bottom of a parfait dish or glass. Layer in a few blueberries and sprinkle in some of the crushed walnuts. Add a dash of the cinnamon and cardamom. Repeat these steps for the second layer and enjoy with a cold lime infused water.

TUESDAY MARS DAY

Creativity: Put on your executive hat and EXECUTE. List your current passion projects and force rank them as the first action item for your day. Move your body. Take 1-3 actions on your most meaningful project.

[Click here for your MARS DAY Meditation, Kriya and Movement Practice](#)



TUESDAY MARS DAY

Mars creates a vibratory frequency of action. This energy is an opportunity to get focused. If you tap into this energy then it can help you make decisions. It's like a love tap in the direction of PROGRESS. It's blowing you forward on the path of your dreams if you allow it. Put on your executive hat and EXECUTE. List your current passion projects and force rank them as the first action item for your day. Move your body. Take 1-3 actions on your most meaningful project.

Gene Keys Line 6 - ENDOCRINE SYSTEM
Teacher. Education & Surrender. Nurture

You are on a mission to change the world.

IN BUSINESS: It's a CREATING DAY. Make time in your schedule to finish a program you were developing.



Blueberry Basil Smoothie

Ingredients:

- 1/2 cup of water
- 1/2 cup unsweetened almond milk
- 1 scoop vanilla hemp protein
- 1/2 cup blueberries
- 4 fresh chopped basil leaves
- 1 cup ice

Instructions:

Place water, almond milk, protein, blueberries, basil, and ice in blender; cover. Blend until smooth.

WEDNESDAY MERCURY DAY

Career: Schedule meetings. Organize your schedule. Network with other people that can coalesce with you in getting the “job done”. Write your purpose and mission in the form of a message. Market your business. Share your gifts.

[Click here for your MERCURY DAY Meditation, Kriya and Movement Practice](#)



WEDNESDAY

MERCURY DAY

Mercury emits a frequency that enhances our communicative skills. It gives us an amplified experience of articulation and the ability to deliver a message. This is about nurturing and launching the power of your mind. While Mars Day is about generating ideas, Mercury Day is about organizing and perhaps delivering those ideas too. Schedule meetings. Organize your calendar.

Network with other people that can coalesce with you in getting the “job done”. Write your purpose and mission in the form of a message. Market your business. Share your gifts.

Gene Keys Line 5 - NERVOUS SYSTEM

Fixer. Projection. Impact.

You are most fulfilled when you lead by organizing people and coordinating events and ideas. And you do it with a level of efficiency and ease.

IN BUSINESS: It's a NETWORKING DAY. Find events to attend where you can meet new people and connect.



Onion Pizza

Ingredients:

- 2-3 sweet onions
- 1/4 tsp red chili flakes
- 1-2 bunches of fresh chopped oregano
- Salt & Pepper to taste
- 1/4 cup of cheese (optional)

Instructions:

Slice the onions and place them in individual rings layer over layer in a baking dish. Sprinkle with red chili flakes, oregano, and S & P. Sprinkle with your favorite cheese. Place in the oven at 350°. Bake for about 20 minutes until the onions cook down and the cheese melt. Let it cool and cut into squares.

THURSDAY JUPITER DAY

Gratitude: Do a rampage of appreciation for all that you have learned so far this week. Do a praise practice by sending a thank you note to someone, your team or to yourself. This will amplify the feel good energy in the air on Thursdays which is that of abundance. Try a new workout or move in a way that you usually don't. Buy or do something that makes you feel luxurious.

[Click here for your JUPITER DAY Meditation, Kriya and Movement Practice](#)



THURSDAY

JUPITER DAY

Jupiter is the energy of abundance. It feels expansive and limitless. It radiates hope and if you are tapped in then it can provoke playful curiosity. Personally,

Thursday is a FUN day. You can scoop up this energy and use it to learn something new. On a cellular level you are open and receptive, so take the time to RECEIVE new skills and/or insights. Do a rampage of appreciation for all that you have learned so far this week. Buy or do something that makes you feel luxurious.

DIGESTIVE SYSTEM

IN BUSINESS: It's a CONTEMPLATING DAY. Today you clear out a portion of your schedule to visualize, have fun and expand your goals.



Roasted Rainbow Carrots with Maple Glaze

Ingredients:

2 lbs baby rainbow carrots	1/4 cup balsamic vinegar
2 tbsp olive oil	1/2 tsp ground cumin
S & P to taste	
1/4 cup pure maple syrup	

Instructions:

Preheat oven to 450° F. Toss carrots, oil, S & P to blend. Place on lined baking sheet. Bake for 22 to 25 minutes until carrots are crisp. While carrots are baking make glaze. Combine maple syrup, vinegar, cumin, S & P in a saucepan. Boil then reduce heat to medium-low for 15 minutes until glaze has thickened. Pour glaze over carrots; toss to blend. Bake for an additional 5 to 10 minutes, or until carrots are tender-crisp, and glaze is shiny.

FRIDAY

VENUS DAY

Self Love: Create some spa time. Make a romantic dinner. Smell the roses on a stroll.Meander in the sunshine and FEEL loving. Massage the details of work projects. This energy will give you more of an open hearted spirit and perhaps offer unique and otherwise unseen perspective.

[Click here for your VENUS DAY Meditation, Kriya and Movement Practice](#)



FRIDAY

VENUS DAY

Venus exudes a pulse of love, romance and beauty. It's a great day to BE in love. The magic of this frequency is that you can bend it to your benefit. The point is that love is literally "in the air". And while it always is (in infinite abundance) the earth's alignment with Venus creates a supercharged arch. It's a day to romance. Nourish and cherish rather than demand and produce. Create some spa time. Make a romantic dinner. Smell the roses on a stroll. Meander in the sunshine and FEEL loving. Massage the details of work projects. This energy will give you more of an open hearted spirit and perhaps offer unique and otherwise unseen perspective.

GENE KEYS LINE 4 - RESPIRATORY SYSTEM

Friendship. Community. Connection.

You are fulfilled by your service to others. You are at your best when you are connecting with others offering your friendship, kindness and love.

IN BUSINESS: It's a TEACHING DAY. You can exude the energy of love as you share your wisdom. Book more client sessions or classes today.



Ginger Kelp Noodle Soup

Ingredients:

4 cups boiling water	1 bunch of cilantro
4 tbsp. miso paste	1 bunch of diced scallion
Half a fresh Serrano chili, minced	
1 clove minced garlic	
3 tbsp of fresh minced ginger	
1 tbsp coconut aminos	
12 oz kelp noodles	

Instructions: Combine chili, garlic and ginger with 1 cup of water in a high-speed blender. In a separate bowl, soak the kelp noodles in boiling water and cut into smaller noodles with kitchen shears. Divide the noodles when softened into separate bowls for each person. In another small bowl, mix miso paste with a couple spoons of the boiling water to dissolve the paste. Add the rest of the water and chili, garlic, ginger liquid. Ladle the miso broth over the noodles and top with freshly chopped cilantro and scallions. .