

Return to Calm

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Your First Step to Energy Balance and Inner Calm

A Mini Freebie for Grounding and Inner Calm

Feeling stressed, overwhelmed, or disconnected? This mini-guide gives you a short reset and

reflection exercise — a taste of the Return to Calm programme. Use it to calm your nervous system, feel grounded, and reconnect with your energy.

Mini Grounding Meditation (spend just a few minutes)

- Sit comfortably with your feet on the floor. Soften or close your eyes.
- Take a slow breath in through your nose... and exhale gently.
- Imagine gentle roots growing from your feet into the earth.
- Allow your shoulders, jaw, and belly to soften.
- Silently repeat: I am safe. I am supported. I can slow down.
- Open your eyes when ready, carrying calm into your day.

Gentle Reflection / Journaling

- What part of my body feels most tense or calm right now?

- What small action could help me feel safer or more grounded today?

- What is one intention I want to carry forward this week?

Mini Energy Awareness Practice

- Place your hands lightly on your heart or belly.
- Take 3 slow breaths and notice any warmth, tingling, or movement in your energy. Do you notice any heaviness or ache. Send the breath to that point as you inhale and as you exhale imagine pulling the staleness out of your body.
- Set a small intention:
 - I invite calm and balance into my day.
 - I allow time for me without guilt.

Invitation

This mini practice is just a taste of the full Return to Calm journey. Six weeks of meditations, journaling prompts, and energy exercises to help you release stress, feel grounded, and reconnect with yourself.

To explore the full programme, please email admin@zenlifereiki.com and take the next step towards bringing calm and balance to your life.