

- 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.