

✨ 5 Quick Meditative Practices + Gentle Relaxation Poses ✨

These simple practices, each taking under a minute but help you calm your mind, settle your energy, and reconnect with your inner self.

Paired with gentle yoga/relaxation poses, they become even more grounding and effective.

🌱 1. Rooted Feet Grounding (Rebalance + Reconnect)

Place your feet flat on the ground and imagine roots growing from your soles deep into the earth. Breathe deeply and feel the earth's stability supporting you.

Suggested Pose: *Mountain Pose (Tadasana)*

Stand tall with feet hip-width apart, arms relaxed by your sides.

Feel your weight evenly grounded through both feet.

This posture enhances connection to the earth.

👁️ 2. The Noticing Practice (Presence + Awareness Reset)

Pause for a moment and identify:

- One thing you can see
- One thing you can hear
- One thing you can feel

Gently come back into the present moment.

Suggested Pose: *Child's Pose (Balasana)*

Kneel and fold forward, resting your forehead on the floor or a cushion.

Let your arms drape beside you or extend forward.

Perfect for calming overwhelm and returning to yourself.

🔥 3. Palm Cleansing Warmth (Soothe + Refresh)

Rub your hands together until warm and place them over your eyes, cheeks, or heart.

Let the warmth melt away heaviness.

Suggested Pose: *Reclined Butterfly (Supta Baddha Konasana)*

Lie on your back with the soles of your feet together and knees falling open.

Rest your warm palms on your heart or belly.
Opens the chest and soothes the nervous system.

✨ 4. The Energy Sweep (Release + Reset)

Sweep your hands around your body from head to toe, clearing tension or stagnant energy.
Repeat 2–3 times with intention.

Suggested Pose: *Standing Forward Fold (Uttanasana)*

Bend forward from the hips, let your arms hang, and soften your head and neck.
This pose helps release energetic weight, stress, and mental noise.

🌸 5. Breath of Softening (Release + Emotional Ease)

Take a slow inhale through your nose.
On the exhale, imagine your entire body softening —
your jaw, your shoulders, your stomach, even the muscles around your eyes.

With each breath, silently say:
“**Soften... soften... soften...**”

Let every exhale melt away emotional tension or tightness.

Why it works:

Softening the body signals safety to the nervous system, allowing energy to flow freely and creating immediate emotional relief.

Suggested Pose: *Seated Forward Fold (Paschimottanasana)*

Sit with legs extended in front of you.
Gently fold forward from the hips, letting the spine round and the head hang softly.
This is a nurturing, introspective pose that encourages emotional release and deep relaxation.

Benefits:

- Calms the mind
- Relieves stress
- Encourages letting go
- Helps quiet inner chatter

🌙 Bonus Relaxation Pose: Legs Up the Wall (Viparita Karani)

A deeply restorative pose for grounding, calming, and rebalancing energy.

How to do it:

Lie on your back and rest your legs vertically against a wall.

Place one hand on your heart and one on your belly.

Breathe slowly and let your body soften.

Perfect for:

- Evening wind-down
- Stress relief
- Light circulation support
- Post-Reiki integration

Closing Phrase

“Come back to my breath, come back to my body, come back to my energy.”