



EXERCISE: Self-compassion

This exercise is designed to help us become open to self-compassion. More information about this topic can be found on our blog post here: <http://bit.ly/317Wtn2>

1. Start this session by engaging in mindful breathing using the 4-7-8 breathing technique. Inhale for 4 seconds, hold for 7 seconds, and exhale for 8 seconds
2. Reiki provides a framework to develop our perspective through what is known as the 5 principles which are:
 - ☐ Today I will not worry
 - ☐ Today I will not be angry
 - ☐ Today I will work honestly
 - ☐ Today I will be grateful
 - ☐ Today I will be kind to all living things
3. Repeat the following mantras to help improve your internal beliefs about your purpose:
 - ☐ I am worthy of self-compassion
 - ☐ I offer myself kindness
 - ☐ I deserve peace
 - ☐ I deserve a life of purpose
4. Use the Reiki symbol of emotions Sei He Ki (picture A below) over any areas where you might feel tension.
5. After you have completed the Sei He Ki symbol, let your body relax and release all tension.
6. Close out your Reiki session using the mindful breathing technique of 4-7-8.

A.
Reiki
Emotion
Symbol
Sei He Ki

