

# Alignment with yourself *practices*



## 5 seconds of gratefulness

I learned this practice at a temple in India. Take a few seconds 2-3 times a day, look at the sky if possible, become aware of your breath and just be grateful for that day (no need for any thoughts, just a warm, pleasant feeling).

## Protection light

I learned this from Dolores Cannon. Imagine a bright, white line entering your head and filling and surrounding your whole body. This had divine power that could both heal and protect you. I use it every day, esp. in my Reiki sessions.



## Love your body

All your cells listen to you like you are their God. Tell your body how much you love it every day. You can even hug yourself when you wake up or go to sleep and stay like that for a few minutes. Feel the love in your whole being.



## Acts of Kindness

Look at the people around you when you walk, use public transportation or co-work. Engage in small acts of kindness or service. Helping others, even with a smile, can elevate your mood and create a positive energetic exchange.



## Mindful eating

This is so underrated! Pay attention to what you consume and how it makes you feel. Eating mindfully can enhance your connection to your body and its needs. Watch signs like your energy level, mood, or body reactions around 30 min after you ate a meal or snack.



## Positive self-talk

How is your inner dialogue going? What happens when you make a mistake? Are you kind, tender, and encouraging, or do you put yourself down and be rude? Be gentle with yourself as things take time to change and improve. You are already aware of your attitude and that's fantastic :)



Reiki healing by Ana M. Pricop  
reikihealing.world