



A collaboration among the University of Minnesota,
University of Minnesota Physicians and Fairview Health Services

Self Reiki and Grounding Exercise

1. Get into a comfortable position: sitting up in a chair, reclining, etc. Uncross arms and legs.
2. If you'd like, put on some relaxing music on your phone or computer
3. Focus on your breathing. Try breathing in to the count of 3 and out to the count of 6 (or longer; if possible, in through your nose and out through your mouth. Do 4-5 of these breaths and while you are breathing in and out, pay attention to how the breath feels in your body. Notice any areas of tightness, stress or discomfort.
4. Continue relaxed breathing without counting.
5. Now imagine as you breathe in that the air enters and sweeps up into your head.
6. As you exhale send the breath down through your body and imagine exhaling it out through the bottoms of your feet. Imagine a wave of breath rolling down through your face, neck, chest, abdomen, thighs, shins and feet.
7. If you were aware of any stress, tightness or discomfort during your breathing, let the exhaled air grab onto that tightness or discomfort and send it out through your feet into the earth.
8. It will take at least 3 of these grounding breaths to turn off your brain (which will be saying, "But I'm breathing out through my nose/mouth.") and it will begin to feel like you are literally breathing out through your feet.
9. If it helps, imagine your feet dug into the sand at the beach, and like the waves from the ocean, let the waves of breath go into the sand and disappear.
10. Continue for as long as you like. When you are finished, you will hopefully feel more grounded.