

The Essential Art of Reiki presents

# 1-MINUTE JOURNEY FROM STRESS TO WELLNESS

**Your first step to Optimal Wellness & Success**

## 1. WITNESS

**what you're  
experiencing without  
judgment.**

Where are you right now on  
the Stress to Wellness  
Continuum?  
1 is desperately stressed and  
10 is Optimal Wellness.

## 2. BREATHE

**mindfully and let your  
breath shape and align  
your body.**

Place your hands on your chest  
and belly, breathe into your hands,  
exhale through your mouth and  
inhale through your nose, pausing  
slightly after each inhale and  
exhale, as it feels comfortable.

## 3. CHOOSE

**the emotional state you  
want to cultivate.**

I choose peace in this moment.  
I create a flow of ease in my day.  
I choose appreciation and  
gratitude now.  
I have a right to relax and rest.  
I can discern, attain and achieve  
my Optimal Wellness & Success.

## 4. CONNECT

**with your Higher Self or the  
Divine beyond ourselves.**

My intuition knows what's right for me.  
I am filled with Divine Love and  
guidance.  
God, Goddess, Allah, please help me...  
Place your hands together in prayer  
position or a mudra.  
Touch a stone, crystal or special  
object you carry or keep nearby.

## WITNESS AGAIN

**Where are you now on the Stress to  
Wellness Continuum?**

This One-Minute Journey from Stress to  
Wellness is an Instant Essential Art for  
immediate transformation in any situation. Use  
the 4 cues you learn here in any order, or  
simultaneously. You'll get better with practice,  
until you can trigger this positive response in  
about a minute. By practicing this technique  
when you're feeling more peaceful and  
empowered, you'll anchor that experience, train  
your brain to remember it, and find it easier to  
call upon it when you're stressed.