

The Meditation

Find a comfortable position and allow your body to settle. Take a slow breath in. And a slow breath out. Again...Breathing in. And breathing out. There is nothing you need to achieve during this meditation. You are simply here to practise.

Allow your breathing to find its own natural rhythm. Notice the rise and fall of your chest. The feeling of your feet on the floor. The support beneath your body. For a few moments, simply notice that you are safe enough to be here.

Now imagine a recent situation that stirred an emotion within you. Perhaps someone misunderstood you. Perhaps somebody didn't reply to a message. Perhaps you felt criticised. Perhaps you made a mistake. Perhaps you felt overlooked. Allow yourself to picture the moment. Notice what happens inside you. Notice the emotion beginning to appear. You don't need to push it away. You don't need to make it stronger. Simply notice it.

Now, instead of following the emotion where it wants to take you...pause. Take one slow breath. And another. Imagine placing the emotion gently beside you rather than allowing it to pull you along. You're not rejecting it. You're making space for it.

Quietly ask yourself: What am I feeling? Allow the answer to come without judgement. Now ask: What is happening? Notice the difference between the facts and the story your mind immediately began creating.

Take another slow breath. Now ask one final question. What does this moment need from me? Perhaps it needs patience. Perhaps it needs honesty. Perhaps it needs rest. Perhaps it needs a boundary. Perhaps it needs nothing at all except a little more time. There is no right answer. Simply listen.

Now imagine yourself responding from that place. Not reacting. Responding. Notice how different that feels. The emotion is still there. But something else is there too. Space. Choice. Steadiness.

Take another slow breath. Silently repeat these words. I do not have to fear my emotions. I do not have to rush my response. I can pause. I can breathe. I can choose. Again, I can pause. I can breathe. I can choose.

Allow those words to settle. They are not simply comforting thoughts. They are a practice. A new way of meeting yourself. A new way of meeting life. Now let the image fade.

Return your attention to your breathing. Notice that you are here. This moment. This breath. This choice.

As you prepare to continue with your day, remember this: every time you pause before reacting, you're teaching your nervous system that it no longer needs to live in survival mode. Every pause is an act of courage. Every pause is an act of healing. Every pause is a reminder that your emotions can speak without making every decision. Take one final slow breath in. And gently breathe out.

Carry your pause with you. Because your freedom is not waiting somewhere in the future. It lives in every moment you choose to respond instead of react.