

The Meditation

A Moment to Pause

Find a comfortable position and allow yourself to settle. Take a slow breath in, and a slow breath out. There is nowhere for you to be right now, nothing to achieve, nothing to prove. This is simply a moment to pause. A moment to acknowledge the journey you've already taken.

As you breathe, allow yourself to reflect on everything you've explored so far. Your story, your patterns, your coping mechanisms, the ways you learned to survive, the ways you learned to abandon yourself, the impact those patterns have had on your life.

Notice that you're still here, still learning, still growing, still willing to understand yourself more deeply. Take a moment to appreciate that - not because your journey has finished, but because it's just begun.

Silently repeat: my patterns make sense, my coping mechanisms protected me, I understand the cost of survival, I can see self-abandonment more clearly, I am beginning to reconnect with myself.

Allow those words to settle. Notice what emotions arise. There's no need to change them. Simply notice.

Now imagine yourself standing at the edge of a bridge. You do not need to cross the bridge yet. For now, simply stand where you are. Looking back with understanding, looking forward with curiosity. Take another slow breath in, and a slow breath out.

Carry this thought with you: I do not need to rush my healing. I only need to keep wandering with curiosity.

When you're ready, come back to the room and trust that you're exactly where you need to be.