

The Meditation

Returning to Yourself

Find a comfortable position and allow your body to settle.

Take a slow, gentle breath in, and a slow breath out. Again, breathe in, and breathe out.

There is nowhere else you need to be, nothing you need to achieve, nothing you need to fix. For these next few moments, simply allow yourself to be.

Notice your breathing, notice the chair supporting you, notice the ground beneath your feet. Allow yourself to become still.

Now bring to mind the person you're becoming. The version of you who is learning to stay on their own side, the version who tells the truth, who honours their needs, who keeps small promises, who treats themselves with kindness, who no longer abandons themselves every time life becomes difficult.

Take a slow breath in and release.

Notice that this person is not waiting somewhere in the future, they're being created in this moment, with this breath, with this choice, with this meditation.

Now imagine the day ahead. See yourself moving through ordinary moments, waking up, making breakfast, answering a message, having a conversation, making a decision. Nothing extraordinary. Just an ordinary day.

Now imagine yourself bringing your healing habit into that day.

- ♥ Perhaps you pause before saying yes.
- ♥ Perhaps you speak kindly to yourself after making a mistake.
- ♥ Perhaps you take the break your body needs.
- ♥ Perhaps you ask yourself, what do I need?
- ♥ Perhaps you tell the truth.
- ♥ Perhaps you choose rest.
- ♥ Perhaps you simply keep one small promise you made to yourself.

Take another slow breath in and release.

Silently repeat these words:

- ♥ Every small choice matters.
- ♥ Every promise I keep matters.
- ♥ Every act of self-respect matters.
- ♥ Every day I return to myself, I become more myself.

Allow those words to settle. There is no rush, no finish line, no perfect version of you waiting at the end. There is only today, and today's opportunity to practice your promise.

The life you're creating will not be built in one extraordinary moment, the life you're creating will be built in quiet moments, moments where you choose yourself, again and again and again.

Take one final slow breath in and slowly breathe out.

As you return to your day, carry one simple intention with you: **I do not need to change my whole life today. I only need to**

keep one small promise to myself. And tomorrow, I will keep it again.

Your healing is something you're quietly practising, one ordinary day at a time.