

The Meditation

Thank You for Protecting Me

Find a comfortable position and allow your body to settle. There's nowhere you need to be right now. Nothing you need to be or achieve. Simply allow yourself a few moments to be here right now.

Take a slow breath in and release. Again. A gentle breath in. And a gentle breath out. Allow your shoulders to soften, your jaw to relax, and notice the support beneath you, the rhythm of your breathing. Notice that in this moment you are safe.

As you continue breathing slowly and naturally, bring to mind a pattern in your life that you struggle with. Perhaps it's overthinking, people-pleasing, perfectionism, anxiety, avoidance, difficulty trusting, or something else entirely. There's no need to choose the biggest pattern, simply choose one that feels present for you today.

As you think about this pattern, notice what feelings arise. You may feel frustration. You may feel sadness. You may feel compassion. You may feel nothing at all. Whatever arises is welcome.

Imagine this pattern is not a problem but a protector. Imagine that somewhere in your life, at some point in your story, this pattern learned that it had a job to do. A job to keep you safe, help you cope, help you survive. You may not know exactly when it started. You may not know exactly why it developed. That's okay. Simply imagine that it was trying to help.

As you breathe gently, silently repeat these words: this pattern was trying to protect me. This pattern developed for a reason. This pattern is not my enemy. Allow those words to settle. Notice what happens inside you as you hear them.

Now imagine sitting across from this pattern, not fighting it or judging it. Just meeting it with curiosity, with openness, with compassion. Ask it one simple question: **what were you trying to protect me from?**

You don't need to force an answer. Simply sit quietly and notice what comes. Perhaps a memory appears, perhaps a feeling, a thought, a sense of understanding. Trust whatever emerges.

Now ask a second question: **what have you been trying to do for me all these years?**

There is no right answer, only your answer. Take a few moments to sit with that. Breathing slowly, listening gently without judgment, without pressure. Whether you received an answer or not, tell your patterns: **thank you for protecting me, thank you for helping me survive, thank you for carrying this responsibility for so long.**

Take a breath.

Tell your patterns: **you don't have to work so hard anymore. I'm learning new ways to care for myself. I'm learning new ways to keep myself safe. I am learning to trust myself.**

Allow those words to settle deeply.

As this meditation comes to an end, bring your attention back to your breathing, back to your body, back to this moment. Take a slow breath in and a slow breath out.

Carry this thought with you: **the patterns that protected me are proof that I am worth protecting, that I am loved and lovable. That I matter. I honour what helped me survive as I create something new for the life I want to live.**