

The Meditation

Take a slow breath in and release.

Breathe in and release.

For a moment, let yourself remember your most resilient, strongest times, the moments you kept going, the moments you chose differently, the moments you stood back up. Quietly say to yourself:

♥ I've survived.

♥ I've learned.

♥ I've changed.

♥ I've rebuilt.

♥ I've become.

Take another slow breath in and release.

Feel the weight of those words, not as hope but as evidence.

Take another slow, deep breath in and release.

You've come a long way. The person you've been waiting to become has quietly walked beside you all along.

Today, you finally see them.