

The Meditation

The Quiet Rebel

Find a comfortable position and take a slow breath in and a slow breath out. Again...A slow breath in. And a slow breath out.

Allow your shoulders to soften.

Allow your jaw to relax.

Allow yourself to arrive fully in this moment.

There is nothing to solve right now.

Nothing to understand.

Nothing to analyse.

For just a few moments, simply be here.

As you breathe, imagine yourself standing at the edge of a familiar path. It's a path you know well. You've walked it many times before. It's the path of pleasing. The path of overthinking. The path of putting yourself last. The path of self-doubt. The path of staying quiet. The path of abandoning yourself.

You know exactly where it leads.

You have walked it often enough to recognise every turn.

Take a moment to notice how that path feels.

Not with judgment but with honesty.

Now a second path appears.

It's quieter.

Less familiar.

Less certain.

It's not been worn smooth by repetition. This path asks something different of you. It asks you to tell the truth. To honour

your needs. To trust your judgement. To take up space. To rest.
To say no when no is the truth. To say yes when yes is the truth.
To choose yourself without apology.

Notice that this path does not promise ease. It does not promise certainty. It promises something far more valuable. Freedom.

Take a slow breath.

You don't have to walk the entire path today.

You only need to take one step.

One honest step.

One courageous step.

One defiant step.

Now imagine one situation in your life where an old pattern usually takes over. See it clearly. Notice what the old version of you would normally do.

Without criticism...

Without shame...

Simply notice.

Now imagine yourself choosing differently.

Perhaps you pause before answering.

Perhaps you tell the truth.

Perhaps you ask for what you need.

Perhaps you remain silent instead of apologising.

Perhaps you walk away.

Perhaps you stay.

Whatever your act of defiance is, allow yourself to experience it fully.

Notice how it feels.

Perhaps unfamiliar.

Perhaps uncomfortable.

Perhaps surprisingly peaceful.

Take another slow breath.

Silently repeat: I do not have to do what I have always done. I do not have to obey every old pattern. I do not have to abandon myself to feel accepted. I can choose differently. I can begin again. I can interrupt the old story.

Allow those words to settle, not as wishes, but as possibilities.

Now place a hand over your heart. Feel your breathing beneath your hand and make yourself a quiet promise that feels possible:

- ♥ The next time the pattern appears, I will pause.
- ♥ The next time the pattern speaks, I will listen to myself as well.
- ♥ The next time I have a choice, I will remember that I am free to decide.

Take one final slow breath in and gently breathe out. As you prepare to return to your day, remember this: you are bold, rebellious, and defiant and you're learning to choose differently.

Refuse to abandon yourself one quiet act of defiance at a time.