

The Meditation

Take a slow breath in and breathe out. Again... breathing in and breathing out.

For a moment, let everything become still. You don't need to solve your future. You don't need to know every answer. You don't need to be certain. You only need to remember one thing: whatever happens you will not leave yourself behind.

Take another slow breath.

Think about every version of you that has brought you here.

- ♥ The frightened one.
- ♥ The exhausted one.
- ♥ The people-pleaser.
- ♥ The overthinker.
- ♥ The one who doubted.
- ♥ The one who survived.

Thank them. They did the best they could with what they knew.

Now quietly say to yourself: **from this day forward, I choose a different relationship with myself.**

I will listen. I will tell myself the truth. I will keep my promises. I will forgive my mistakes. I will learn. I will begin again. Most of all I will stay with myself.

Feel those words settle - not as hope but as a decision.

Take another deep breath and release.

As you prepare to leave this meditation, remember this: you are no longer searching for someone to trust. You have that person within yourself.