The Meditation

Understanding My Story

Bring to mind the person you are today, the thoughts you carry, the emotions you experience, the habits, reactions, and patterns that show up in your life.

Perhaps there are some you like.
Perhaps there are some you struggle with.
Perhaps there are some you wish were different.

Simply notice them. There's nothing to solve. Nothing to judge. Nothing to fix. Just notice.

Now imagine that every pattern in your life has a story. Every reaction. Every fear. Every habit. Every way of protecting yourself. Imagine that none of these appeared by accident but developed for a reason.

There is a reason I am who I am.

Allow those words to settle. Notice how they feel.

Does part of you believe them immediately.
Does part of you resist them.
Both responses are welcome.

Simply observe.

Now imagine looking at yourself through the eyes of compassion, instead of criticism, disappointment, or

frustration. Imagine seeing yourself as someone who's been doing their best with what they learned. Someone who adapted. Someone who survived. Someone who carried forward the lessons life taught them whether those lessons were helpful or not.

What if there is more to understand than there is to judge? Take a moment to reflect on this question, sit quietly with that thought. Allow it to unfold in its own time.

Take another deep breath in and slowly release.

Picture yourself standing at the beginning of a path. This path is not asking you to become someone else. It's inviting you to understand yourself more deeply, to meet yourself with greater honesty, greater compassion, greater curiosity, and perhaps, greater kindness.

Take another slow breath in and a slow breath out.

Carry this thought with you: I am not beginning this journey because I am broken. I am beginning this journey because I am ready to understand myself and understanding is where healing begins.

When you're ready, gently bring your attention back to the room. Notice the surface beneath you, notice your breathing, notice this moment.

Always remember, you and your story matter. You deserve to be understood.