

The Meditation

The Revolution Begins with One Person

Take one slow breath in and release.

Now remember who you were when you began. Not to judge them but to honour them.

They survived. You are here because they did just what they needed to do.

Now picture the person you're becoming.

Stand beside them.

Notice something.

They aren't stronger because life became easier. They're stronger because they stopped asking their past for permission to live.

Take another breath.

Silently say to yourself: **I owe my past understanding. I don't owe it obedience.** Again...**I owe my past understanding. I do not owe it obedience.**

Feel the truth of those words.

Take a deep breath in and release.

Remember: the greatest act of rebellion is not changing the world. **It's changing yourself.**

Look ahead now. Your past has had its turn.

Now you say what happens next.