

The Meditation

Take a slow, healing breath in and release. Again, a slow, healing breath in, and release.

Think back to when you began this journey. You were trying to understand why you felt the way you did. Now you're beginning to understand something far more important: that you have choice over the next decision. And then the next.

For years, you may have hoped that healing would happen to you. Now you know that healing happens through you.

- ♥ Every time you interrupt a pattern.
- ♥ Every time you tell the truth.
- ♥ Every time you protect your peace.
- ♥ Every time you choose self-respect over self-abandonment.

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You're no longer waiting for your life to change; you're becoming the person who changes it. Never underestimate how radical that is. Most people spend their lives hoping **things will be different**. You are learning to **become different**.

And that changes everything.

As you prepare to leave this meditation, remember you have all the power you need to make new and different choices.