

The Meditation

Coming Home to Yourself

Find a comfortable position and allow yourself to unwind. Let your body be supported. Let your shoulders soften. Let your hands rest comfortably. Take a slow breath in and a slow breath out. Again. A gentle breath in. And a gentle breath out. Allow your breathing to find its own rhythm.

There is nowhere else you need to be. For the next few moments, simply allow yourself to be here.

As your breath finds its natural rhythm, bring your attention inward, not to your responsibilities, or the people who need you, or to the problems you're trying to solve. Just to yourself.

Notice how unfamiliar that may feel. Not caring for others. Not helping others. Not understanding others. But simply turning towards yourself.

As you sit quietly, imagine yourself walking through a house. This house represents your life. You move slowly from room to room. In each room are people you've cared for, people you've worried about, people you've supported and protected, people whose needs, feelings, and expectations have occupied your attention. Pause for a moment and acknowledge them.

There is no resentment here. No blame. Only recognition. You've cared deeply. You've carried a great deal. You've done your best.

Now continue walking through the house. Eventually, you reach a room at the very end of a long corridor, a room you may not have visited for a long time.

You open the door. Inside is you. Not a version of you that adapts or performs or keeps everyone happy. Just you.

Notice what you see. Notice how this version of you feels. Perhaps they feel familiar, distant, or forgotten. Whatever you notice is enough. Take a seat beside them. There is no need for words or explanations. Simply sit together for a moment. Breathing. Listening. Being. Gently ask: How are you? How are *you*?

Allow whatever answer comes without judgment or correction, without rushing on to the next thing. Just listen.

Now ask another question: what do you need from me? Again, listen. Perhaps the answer is rest, honesty, boundaries, compassion, courage, attention. Whatever arises, allow it to be heard. Place a hand over your heart and silently say: I'm listening. I'm here. I've not forgotten you.

Take a slow breath in. And a slow breath out.

As you continue breathing, imagine the distance between these two versions of you becoming smaller, the gap narrowing, the connection strengthening, the relationship rebuilding, not through force or effort but through presence and willingness.

Remind yourself: my feelings matter, my needs matter, my voice matters. I matter.

Allow those words to settle deeply. Notice how they feel. If part of you struggles to believe them, that's okay. You're not trying to convince yourself. You're simply planting a seed that will grow every time you choose to listen to yourself, to tell yourself the truth, to honour a need, to remember that you belong in your own life.

Take one final slow breath in and a long, gentle breath out.

As you prepare to return to your day, carry this thought with you: I spent a long time adapting to everyone else, now I'm learning how to reconnect with me. Every time I turn towards myself with kindness, honesty, and care, I take another step towards my truth. Continue your journey knowing that the relationship you're rebuilding with yourself is the most important relationship of your life.