

The Meditation

Returning to Yourself

Find a comfortable position and allow yourself to settle. Let your hands rest gently. Allow your shoulders to soften and your breathing to find its natural rhythm.

Take a slow breath in and a slow breath out. Again. A gentle breath in. And a gentle breath out.

For these few moments, simply allow yourself to be here. Notice your breathing. Notice the support beneath you. Notice the feeling of being held by this moment.

As you continue breathing, imagine yourself standing on a path. This is the path of your life. Behind you is everything you've experienced. Every challenge. Every loss. Every disappointment. Every success. Every lesson. Every adaptation. Every way you learned to survive.

Take a moment to acknowledge how far you've come. You made it here and that matters.

Now begin wandering slowly along the path. As you wander, you notice different versions of yourself standing beside the path.

- ♥ A version of you who learned to be careful.
- ♥ A version who learned to please.
- ♥ One who learned to stay quiet.
- ♥ One who learned to carry responsibility.
- ♥ And one who learned to be whatever was needed.

Pause beside them. Look at them with kindness. Notice how hard they were trying. Notice how much they carried. Notice how much they wanted to be safe, loved, accepted, and enough. Silently say: thank you. Thank you for helping me survive. Thank you for doing the best you could. Thank you for carrying me this far. Thank you for everything you sacrificed.

Take a breath and continue wandering.

As you move further along the path, you notice:

- ♥ A forgotten dream.
- ♥ A neglected need.
- ♥ An unspoken truth.
- ♥ A boundary you never set.
- ♥ A feeling you never expressed.
- ♥ A part of your personality you learned to hide.
- ♥ A part of yourself you decided was too much, not enough, inconvenient, or unsafe.

There is no rush, no pressure, just curiosity. One by one, gather these parts of yourself - not because they're broken or need fixing, but because they belong to you.

Imagine placing each one gently back where it belongs. Reclaiming it, welcoming it, honouring it. As you continue wandering, notice how you feel - more whole, more connected, more present, more yourself.

Now stop for a moment and place a hand over your heart. Silently repeat, I am learning to come back to myself. I am

learning to listen to myself. I am learning to trust myself. I am learning that my needs matter, my feelings matter, my voice matters. I matter.

Allow those words to settle deeply. Every act of self-awareness, self-respect, self-loyalty, and self-trust is a step back towards yourself.

Take a slow breath in and a slow breath out.

As this meditation comes to an end, imagine yourself standing on the path once more. Something is different now. You're no longer wandering away from yourself. You're wandering as yourself, and that changes everything.

Carry this thought with you as you return to your day: **the life I want begins with the relationship I have with myself. I am learning, one step at a time, how to come home and stay loyal to myself.**