

The Meditation

Take a slow breath in and breathe out.

Again.

Breathing in and breathing out.

For a moment, allow everything else to fall away.

There is only one question: **whose side am I on?**

Let the answer arrive without forcing it.

Now quietly say to yourself:

- ♥ I will no longer argue against my own truth.
- ♥ I will no longer apologise for my own needs.
- ♥ I will no longer abandon myself to earn love.
- ♥ I will no longer mistake self-betrayal for kindness.

Feel yourself standing beside yourself.

Not in front. Not behind. Beside.

Steady. Present.

Whatever happens today, whatever anyone says, whatever life asks of you, there is one promise you can keep: **I will stay on my own side.**

Take another deep breath and release.

As you open your eyes, carry this with you: **the safest place you'll ever stand is beside yourself.**