



## WHAT THIS IS

A simple practice to help you get to the root of what is unsettling you, not just manage the symptoms.

## WHEN TO USE THIS PRACTICE

- When something has upset or triggered you
- When you are stuck in a loop of overthinking
- When a reaction feels bigger than the situation warrants
- When you feel a heaviness or unease you can't shake

## BEFORE YOU BEGIN

### A gentle warning

This is deceptively simple, and no prior spiritual experience is required. Your brain will likely tell you otherwise. Do it anyway.

This works because you already have everything you need inside you. You are just learning to trust it again, and all you need is a willingness to feel.

## THE PRACTICE — FOLLOW THE STEPS IN ORDER

1

**Step back from your thoughts:** Pause and notice the awareness behind the thought. That quiet presence is the real you and your greatest source of wisdom.

2

**Remind yourself, this is not about right now:** An old wound has been activated, even though it feels like it is happening now. This feeling has roots that go much further back than today.

3

**Find where it lives in your body:** Scan slowly down from your head. Where do you feel tension, heaviness or contraction? Place your attention there, not to fix it, but to feel it.

4

**Ask when you have felt this before:** Allow whatever comes up. It may be a feeling, memory or nothing in particular. Hand on heart, take a few deep breaths.

5

**Feel into that place and speak to it:** Tell that younger part of you that you see them, that what happened mattered, and that you have got them now. This is where the real shift happens.

6

**Stay with it until something moves:** A breath, a softening, tears or something else. That is it shifting. Do not rush past it.

7

**Rest in what is underneath:** Once the charge softens, just rest there. There is nothing to do or fix. This is your innate being, your true home.

8

**Notice what you know now:** A word, a feeling, an image or a quiet sense of something new. Write it down if you feel to.

## AFTERCARE

**Every time you return to yourself it gets a little easier, and you stay a little longer.** Something in you just did something brave. The more you keep coming back to this practice, the more you will realise that everything you have ever been looking for has been here all along, patiently waiting for you, so you can start living as your unapologetic, authentic self.

**After this practice, please be gentle with yourself.** Do something that brings you joy or feels nurturing, a walk, a warm drink, music you love. This work can bring things to the surface and you may need a little time to integrate what has shifted.