

Mind. Body. Soul. Holistic Therapy

Meditation: A Return to Remembrance

(Begin with soft ambient music or gentle instrumental)

Take a moment to get still.

Wherever you are—standing, sitting, lying down—just pause.

Let your eyes soften or close completely.

Let your shoulders fall just a little heavier.

Let your belly expand.

Take a deep, generous breath in through your nose...

Hold...

And let it go slowly through your mouth.

Again—inhale...

and exhale.

Let yourself land.

Here. In your body. In this moment.

Now bring to mind one thing from today's episode that lit something in you.

A food, a practice, a truth...

Something that whispered: *Yes. That's for me.*

Feel where it lives in your body.

Not your brain—your body.

Is it a flutter in your chest? A grounding in your hips?

A quiet buzz of knowing?

Let that sensation spread gently.

Let it become your remembering.

You are not behind.

You are not broken.

You are awakening.

Unraveling the static.

Reclaiming the clarity that's been waiting beneath the noise.

Let this breath...

Be your reset.

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Let this pause...
Be your ritual.

And now—place one hand over your heart, and one hand over your low belly.

Whisper this to yourself, aloud or within:

"I remember my rhythm."

"I trust the pace of my healing."

"I am not here to hustle for clarity—I am here to embody it."

"This moment is enough."

Stay here as long as you like.
When you're ready, blink your eyes open.
Stretch. Re-enter gently.

And remember:
Your presence is the medicine.
And you, sacred rebel—are the keeper of your own clarity.