

The safe place

Close your eyes and let a place appear where you feel completely safe. Real or imagined. Notice the light there, the temperature, the sounds. Let your body arrive fully. Stay as long as you like. This place is always one breath away.

What my safe place looks and feels like:

How my body felt when I arrived there:

Meeting the younger you

Breathe slowly and picture yourself as a young girl. See her clearly: her hair, her clothes, her eyes. Walk toward her gently. Tell her the words she needed to hear back then. Watch what happens when she receives them.

The words I gave her:

What she gave me back:
