

Lie or sit with one hand on your heart, the other on your belly. Feel your heartbeat. As you breathe, imagine light moving through your body, reaching even the parts you've tucked away. Say silently: "Even what I've hidden belongs." Stay here for several breaths. Let the rhythm of your heart guide you toward gentle integration. Integration means allowing even what's been hidden to return to wholeness and belonging. Return to this practice each day this week. Let it become a sacred rhythm of becoming.

Sacred Pause

"Shadow work is an act of sacred reverence — not to fix what's broken, but to meet what was hidden with presence and love."

-Amara Honeck