

Coming Back to Centre

A Gentle Peace Within Practice

There are moments when life feels spacious and manageable.

And there are others when everything seems to arrive at once.

Our thoughts become louder. Our attention gets pulled outward. We may find ourselves trying to solve everything, understand everything or hold everything together.

Coming back to centre isn't about making all of that disappear. It is simply about creating a small pause in which you can reconnect with yourself again.

You don't need special surroundings. You don't need to clear your mind. You don't need to feel peaceful before you begin.

You only need a moment.

Begin Here

Wherever you are, gently notice the support underneath your body.

Perhaps that is the floor beneath your feet. The chair underneath you. Or the bed supporting your body.

You don't have to change anything.

Simply notice:

I am here.

Allow your shoulders to soften if they want to. Unclench your jaw. And let yourself arrive exactly where you are.

Let Your Breath Bring You Back

There is no need to breathe in a particular way.

Begin by simply noticing one natural breath.

And then another.

If it feels comfortable, allow your next breath out to become just a little longer.

Nothing forced. Nothing exaggerated. Just a gentle exhale.

Then quietly remind yourself:

I don't have to deal with everything in this moment.

Take another breath.

I am allowed to pause.

And another.

I can come back to myself.

Stay here for as long or as little as feels right.

Even three conscious breaths can create a tiny piece of space.

And sometimes that tiny piece of space is all we need.

What Do I Need Right Now?

Not tomorrow. Not next week. Not what everybody else needs from you.

Just now.

You might gently ask yourself:

What would support me in this moment?

Perhaps the answer is rest. Movement. Water. Fresh air. Quiet. Music. A conversation. A boundary. Doing one small practical thing. Or doing absolutely nothing for five minutes.

You don't have to analyse the answer. Simply notice what comes.

Your Gentle Reset

Pause.

Notice where your body is supported.

Breathe.

Take three gentle, unforced breaths.

Return.

Remind yourself: *I am here.*

Choose.

Ask: *What would support me right now?*

That is enough.

You don't have to find your way through the whole journey at once.

Sometimes peace begins with simply coming back to this moment.

Peace Within

A gentle place to return to yourself.