



Belly Breathing

- 1. Place one hand on your belly and one on your chest.*
 - 2. Inhale slowly through your nose for a count of 4, letting your belly rise like a soft balloon.*
 - 3. Hold for 1–2 seconds (optional).*
 - 4. Exhale gently through your mouth for a count of 6, feeling your belly fall.*
 - 5. Repeat for 3–5 breaths, keeping the breath slow, low, and steady.*
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FROM CARRIE DYER



Grounding Tree

"Imagine yourself as a tree-tall, steady, rooted in the earth. Picture your roots going deep into the ground, holding you firmly, giving you strength.

Notice your trunk-strong, upright, centered. Your branches reach upward connected to light, air, and space.

As you breathe, feel energy moving up from your roots, through your trunk, and out your branches. This steadiness is always within you. Whenever you feel shaken, you can return to your tree and its roots."

FROM CARRIE DYER



Light Stream

“Imagine a warm, gentle light above your head. It might be golden, white, or any color that feels right to you. See it slowly flowing down, washing over your body. As it moves, notice how it brings warmth, safety, or healing. Let it move through your head, shoulders, chest, arms, all the way down to your feet. Wherever the light goes, tension softens. You can imagine this light surrounding you whenever you need calm or comfort.”

FROM CARRIE DYER