

### Introduction

"As you settle into a comfortable position, allow yourself to be here, fully, in this moment. Close your eyes gently. Begin to notice the rhythm of your breath—each inhaled, a wave of calm washing over you; each exhaled, a release of all that weighs you down. Imagine your breath as a bridge to deeper parts of yourself, inviting you into a space of profound tranquility and understanding."

### A Journey Within

"Let's journey inward together, not just to visit, but to truly connect with the essence of who you are. Picture your breath as a gentle breeze, guiding you to a sacred space within your heart. This place, uniquely yours, holds the key to boundless love and wisdom. It's here, in this sanctuary, that you'll meet the most authentic part of yourself—your inner child."

### Creating a Safe Space

"In this haven, every detail caters to comfort and safety, tailored by your deepest desires for peace. Notice how this place makes you feel. As you explore this sanctuary, you find a spot that feels especially inviting. Here, the air is filled with a sense of warmth and acceptance, nurturing every part of your being."

### Meeting Your Inner Child

"In the heart of this sanctuary, your inner child awaits. They've been longing for this moment of recognition and connection. Approach them with a spirit of curiosity and love. Sit with them, offering your presence as the most precious gift. This is a reunion of hearts, a sacred moment to listen and understand each other deeply."

# 5 Guided Somatic Breathwork Exercises



## Healing Grief Meditation

01:10

04:10



## Communication Foundations

- Communication Basics
- Expressing Yourself
- Setting Boundaries
- Tools for Mindful Communication
- Navigating Conflict
- Cultivating Connection
- Non-Violent Communication



Non-violent communication (NVC) is all about talking to each other in a kind and understanding way. It helps us express our true feelings and needs without blaming or criticizing others.



Resources from this lesson:

[NVC Phrases PDF](#) [Feelings Wheel Download](#)

[Communication Styles PDF](#) [Navigating Conflict Dialogue Sample](#)

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