



RETURNING TO THE PRESENT

# WORKBOOK

MODULE FOUR

A special place to find your voice again.





# Welcome!

Welcome to Module Four: Returning to the Present.

This module invites you to connect deeply with the present moment, rediscover your voice, and strengthen your sense of self-worth. Healing is not about forgetting the past, it's about giving yourself the gift of moving forward with love and courage.

In these pages, you'll find tools and practices to support this journey, including:

- A mindfulness meditation to anchor into the now
- Ocean breathwork to calm and energize the body
- A five-senses grounding practice
- Voice activation exercises through mirror work and speaking your truth
- Laughter therapy to rebuild joy and confidence
- Journaling prompts, affirmations, and space to reflect on gratitude

Take your time with each practice and let them guide you gently back to yourself. Remember, every step you take is an act of love and a reminder that your light matters.



xo, Lynne.





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**Solara's Pearls of Wisdom**

**“Authenticity is the most beautiful  
sound your soul can make”**

# Setting Your Intention

This next step is all about learning to find your voice.

Take a few moments to breathe deeply and ask yourself.

What does finding my  
voice mean?

01

How would this improve  
my life?

02

What do I see as my biggest  
Challenge?

03

What steps am I going to  
take?

04

# Checklist

There are many scenarios that can occur while achieving your goals. Let's explore your current habits and beliefs in this section.

I believe my feelings are valid

- ☐ Agree
- ☐ Disagree
- ☐ Seldom

I love myself even though my emotions change everyday.

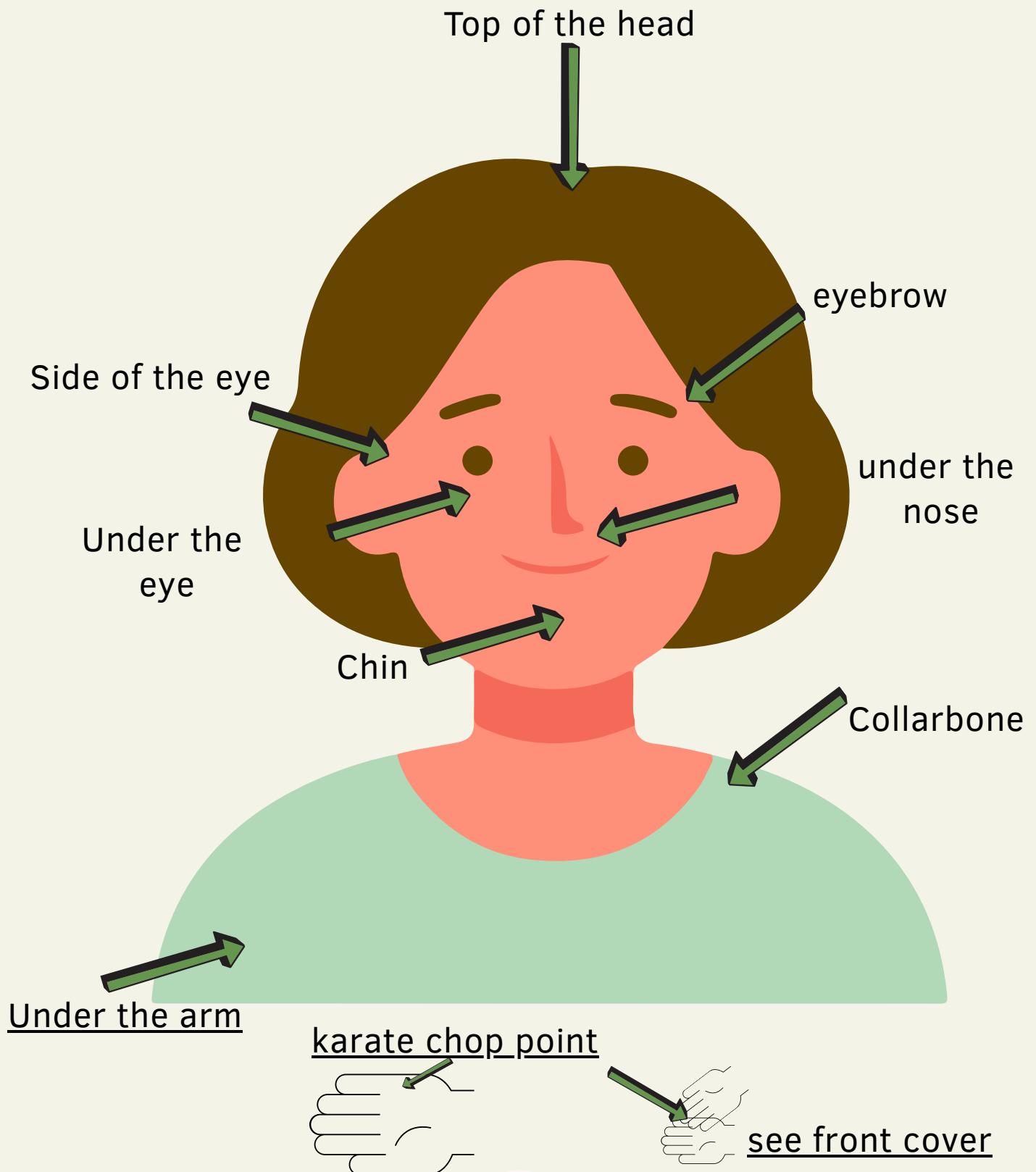
- ☐ Agree
- ☐ Disagree
- ☐ Seldom

I know how important daily self care is  
My routine includes =

- ☐ Agree
- ☐ Disagree
- ☐ Seldom

Reminder: You heal in your own time.

# EFT tapping points





# Emotional Freedom Technique With Ho'oponopono.

EFT is a simple tapping technique that calms the nervous system and clears emotional energy blocks. By tapping on the specific energy meridian points while speaking truth and compassion, you can:

- 1.Reduce stress and anxiety.
- 2.Let go of painful emotions.
- 3.Heal from grief, guilt, fear and shame.
- 4.Reconnect with your inner peace.

Ho'oponopono is an ancient Hawaiian practice of reconciliation and forgiveness.

At its core are four simple yet powerful phrases.

I'm sorry, please forgive me, Thank you and I love you.

These words carry the energy of release, compassion and healing. When we say them whether directed towards ourselves, another person, or even a painful memory. We begin to dissolve emotional blocks and open our hearts to peace.

When combined with EFT tapping, Ho'oponopono becomes even more powerful. The physical act of tapping calms the nervous system, while the words soothe and reprogramme the heart and mind. Together, they help release grief, pain, resentment and invite forgiveness and love back in.

It's energy healing you can do for yourself anytime, anywhere.

# Emotional Freedom Technique With Ho'oponopono.

**EFT Tapping/Ho'oponopono Routine: Finding your voice.**

**Before you start take a deep breath and think of a number between 1-10 representing your feelings 1 = low 10 =high**

Settle In:

Take a deep breath in... and let it out slowly.

Place your hands gently over your heart, and take a moment to acknowledge your courage for being here. Today, we will use EFT and Ho'oponopono together to release what blocks your voice and open the way for authentic self-expression.

**Karate Chop Point - Setup Statement (Repeat 3x):**

**“Even though I sometimes hold back my voice, I deeply and completely love and accept myself.”**

**“Even though I’ve felt silenced or unseen, I choose to honour my truth now.”**

**“Even though it feels scary to speak my truth, I am open to releasing this fear with love.”**

**Solara's Pearls of Wisdom**

**The present moment is a gift that never runs out.**



# Emotional Freedom Technique With Ho'oponopono.

**Tapping Sequence: (while gently speaking the phrase)**

- **Eyebrow: "I'm sorry.... for all the times I silenced myself."**
- **Side of Eye: "Please forgive me....for not honouring my voice."**
- **Under the Eye: "Thank you... for every lesson that taught me my voice matters."**
- **Under the Nose: "I love you... for showing up now, ready to speak your truth."**
- **Chin: "I'm sorry... for the weight I've carried in silence."**
- **Collarbone: "Please forgive me... for believing my truth wasn't worthy."**
- **Under Arm: "Thank you... for guiding me back to presence and courage."**
- **Top of Head: "I love you... for being here, for being you, for shining your light."**

**Solara's Pearls of Wisdom**  
**Every breath is a doorway back to you**

# Emotional Freedom Technique with Ho'oponopono

## **Positive Round**

**Place both hands over your heart, breathe deeply.  
Now we tap one more round.**

- Eyebrow: “I am safe to speak.”
- Side of Eye: “ My voice matters.”
- Under Eye: “My truth is love.”
- Under Nose: “Others love what I say.”
- Chin: “I am worthy to be heard.”
- Collarbone: “My voice is strong,”
- Under Arm: “I trust in my voice, to guide my path.”
- Top of Head: I am free, I am loved, I am whole.

# Emotional Freedom Technique with Ho'oponopono

Take a slow, deep breath in through the nose... and exhale through the mouth with a sigh.

Notice how your body feels.

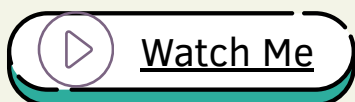
Notice the calm, the presence, and the lightness returning.

Ask yourself, if you could give these feelings a number what number would it be?

How did this number compare to the number you started with?

If this number is still high, do this practice again. You are aiming to have a number under 5.

Remember, this is your practice. You can adapt the words, add your own truths, or simply follow along with me in the video. Each time you return to this exercise, you strengthen the pathway of forgiveness, presence, and authentic self-expression.



EFT Tapping Routine: finding your voice



# Emotional Freedom Technique with Ho'oponopono

How did this routine make you feel?

*Write your answer here*

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## The Empty Chair Exercise

This is a lovely exercise to let go of any unspoken words that are holding you back in the safety of your own environment.

Start by placing an empty chair in front of you. This chair will become a space for conversation, for the words that were left unspoken, for truths that need to be released, or for the love that still longs to be expressed.

(grounding):

Take a few moments to settle into a comfortable position. Place your feet firmly on the floor, feel the ground beneath you. Take a slow, deep breath in... and exhale fully. Allow your body to soften and your mind to arrive, here in this moment.

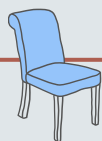
Step 1 – Invitation:

Close your eyes and imagine the person you wish to speak to, sitting in that chair. It could be a loved one who has passed, someone still living, or even a part of yourself that you've silenced. See them there, present with you, listening with compassion.

When you're ready, gently open your eyes and look towards the chair, as though they are truly with you.

Step 2 – Speaking Your Truth:

Begin to speak aloud what you wish to say. There is no right or wrong here. You may want to share words of love, forgiveness, anger, regret, or gratitude. Allow the words to flow freely, without judgment.



## The Empty Chair Exercise

If you struggle to find the words, you can begin with simple phrases like:

“I wish I had told you...”

“I’m sorry for...”

“Thank you for...”

“I forgive you for...”

“I love you because...”

Let your voice carry what your heart has been holding.

Step 3 – Listening:

Now take a moment to imagine what they might say in response. Hear their words, or feel their energy. You may sense forgiveness, love, or simply a calm presence. Trust whatever arises.”

Step 4 – Closing:

When you feel complete, place your hand on your heart and take a deep breath. Thank yourself for having the courage to give your voice space today. Know that what you have spoken has been heard.

When you are ready, imagine the person or part of yourself gently leaving the chair. Take one last deep breath, and return fully to the present moment, feeling lighter, freer, and more connected to your truth.

## Solara’s Pearls of Wisdom

**Your voice is not too much, it is exactly what  
the world needs to hear.**





## The Empty Chair Exercise

You can return to this exercise whenever you feel words rising inside you. Each time you practice, you strengthen your voice, releasing what no longer needs to be carried, and make space for peace and presence within.

For a **shorter 5-minute** daily empty chair exercise:

### **Step 1 – Grounding**

Sit comfortably, place your hand on your heart, and take a slow, deep breath in and out. Imagine your voice resting inside your chest, ready to rise gently.

### **Step 2 – The Chair**

Picture the empty chair before you. See the person (or part of yourself) you want to speak to sitting there, listening with compassion.

### **Step 3 – Speak One Truth**

Say just one thing your heart wants to release. It might begin with:

- ♥ “I wish you knew...”
- ♥ “I forgive you for...”
- ♥ “I want to thank you for...”
- ♥ “I am learning to...”

Allow the words to flow naturally. No need to overthink — one sentence is enough.

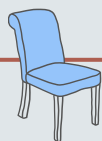
### **Step 4 – Release and Affirm**

Close with a simple affirmation:

“My voice matters. My truth matters. I am safe to speak.”

### **Step 5 – Return to Present**

Take one final breath, place your hand on your throat, and whisper softly: “Thank you.” ♥



# Mirror Work



## Speaking Your Truth

This can be uncomfortable when you first start this practice.

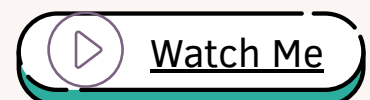
Facing a mirror and looking at ourselves and saying a few positive words can have a very big impact.

### The Practice

Sit with a mirror, gently look into your eyes. Place one hand on your heart and say:

- ♥ My voice matters.
- ♥ I am safe to express myself.
- ♥ I speak with love and confidence.
- ♥ I release all fear of speaking my truth.
- ♥ My voice is a vessel of light and healing
- ♥ My voice is free.
- ♥ My truth is kind.
- ♥ I express myself with love and confidence.
- ♥ I am proud of you.
- ♥ You are enough, just as you are.

Add more phrases that feel right for you.



# Mirror Work



## Daily Mirror Mantra

Stand before the mirror, meet your own eyes, place a hand over your heart or throat, and say slowly:

“I see you.”

“I love you.”

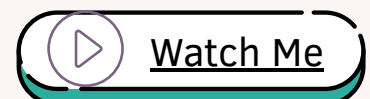
“My voice matters.”

“Today, I choose to speak my truth with kindness and courage.”

Take a deep breath, smile softly at yourself, and carry that energy into your day.

## Solara's Pearls of Wisdom

When you silence your truth,  
you dim your light.  
When you speak, you shine.



# Mirror Work



## Speaking Love into the Soul

Notice how your body responds as you say each phrase. You might feel warmth, resistance, or even tears. All of these are signs that healing is happening.

Use this space to write down how this exercise made you feel.

# The Seven Main Bija Mantras and Chakras

Each of the seven main chakras has its own sacred sound:

Root Chakra (Muladhara) – LAM

Grounding, safety, connection to the earth.

Sacral Chakra (Svadhithana) – VAM

Creativity, flow, emotional balance.

Solar Plexus Chakra (Manipura) – RAM

Confidence, willpower, personal strength.

Heart Chakra (Anahata) – YAM

Love, compassion, emotional healing.

Throat Chakra (Vishuddha) – HAM

Truth, self-expression, communication.

Third Eye Chakra (Ajna) – OM (sometimes AUM)

Intuition, clarity, insight.

Crown Chakra (Sahasrara) – Silence or OM

Divine connection, spiritual awareness.



Bija Mantra HAM exercise



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## Ocean Breath

Ocean Breath is a gentle yet powerful breathing technique that calms the mind, grounds the body, and helps regulate emotion. As you breathe through the nose and slightly constrict the back of the throat, your breath begins to sound like the gentle waves of the sea steady, rhythmic, and soothing. This practice symbolises balance and presence, the steady in-and-out flow, mirrors the tides of life.

Take your time to settle into the moment.

Sit up tall with your shoulders relaxed away from your ears and close your eyes.

Become aware of your breath without trying to control it at all.

Then begin to inhale and exhale through your mouth if you have been breathing through your nose.

Bring your awareness to your throat. On your exhales, constrict the passage of air slightly. Imagine that you are fogging up a pair of glasses. You should hear a soft hissing sound.

Once you are comfortable with the exhale, begin to apply the same contraction of the throat to the inhales. You should, once again, hear a soft hissing sound. This is where the name of the breath comes from: it sounds like the ocean. (It also sounds like Darth Vader.)

When you are able to control the throat on both the inhale and the exhale, close the mouth and begin breathing through the nose.

Continue slightly constricting the throat like you did when the mouth was open. The breath will still make a noise coming in and out of the nose. This is ujjayi breath.





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## Ocean Breath Meditation Script

Find a comfortable seated position. Rest your hands gently on your knees or over your heart.

Close your eyes, and begin to breathe slowly through your nose.

Take a deep, steady breath in through your nose...

And exhale softly through your mouth with a gentle sigh.

Let your body relax. Feel the weight of your shoulders melting down, your jaw softening, your mind beginning to quiet.

Now, close your mouth and breathe in and out only through your nose.

As you breathe, slightly constrict the back of your throat — just enough to create a soft sound, like the ocean's tide.

Listen to the rhythm of your breath —  
the gentle whoosh of waves flowing in and out.

Inhale slowly for a count of four...

1... 2... 3... 4...

Exhale for a count of four...

1... 2... 3... 4...

Keep your breath smooth and steady.

With every inhale, imagine you are drawing in calm, healing light.

With every exhale, imagine you are releasing tension, worry, or fear, letting it drift away like waves returning to the sea.



## Ocean Breath Meditation Script

If your mind wanders, bring it back to the sound of your breath.  
Let it remind you: I am here. I am present. I am enough.

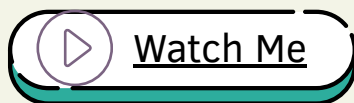
Continue for a few more gentle cycles, each breath slower and softer than the last.

Now whisper softly to yourself:

“My breath is the ocean — constant, powerful, peaceful.  
I return to its rhythm whenever I need calm.”

Take one final, deep ocean breath in...  
And slowly exhale, letting go completely.

When you're ready, open your eyes and feel the stillness within you as though the tide has returned to shore, and peace has washed through your body.



**Solara's Pearls of Wisdom**  
**Moving forward is an act of courage**  
**and courage is love in motion.**

Journal after this practice, even just a few sentences about what you felt in your throat, body, or emotions. It makes the subtle shifts more real and trackable.

You might ask yourself:

- ♥ What did I notice in my body as I breathed?
- ♥ Did any emotions, thoughts, or memories surface with the rhythm of the waves?
- ♥ How did the sound of my breath make me feel — calm, strong, peaceful, or connected?
- ♥ Do I feel more ready to express myself or speak my truth?

**Solara's Pearls of Wisdom**  
**Your worth does not depend on the past.**  
**It is your birthright.**



## The Five Senses Grounding Exercise

The five-senses grounding exercise is a lovely practice that will return you to the present, finding your voice and anchoring yourself in the here and now.

We lean on this practice when our emotions rise, or our thoughts drift, it gently guides us back into our body and into the safety of the present moment, where healing and truth can unfold.

The Five-Senses Grounding Script:-

Find a comfortable place to sit or stand.

Take a slow, deep breath in through your nose...  
and release it gently through your mouth.

Let your shoulders relax.

Let your body soften.

Let this moment be enough.

Now we begin by gently awakening your senses — one at a time.

There is no rush; simply allow yourself to notice.

👁️ 👁️ 1) What You Can See

Look slowly around you.

Name five things that you can see.

It could be the colour of the walls, the light from a window, a plant, or your own hands resting in your lap.

Take your time.

Notice the shapes, the colours, the tiny details you might usually miss.



## 2) What You Can Hear

Now, close your eyes if that feels comfortable.

Listen carefully and name four sounds you can hear.

It might be the sound of your breathing, the hum of a distant appliance, birds outside, or even silence itself.

Let these sounds remind you — you are here, alive in this moment.

## 3) What You Can Feel

Next, bring awareness to three things you can touch.

Perhaps the texture of your clothing, the chair beneath you, or the ground under your feet.

Notice the sensations — soft, cool, warm, smooth, rough.

Let touch bring you back into your body, safe and supported.

## 4) What You Can Smell

Now, gently notice two scents around you.

It might be your cup of tea, a candle, fresh air, or the subtle scent of your own skin.

If you can't smell anything right now, simply take a deep breath and imagine the smell of something that brings you calm — the sea breeze, lavender, or morning rain.

## 5) What You Can Taste

Finally, bring your awareness to one thing you can taste.

Perhaps a sip of water, the lingering taste of tea, or simply the freshness in your mouth as you breathe.

Be fully present with it — this small, simple sensation grounding you in the now.





Take one more slow, deep breath.

Feel all five senses alive and awake.

You are safe. You are here. You are present.

Whisper softly to yourself:

- ♥ I am anchored in this moment.
- ♥ I am grounded in my body.
- ♥ I am calm, whole, and free.

When you are ready, open your eyes and carry this peaceful awareness with you through the rest of your day.



Use the space below to write down any feelings that came up ♥

A large, empty rectangular box with a light beige background and a thin red border, intended for writing down feelings.





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## The Laughing Therapy

Guided Practice:

Take a moment to get comfortable, either sitting or standing. Let your shoulders drop and take a deep, calming breath in... and out.

I want to begin by reminding you: it is safe to laugh again. It is safe to smile. Feeling joy does not mean you love the person or situation you've lost any less. It simply means you are allowing light to share space with the darkness. Both can exist together.

Now, place one hand on your heart and take another deep breath in. As you breathe out, let out a soft, gentle “ha.” Even if it feels silly, or forced, it's okay. Let's try again—inhale... and on the exhale, “ha, ha, ha...”

Notice how your chest and throat feel as you do this. Laughter is a vibration—it shakes loose the heaviness inside.

Allow the sound to grow, if it wants to. Maybe a chuckle, maybe a bigger laugh. Don't worry if it feels awkward—your body doesn't mind. Even pretend laughter has the same healing effect.

Keep this going for a few breaths. Inhale deeply... and exhale with laughter. “Ha... ha... ha...” Allow it to flow in its own rhythm. If a real laugh bubbles up, let it out fully. If not, that's perfectly okay—the intention alone is powerful.

**Solara's Pearls of Wisdom**  
**Laughter is proof that healing can be joyful.**



Now, place your hand back on your heart. Notice how your body feels lighter, looser, a little more alive. This is the gift of laughter: a reminder that joy still lives within you.

Take one final breath in... and sigh it out with a smile.

Remember: it is okay to laugh. It is okay to feel joy again. Joy is not forgetting, it's remembering the light that still exists within you.



How did this exercise feel for you? use the space below to jot down those feelings



# Mindfulness Practice



## The Hand-to-Heart Listening Practice:

A grounding, voice-opening practice for presence and self-connection. When someone has been carrying grief, trauma, or long periods of silence, the first step to finding their voice again is learning to listen inwardly.

This simple mindful exercise teaches you how to return to the present moment, soothe the nervous system, and reconnect to your own inner truth, gently releasing tension stored in the throat and chest. It also beautifully supports the throat chakra healing because mindful listening is the foundation of authentic expression, helping you to feel safer to use your voice.

## Mindful Exercise Script: “Hand-to-Heart Listening”

Begin by sitting comfortably, feet on the ground, spine relaxed.

Let your hands rest softly in your lap.

When you're ready, place one hand over your heart and one hand over your throat.

Take a slow breath in... and a long soft breath out.

Feel the warmth of your hands.

Feel the rise and fall of your chest.

Now allow yourself to arrive — here, in this moment.



### Step 1 — Notice

Bring your awareness to your heart.

Notice the sensations beneath your hand:

A pulse... a warmth... a softness... maybe even a heaviness.

There is no right or wrong — only noticing.

### Step 2 — Ask

Silently ask yourself:

“What is present in me right now?”

A feeling, a word, a sensation, or even silence may arise.

Whatever comes is welcome.

### Step 3 — Receive

Breathe gently into the heart and then the throat.

Imagine your breath travelling from your heart...

up through your throat...

into the space behind your voice.

Allow the two centres to connect — your emotion and your expression.

Your truth and your voice.



#### Step 4 — Affirm

Quietly repeat:

“I hear you. I honour you. I am here.”

Let this message sink into your body like warmth spreading through your chest.

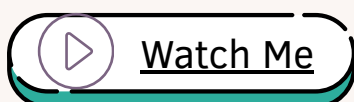
#### Step 5 — Return

Take one more slow breath in...

and a long gentle breath out.

Lower your hands whenever you're ready.

Carry this sense of peace with you, knowing your voice begins by listening inward.



# Meditation



In every module I will include a meditation because of the benefits.

A little reminder meditation:-

- ♥ Helps to reduce stress, helping you to have a better night's sleep.
- ♥ Helps to control anxiety and depression.
- ♥ Improves your emotional health.
- ♥ Enhances self awareness.
- ♥ Lengthens attention span.
- ♥ Improves memory.
- ♥ Decreases blood pressure.
- ♥ Helps to calm the mind.

**Solara's Pearls of Wisdom**  
**Your story matters, and so does your voice.**



# Meditation



I have included different meditations in this module to show the different styles we can use as we discover our connection to the present moment and to the power of our voice.

Meditation supports this journey in a tender, powerful way, helping us quieten the noise around us and listen within.

## Mindfulness Meditation: Returning to the Now

(Approx. 6–8 minutes)

Take a comfortable seated position. Allow your body to settle and your shoulders to soften. Gently close your eyes.

Breathe in deeply through your nose... and slowly out through your mouth.

Let the rhythm of your breath guide you home.

As you inhale, silently say: “I am here.”

As you exhale, silently say: “I am now.”

# Meditation



Feel your breath as it moves through your body — steady, grounding, present.

If your thoughts begin to wander, that's okay. Gently bring them back to the feeling of your breath — the rise and fall, the quiet flow of air.

Now bring awareness to the sensations around you.

The feeling of the chair supporting you...

The air on your skin...

The sounds in the distance...

You are safe. You are present. You are enough, exactly as you are.

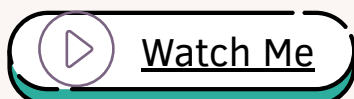
Allow yourself to rest here for a few moments — simply breathing, simply being.

When you're ready, whisper softly to yourself:

"I return to this moment whenever I need peace.

The present is where I find my strength."

Take one last deep breath... exhale slowly... and gently open your eyes.



# Meditation



## Meditation: The Importance of Your Words

(Approx. 8 minutes)

Sit comfortably and take a few deep breaths.

Allow your jaw to relax, your shoulders to soften, your body to feel supported.

Now bring your awareness to your throat — the space for your voice and self-expression.

Notice how it feels. Is there tension, warmth, openness, resistance? Simply observe, without judgment.

Take a gentle breath into this space. Imagine a soft blue light swirling in your throat — calm, clear, luminous.

With each breath, this blue light grows stronger, flowing through your throat, your heart, and your mind.

It is the colour of truth, clarity, and peace.

Now, bring your attention to your words — both spoken and unspoken. Think of how you speak to yourself each day.

Do your words lift you up, or do they hold you down?

There is no need to judge — only to notice.

# Meditation



Take a breath, and repeat quietly in your mind:

“My words carry power.

My words can heal.

I choose to speak with love.”

Feel this affirmation ripple through your entire being — softening your thoughts, brightening your heart, freeing your voice.

Now picture yourself surrounded by gentle blue light.

Each time you inhale, this light fills your throat with clarity.

Each time you exhale, you release any words that no longer serve you.

Rest for a few more breaths in this peaceful energy.

When you're ready, whisper softly:

“I honour my voice. I speak with awareness and kindness.

My words are a reflection of my light.”

Take one last deep breath, exhale slowly, and return to the present moment — refreshed, open, and in harmony with your voice.



# Meditations

Reminder : Every win and milestone should be recorded. You may add new pages as needed.

	BEFORE	AFTER
How did the meditation make you feel?		
What were your thoughts?		

# Affirmations

Say these affirmations, take a deep breath  
and then write how they made you feel.

I release the need to rush  
I trust in my natural rhythm



*Write your answer here*

My voice is clear, confident and kind..

*Write your answer here*



I speak with love and listen with compassion.

*Write your answer here*

# Affirmations

Say these affirmations, take a deep breath  
and then write how they made you feel.

I am safe in this present moment.

*Write your answer here*



I am learning to express my needs without guilt.

*Write your answer here*



I trust my inner wisdom to guide my words.

*Write your answer here*



# Reflection Questions

Take a moment to breathe and honour how far you've come. This isn't easy work—but it's sacred. Before you close this module, let's gently reflect...

ACTUAL FEELINGS	HOW CAN I CHANGE THESE?
What truth inside me has been waiting to be spoken?	
What emotions do I silence, and what might happen if I allowed myself to express them safely and honestly?	
What memories still bring a sting of sadness? What would I say to that version of me now?	
How do I currently speak to myself, and how would my life change if I used kinder words?	
Which situations make my voice feel tight or quiet, and what support do I need to feel more confident there?	
What gives me a feeling of inner strength, and how can I invite more of that into my weeks ahead?	



# Gratitude Reflection

When we express all the things to be grateful for, we are allowing more love and joy to enter that space.

Let's gently reflect...

Returning to the Present • Hearing Your Truth • Finding Your Voice

Find a comfortable position, either seated or lying down.

Let your shoulders soften, let your jaw relax, and your breath to slow...in your own time... at your own pace.

When you're ready, place one hand on your heart...and one hand on your throat... the bridge between feeling and speaking.

Take a slow breath in...and a gentle breath out.

Allow yourself to arrive here — now — in this moment.

## Begin to Notice

With your next breath, invite your awareness to settle into your heart space.

Feel the warmth beneath your hand, the gentle rise and fall.

Whisper quietly within yourself:

- ♥ I am here.
- ♥ I am safe.
- ♥ I am listening.

## Acknowledge the Journey

You have walked through emotions, memories, and moments that once felt too heavy to hold.

You've shown yourself patience, courage, and honesty.

Take a moment to honour that.

Breathe in gratitude... and breathe out softness.

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allowing more love and joy to enter that space.  
Let's gently reflect...

## Open to Gratitude

Now gently bring your awareness to something — anything — that  
you feel grateful for today.  
It might be a moment of calm.  
A breath that felt spacious.  
A message of support.  
A small act of courage.  
Or simply... the fact that you showed up.  
Let this feeling settle in your heart.

## Connect Heart and Voice

As you breathe, imagine gratitude flowing from your heart.  
Up through your throat...  
Gently clearing and softening your voice.  
Feel that connection —  
Emotion meeting expression...  
Truth meeting breath.  
Whisper to yourself:  
“My voice is awakening.  
My truth is returning.  
I am grateful for who I am becoming.”

## Expand the Gratitude

Let your mind wander gently across the last few days or weeks.  
What strengthened you?  
What supported you?

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When we express all the things to be grateful for, we are  
allowing more love and joy to enter that space.

Let's gently reflect...

What brought you even a moment of comfort?  
Allow each memory to become a soft light glowing within you.  
You don't have to force anything.  
Just notice what naturally rises.

## Settle in Presence

Take another slow breath in...  
and a long, soothing breath out.  
Feel your hand on your heart.  
Feel your hand on your throat.  
This is your place of presence.  
Your place of truth.  
Your place of voice.

## Closing

When you're ready, whisper one final affirmation:  
I am grateful for my healing.  
I am grateful for my voice.  
I am grateful for myself.  
And gently allow your breath to return to its natural rhythm.  
Slowly open your eyes...  
and return to your day with a softer heart and a clearer voice.



# Gratitude reflection

Write here how this exercise made you feel

**Write about all the things you have learnt or experienced doing this course here.**



## **Revisiting The Distant Healing Session**

Each module of this course takes you through a tender stage of your healing journey. As you awaken your light, release heavy emotions, and begin to heal, you are opening yourself on a deep level—mentally, emotionally, and spiritually. These practices can sometimes stir old memories or bring forward feelings that you’ve carried for a long time. That’s why it is so important to create balance and support after each step.

Distant healing offers this balance. Think of it as a soothing balm for your energy system. When we release emotions or work through grief, our energy field can feel raw or exposed. Distant healing helps to integrate what has been learned, bringing a sense of peace and wholeness. It grounds you gently, helping you feel steady and safe as you move forward.

Another benefit of repeating distant healing after each module is consistency. Just as affirmations and journaling create change through repetition, returning to this practice reinforces your journey. It reminds you that you are not walking this path alone and that support is always available to you.

This healing session can help you relax and encourage the body to restore itself. Clearing away what no longer serves you, helping you release emotions and stress, allowing peace to calm the mind, and making way for new thoughts to come in.

You can think of it as placing a protective layer of light around yourself at the end of each module—a soft shield of love and support that prepares you for the next step in your journey.



# Daily Planner

• • • • • • •  
M T W T F S S

Date \_\_\_\_\_

Things To Do

Inspirations

Reminders

Notes

# Weekly Planner

Date \_\_\_\_\_

Thursday

Monday

Friday

Tuesday

Saturday

Wednesday

Sunday



# Monthly Overview

For the Month of : \_\_\_\_\_

How did I feel today? 😊 😐 😞 😭 😡 😴

M	T	W	T	F	S	S

ON HAND TASKS

COMPLETED TASKS



# Thank you!

For allowing me to be part of your healing journey.

It takes courage to return to the present, listen inwardly and reconnect with your own voice. Learning to hear yourself again after a time when your voice may have felt quiet or hidden. Through mindfulness, breathwork, reflection and simple practices of speaking out. These practices will help you to make subtle shifts to allow your voice to return gently and to start listening to yourself again.

Follow for more inspiration and healing guidance

Healing energy and light

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