



THE GENTLE PRACTICES COLLECTION

Practice Two

Releasing What Isn't Yours to Carry

A 10-MINUTE GENTLE PRACTICE
*for Letting Go of Emotional Weight
That Was Never Yours to Hold*



Healing by Bridget®

HELPING WOMEN COME HOME TO THEMSELVES





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BEFORE YOU BEGIN

Find a **quiet space** where you won't be interrupted for the next **10 minutes**.



You may wish to have a **journal**, a **warm cup of tea**, and a **cozy blanket** nearby.



There is no right or wrong way to move through this practice.
Simply go at your own pace, pausing whenever your heart needs a little more time.



This is your time.
A moment to gently return to yourself.



Take one slow breath in...
And slowly exhale.

When you're ready,

LET'S BEGIN.



A Gentle Invitation

This practice is not about doing it perfectly.

It's about showing up with love for yourself.





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Welcome

There comes a moment on every healing journey when you begin to notice something surprising.

The heaviness you feel
isn't always your own.



*Sometimes you've been carrying someone else's fear.
Someone else's pain. Someone else's choices.
Someone else's responsibility.*



For many of us—especially mothers, caregivers, and deeply compassionate women—carrying everyone else became second nature.

*We believed that if we loved enough...
worried enough... fixed enough...
or stayed strong enough...
everything would be okay.*



But healing gently invites a different question.

*What if you no longer have to carry
what belongs to someone else?*



This practice isn't about loving anyone less.
It's about making room to love yourself, too.



Take another slow breath.

Let's begin. 



*You are allowed to
set the weight down.*

**YOU ARE ALLOWED
TO COME HOME.**



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STEP ONE

Notice What You're Carrying

Take one slow breath **in**.
And one slow breath **out**.



Pause here for a few moments if you'd like.
You may gently close your eyes for a breath
or two and simply notice how you're feeling
today.

When you're ready, continue reading.



Imagine you've been carrying a
backpack filled with **invisible stones**.

Each stone represents something
you've been holding—

worry...
responsibility...
guilt...
fear...
or someone else's pain.



Without trying to change anything,
simply ask yourself:

What feels heavy today?



Awareness is the
first step toward
choosing
something different.



There is nothing to fix.
Nothing to solve.
**Just notice what arises
with kindness.**



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STEP TWO

Ask Yourself One Gentle Question

You are allowed
to release what
was never yours
to carry.



Bring one situation to mind that has
been weighing on your heart.

Take another **slow breath**.

Then **quietly** ask yourself:

*Is this mine
to carry?*

Pause.

Notice whatever answer comes forward.

Sometimes the answer is **yes**.

Sometimes the answer is **no**.

Neither answer is wrong.

You're simply becoming aware.

Take a moment to reflect.
What comes up for you right now?

♥ *Be gentle with yourself.*
You are doing something
beautiful.

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*Small steps
greater healing
brighter tomorrow*





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STEP THREE

Visualize Letting It Go

You don't have
to carry it anymore.

Let it go.



Close your eyes if that feels comfortable.

Imagine the weight you're holding as
a stone in your hands.



Notice its size, its shape, its texture.
Feel its **heaviness**.



Now imagine that stone **softening**.
Maybe it begins to glow.
Maybe it crumbles into dust.
Maybe it transforms into something
lighter—feathers, light, or petals.



When you're ready, imagine
releasing that stone.
You might place it on the earth.
You might send it down a stream.
You might watch it dissolve into light.
Choose whatever feels right for you.



*Take a few moments
to reflect.*

What did you release?



*How do you feel
in your body
right now?*

With each exhale, you create more space for peace.



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STEP FOUR

Feel the Freedom in Your Body

Now that you've released what isn't yours,
take a moment to notice what's left.
Freedom often shows up in small, subtle ways.



Tune in and notice how your body feels right now.
You might feel:

- ♥ lighter in your chest
- ♥ softer in your shoulders
- ♥ a deeper breath
- ♥ a sense of calm
- ♥ more space in your mind



You don't have to force anything.
Simply notice.
Let your body be the guide.



Take a few moments to reflect.



Where in your body
do you feel lighter?



What emotions
or sensations are present
now that you've released
the weight?



What does this freedom
allow you to create
space for?

♥ This is your reminder: you are allowed to feel good. ♥

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GENTLE REFLECTION

Trust the Process

You're Becoming

Healing isn't always loud.
Sometimes, it's quiet.
Sometimes, it's messy.
And sometimes, it takes time.

Trust that even on the days when
you don't feel different, something
within you is shifting.
You are healing in layers.

Be patient with yourself. Be kind.
You are not behind.
You are exactly where you need to be.

Every small choice you make
to release, to soften, to come home
to yourself—it all matters.

Keep going.

Healing
is not a race—
it's a return.

Reflection



What is one way you've felt
lighter since beginning this practice?



What would it feel like to fully trust
your healing journey?

You are becoming more you every single day.

... Practice Two ...

— CREATE SPACE —

Create Space for What Matters

You don't need
more time.
You need more
space.

When you release what isn't yours,
you create space.

Space for rest.

Space for clarity.

Space for joy.

Look at your day, your week, your life.

Where can you create a little more space
for what truly matters to you?

It doesn't have to be a huge change.

Small shifts create a big difference.

Protect your peace.

Honor your needs.

Choose what fills you.

Let go of what drains you.

You're not being selfish.

You're making space for your healing,
your joy, and your life.

You deserve that.

*Your time and energy
are sacred.*

Guard them gently.

Use them wisely.

Journal Reflection

What commitments,
habits, or responsibilities
could I lovingly release
or lighten?



What truly matters most
to me right now?
Where do I want to create
more space?

What is one small step
I can take this week
to create more space
for my healing?

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COMING HOME

Let Go of What's Not Yours Anymore

So much of what we carry...
Was never ours to hold.
Old stories. Other people's pain.
Expectations. Guilt. Shoulds.
It's time to **set it down.**

Take a deep breath in.
And as you exhale, imagine
releasing one thing
that no longer belongs to you.
Watch it float away.
Into the light.
Out of your body.
Out of your heart.
Out of your life.

You are allowed to choose
what you carry forward.
You are allowed to live lighter.
You are allowed to **be free.**
Let it go.
You are safe now.

You are not
letting them down.
You are
letting yourself up.

meant to carry
it all forever.
*Release.
Breathe.
Come home.*

What are you ready
to release?

How would your life
feel if you no longer
carried it?

What are you choosing
to keep for yourself
from now on?

Every time you release what's not yours,

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GENTLE REMINDER

Come Home to Yourself

This isn't the
end of your healing.
It's the beginning
of living it.

*You belong to
you.*

You've taken steps.
You've created space.
You've let go of what no longer serves you.
Now, it's time to come home.

Coming home to yourself isn't a one-time moment.
It's a practice. A remembering.
A way of living.

You come home when you:

- ♥ say no without guilt
- ♥ choose rest without apology
- ♥ honor your feelings
- ♥ trust your intuition
- ♥ surround yourself with what feels good
- ♥ nourish your body, mind, and soul
- ♥ celebrate your growth—big and small

These are the moments that matter.

You are not who you were before.
You are not meant to go back.
**You are here to live fully, freely, and
in alignment with your heart.**

*You've done the
hard work.
Now, live the soft life
you've been
working so hard
to create.*

*I choose me.
I trust my journey.
I am becoming
everything I was
meant to be.*

*I am
enough*

Reflection

*What has shifted
in you through
this practice?*



*What does "coming
home to yourself"
mean to you?*

*How will you continue
to choose yourself
in the days ahead?*

... Practice Two ...

A Letter From My Heart to Yours

Dear beautiful soul,
If no one has told you today,
let me be the one to remind you:
You are enough.
Exactly as you are.

You have carried so much—often in silence.
You have loved so deeply—often without being
seen.
You have kept showing up—sometimes when
you didn't have anything left.
And that takes incredible strength.

This journey of healing isn't about becoming someone new.
It's about remembering who you've always been
beneath the pressure, the pain, and the roles
you've been asked to play.
It's about coming home to you.

Be gentle with yourself.
Healing is not a straight line.
Some days will feel lighter.
Some days will feel heavy.
Both can be part of the process.
Keep choosing you, one gentle choice at a time.

I'm so honored to walk alongside you.
You are not alone in this.
Your healing matters. You matter.

With all my love and belief in you,

Bridget ♥

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You are not
too much.
You are not
behind.

*You are
becoming.*

*You are allowed
to take up space.
You are allowed
to rest.
You are allowed
to choose you.
You are allowed
to heal.*



Reflection



What words did you
need to hear today?



What truth in this letter
resonates most with you?



What would it feel like to truly
believe these words about
yourself?

You are so worthy of the life you're creating. ♥

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About Healing by Bridget®

You were never
meant to do this
healing alone.

We're in this
together.

Healing by Bridget® was born from my own journey of **choosing me**—again and again.

I know what it's like to carry too much, lose yourself in the process of loving others, and wonder if you'll ever feel whole again.

I also know the way back.

Not through force or fixing.

But through gentle practices, self-trust, and **coming home to yourself.**

Through my books, programs, meditations, and spaces for healing, I help women **reclaim their peace, their power, and their beautiful lives.**

This work is my heart.

This community is our safe place.

And your healing is why I do this.

My mission is simple:
*To help you remember
who you are, so you can
create the life you were
always meant to live.*

Ways to Heal With Us



Books

Heart-centered
guides to support
your healing
journey.



Programs

Transformational
experiences to
help you heal
and grow.



Meditations

Soothing practices
to help you
reconnect and
feel at peace.



Community

A loving space
where you are
seen, supported,
and never alone.

Because healing is better together.

Reflection

What resonates most
with you about Healing
by Bridget®?



What kind of support
feels most helpful to you
right now?



How can you remind
yourself that you don't have
to do this alone?

Practice Two

MORE SUPPORT IS HERE

You Don't Have to Do This Alone

I'm Here for You

Healing is a journey, and you don't have to walk it alone.

There are spaces, practices, and support available when you're ready.

Here are some ways I can support you on your path of coming home to yourself. You deserve support that feels safe, gentle, and aligned.

You are worthy of support.
You are worthy of healing.
You are worthy of you.



When you're ready for more support, I invite you to reach out.



You matter.
Your healing matters.



1:1 Coaching

Personalized support to help you release what isn't yours and come home to yourself.



Energy Healing

Reiki, sound, crystals, and intuitive healing to restore your energy and balance.



Cacao Journeys

Heart-opening cacao ceremonies to help you connect, release, and remember.



Readings

Intuitive guidance and clarity for your heart's questions and your next steps.



Choose what calls to you. Everything here is created with love and intention.

Let's Stay Connected



Website
healingbybridget.com



Email
hello@healingbybridget.com



Instagram
[@healingbybridget](https://www.instagram.com/healingbybridget)



Community
Healing, connection, and encouragement for your journey.



Reflection



What kind of support feels most nurturing to you right now?



What would it look like to allow yourself to receive more support?



What is one small step you can take today to support yourself?
