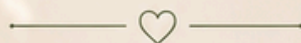




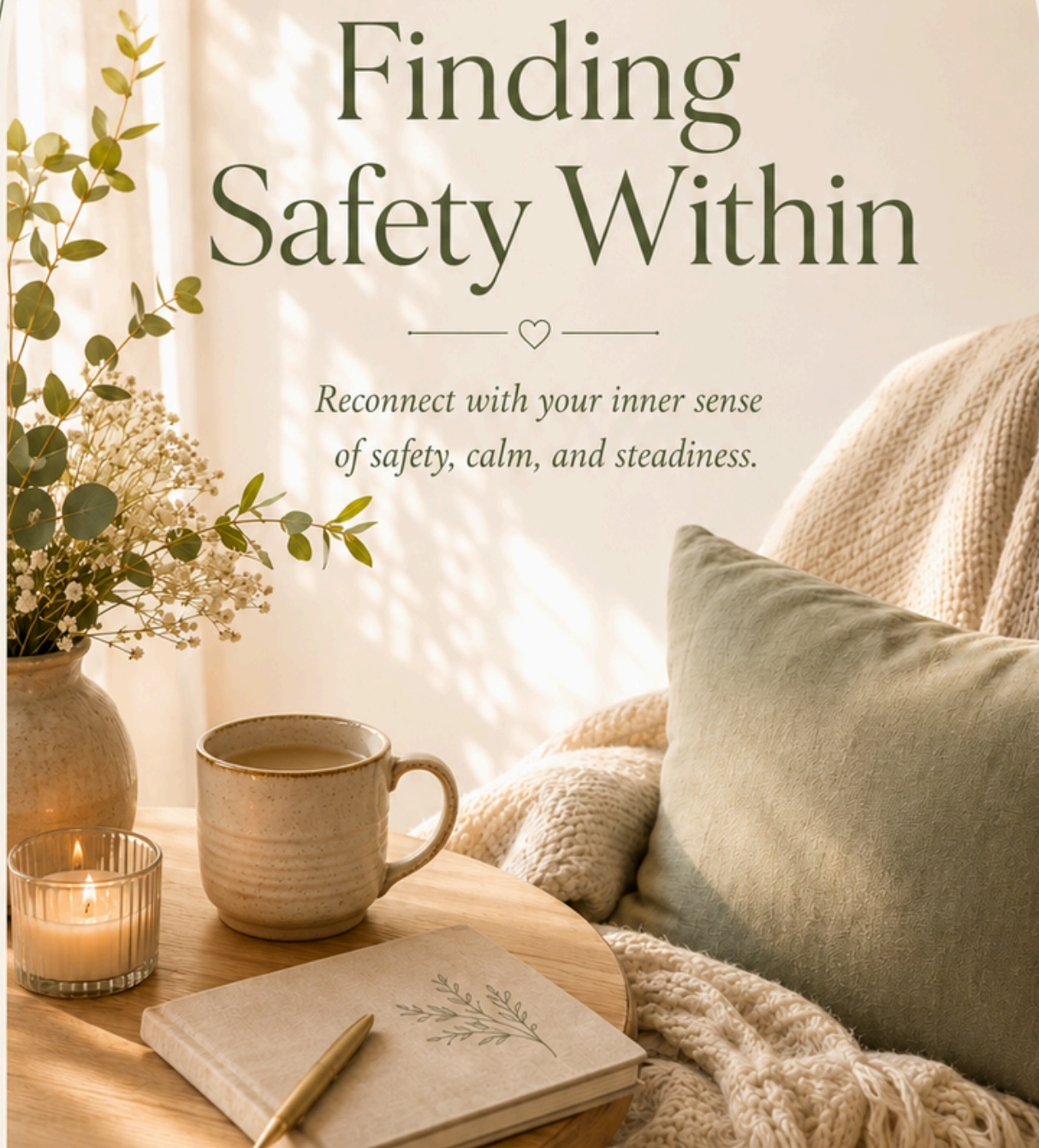
GENTLE PRACTICES COLLECTION

— PRACTICE THREE —

Finding Safety Within



*Reconnect with your inner sense
of safety, calm, and steadiness.*



HEALING *by* BRIDGET



GENTLE PRACTICES COLLECTION

— PRACTICE THREE —

Welcome



There are seasons in life when we become so accustomed to being on alert that we forget what it feels like to truly soften.

Perhaps you've spent years carrying responsibilities, navigating uncertainty, or holding space for everyone around you. Over time, your mind and body may have learned to stay prepared for the next challenge, even during moments that could have been peaceful.

If that feels familiar, know that you're not alone.

This practice isn't about pretending everything is perfect or convincing yourself that life is free from difficulties.

Instead, it's an invitation to gently reconnect with the part of you that has always been worthy of safety, care, and rest.

Today, you don't have to solve anything.

You simply have permission to pause.

Take a slow breath, settle into this moment, and allow yourself to be supported.



BEFORE YOU BEGIN



Choose a quiet place where you can sit comfortably for a few minutes without feeling rushed.

You may wish to have a blanket, a warm cup of tea, or a journal nearby, but nothing is required.

This practice isn't about doing it perfectly.

It's about giving yourself a few gentle moments to come back home to yourself.

As you begin, allow yourself to arrive exactly as you are.





GENTLE PRACTICES COLLECTION

— PRACTICE THREE —

Step One

Arrive in This Moment



Pause.

Take one slow, comfortable breath.

Then another.

Look around the room and notice your surroundings with gentle curiosity.

Can you find three things that feel comforting?

- Perhaps it's the morning light filtering through a window.
- A favorite chair.
- A candle.
- A cozy blanket.
- A photograph that reminds you of someone you love.

Simply notice.

There is nothing to change.

Just allow yourself to become present.



You don't have to go anywhere.

You are already exactly where you need to be.





GENTLE PRACTICES COLLECTION

— PRACTICE THREE —

Step Two

Feel the Support Beneath You



Bring your awareness to the places where your body is being supported.

- NOTICE YOUR FEET
Feel your feet resting on the floor.
The earth is beneath you,
steady and unwavering.
- NOTICE YOUR SEAT
Feel the chair supporting you.
It holds you without asking
anything in return.
- NOTICE YOUR BODY
Notice the natural rhythm of your
breath and the quiet strength
of your body.



*You don't have to carry
yourself through this
moment alone.*

For just a few breaths,
allow yourself to receive
that support.



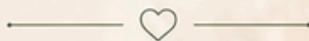


GENTLE PRACTICES COLLECTION

— PRACTICE THREE —

Step Three

Return to Your Heart



Place one hand over your heart.
If it feels comfortable, place your
other hand over your belly.

🌿 NOTICE THE WARMTH
OF YOUR HANDS.

🌿 NOTICE YOUR BREATH
moving naturally.

*You don't have to change
your breathing.*

Simply allow yourself to be
present with it.



As you breathe, quietly repeat:

- 🌿 *I am here.*
- 🌿 *I am breathing.*
- 🌿 *I am supported.*
- 🌿 *I can soften into
this moment.*

Allow the words to settle gently
without needing to force them
to feel true.



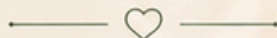


GENTLE PRACTICES COLLECTION

— PRACTICE THREE —

Step Four

Invite Safety In



Ask yourself one gentle question:

What would help me feel just a little more supported today?

Don't search for the perfect answer.
Simply notice what comes.
There is no right or wrong.
Listen with kindness.
Trust what feels true for you.



IT MIGHT BE SOMETHING SIMPLE LIKE:

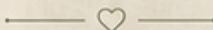
- Drinking more water.
- Stepping outside for fresh air.
- Saying no to something that feels heavy.
- Resting for ten minutes.
- Calling someone you trust.
- Or simply taking another slow breath.



*Small moments matter.
They are often where healing
quietly begins.*



REFLECTION



- | | |
|--|--|
| ■ What helps me feel most supported?
..... | ■ What helps me return to myself
when life feels overwhelming?
..... |
| ■ What makes my heart feel safe?
..... | |
| ■ What small act of kindness
can I offer myself today?
..... | ■ What does safety feel like in
my body?
..... |



GENTLE PRACTICES COLLECTION

— PRACTICE THREE —

Step Five

Rest Here for a Moment



Stay here for another minute.
Notice your breathing.
Notice your body.
Notice anything that feels even
slightly softer than it did when
you began.



- *There is nothing to achieve.*
You don't have to do anything
or be anything.
- *There is nothing to fix.*
You are not here to solve
your life right now.
- *Just this moment.*
Allow yourself to receive it
exactly as it is.



When you're ready, gently open
your eyes or bring your awareness
back to the room.

*Carry this feeling with you
as you continue your day.*



GENTLE REMINDER



Safety doesn't always arrive all at once. Sometimes it returns one quiet breath...
one compassionate choice... one gentle moment of remembering.

Every time you pause to reconnect with yourself,
you remind your heart that it doesn't have to carry everything alone.

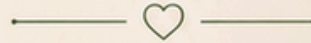
You are worthy of peace. You are worthy of gentleness. And you are always welcome home within yourself.



GENTLE PRACTICES COLLECTION

— PRACTICE THREE —

Reflection



Take a few quiet moments to write
or simply reflect.

🍃 When do I feel most at peace?

.....

.....

🍃 What helps me feel supported?

.....

.....

🍃 What does safety feel like in my body?

.....

.....

🍃 What helps me return to myself
when life feels overwhelming?

.....

.....

🍃 What is one gentle way
I can care for myself today?

.....

.....



*There are no right or wrong answers here.
This is a space just for you.
Be gentle. Be honest.
And listen with love.*



GENTLE PRACTICES COLLECTION

— PRACTICE THREE —

Gentle Reminder



*Safety doesn't always
arrive all at once.*

Sometimes it returns one quiet breath...
one compassionate choice...
one gentle moment of remembering.



Every time you pause

to reconnect with yourself,
you remind your heart that it
doesn't have to carry everything alone.



You are worthy of peace.
You are worthy of gentleness.

*And you are always
welcome home within yourself.*





A LETTER FROM
Bridget



If finding safety has felt difficult, I want you to know that I understand.

Life has a way of teaching us to stay strong, to keep moving, and to care for everyone else first. Over time, we can forget that we deserve the same compassion we so freely offer others.

One of the greatest gifts I have discovered on my own healing journey is that safety is not always something we have to wait for. Sometimes it begins with the smallest moments a deeper breath, a hand over the heart, or the simple choice to slow down.

Those moments may seem ordinary, but they have the power to gently change the way we meet ourselves.



My hope is that this practice becomes one of those moments for you.

Whenever life feels loud or uncertain, may you remember that you can always return here.

One breath.

One pause.

One gentle moment at a time.

With love,

Bridget ♥

Continue Your Journey

When you're ready, I'd love to continue walking beside you.
Scan the QR code or click the button below to explore my growing library
of gentle practices, meditations, journals, featured chapters, and the
complete *Discover Your Intuitive Language* guide inside the
Awakening the Heart Membership.

With love,
Bridget ♥



🔗 Healing by Bridget Resource Library

healingbybridget.com/resources

GENTLE PRACTICE COLLECTION

Free resources
to support you in small,
meaningful ways.

- Breath & grounding practices
- Journals & worksheets
- Affirmations & reminders
- Guided meditations
- Intuitive living resources
- Seasonal support

AWAKENING THE HEART MEMBERSHIP

So much more
to help you go deeper and
stay supported.

- All chapter guides
- Exclusive meditations
- Journals & reflections
- New resources each month
- Member-only content
- A loving community of women

You are not alone on this path.
There is so much more waiting for you inside.
I can't wait to walk with you.

