



FOR YOU



3 minutes micro-practice

BOUNDARIES OF LIGHT
FIND YOUR CENTER



Sit in silence.
Close your eyes.

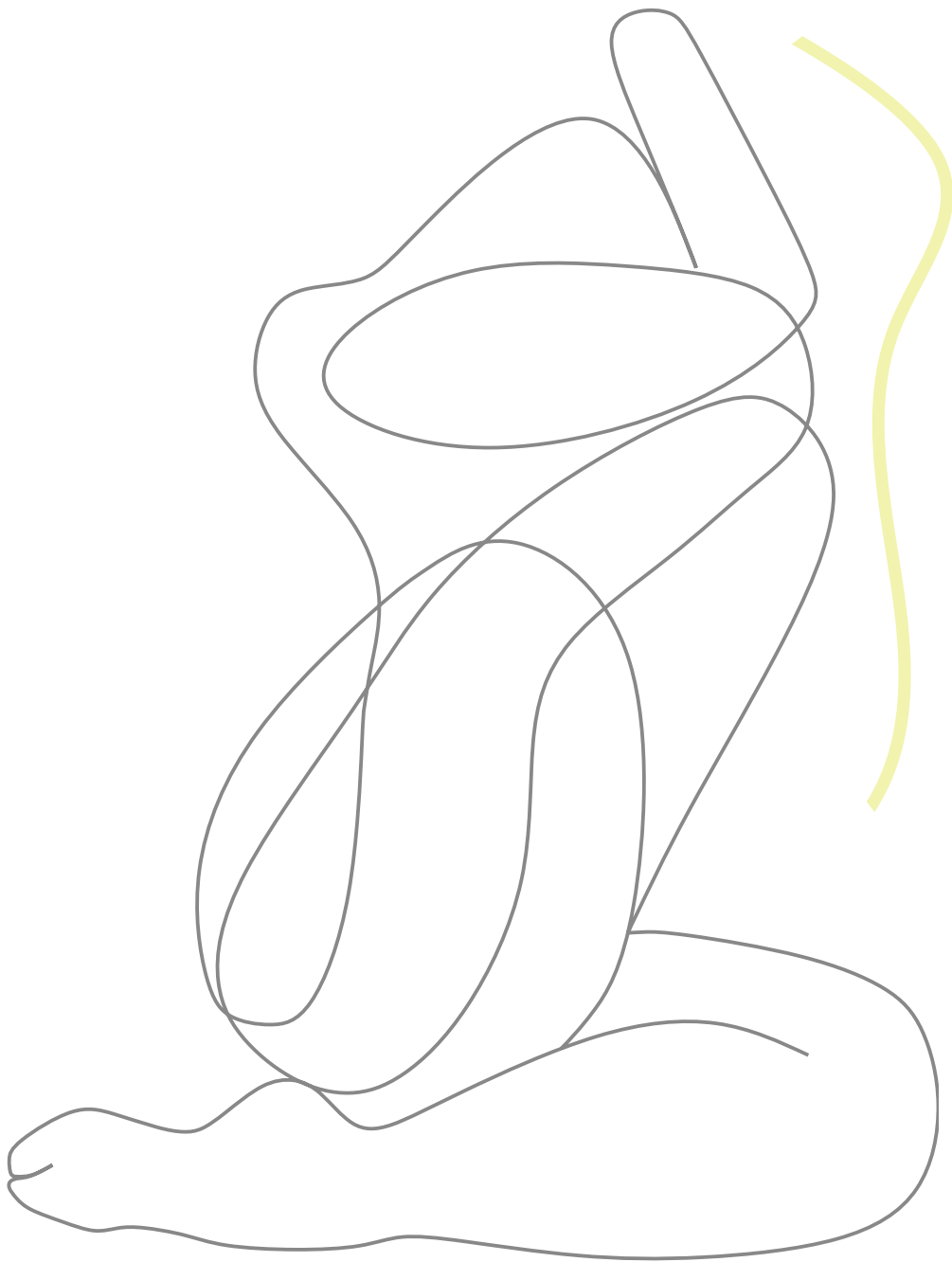
Imagine that you are in the center
Of your personal space.



Visualize a golden light line around you,
like a soft circle.



Breathe in...
Let the light grow stronger.



Breathe out...
Leave out all that does not belong to you



Mentally repeat
“I feel, but I stay within me.
I accompany, but I do not lose myself.”



Stay for a few more breaths in your space.
Then open your eyes again.

**YOUR BOUNDARY IS NOT A BARRIER
IT IS A SACRED SPACE**