



FOR YOU



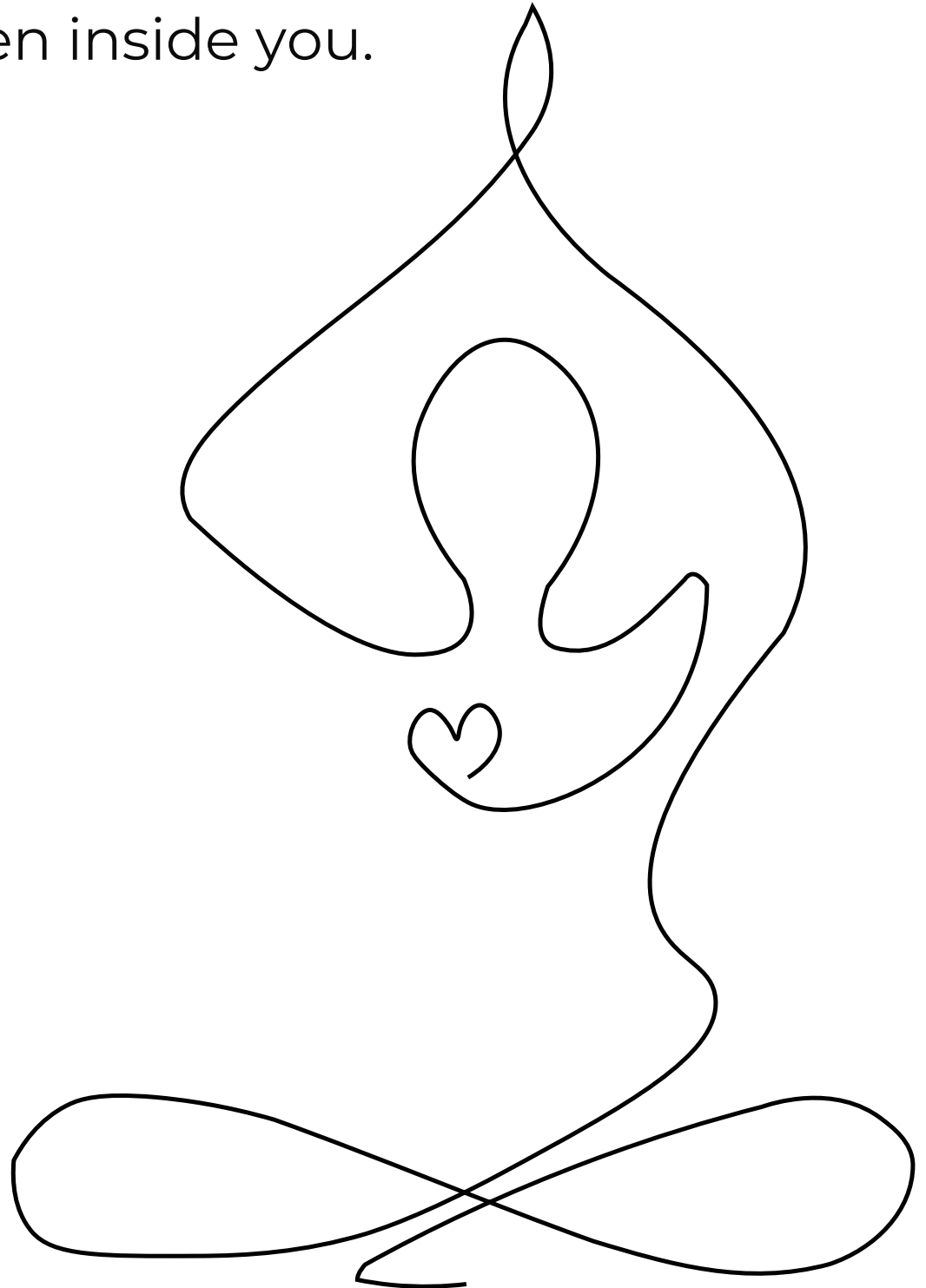
Micro-practice

**RETURN THE WEIGHT
A GESTURE TO LIGHTEN ONESELF**



Close your eyes.

Visualize the person, situation, or case
that has left a burden inside you.

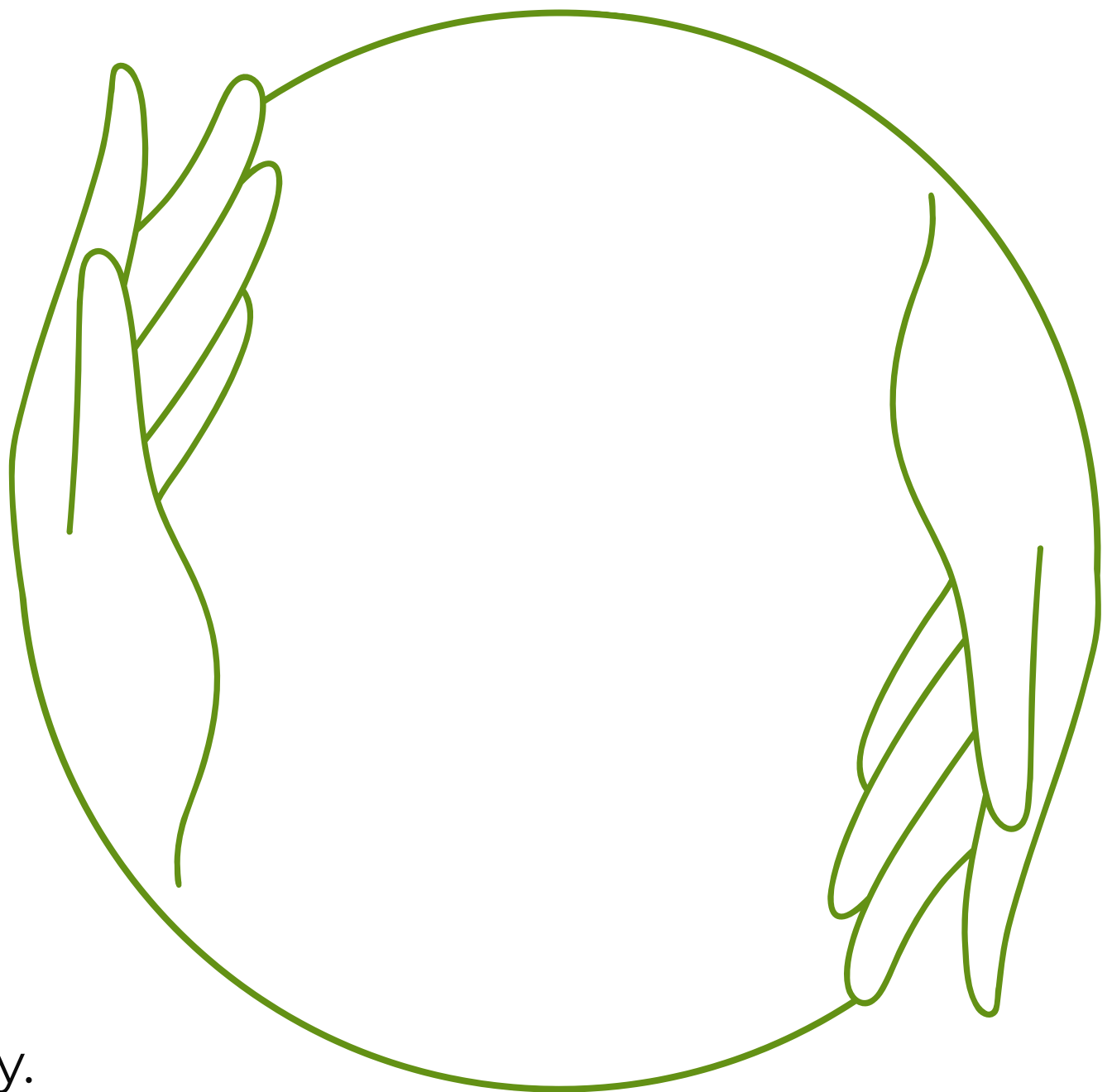


Place the image in your heart.
Look at it with respect.



Breathe in deeply.

Breathe out... and imagine placing that weight
in the middle of your hands.



Mentally say.

“I accompanied you with everything I had.
Now I return to you what is not mine.”



Imagine to let go of the weight.
Into a river, into a light, into the earth.
Wherever you want.



Stay, for a bit longer.
Feel the body. Feel the breath.