

Discovering Your Inner Self

A guided visualization to meet yourself in the stillness.

This exercise works best in a quiet place where you won't be interrupted. Give yourself five to ten minutes.

Find a comfortable position, sitting or laying down, and close your eyes gently. Take a slow deep breath and let your thoughts run freely for a moment. Don't try to stop them — just let them run.

Now imagine those thoughts as distant lightning on a horizon. You're watching them from far away. The storm is there with all your thoughts but you are not in it. It gradually moves further away across the horizon. It's quieter now.

You are standing and looking over your own shoulder as the storm moves away. Take a moment and notice where you are. What's around you? What does it feel like to be in this place?

When you're ready, open your eyes and write your answers:

Where did you go? Describe in detail what you saw.

How did it feel to be there?

In that stillness, what did you notice about yourself?

What was something you just knew in that moment?

How could you find your way back to that place when life gets loud?

There are no wrong answers. Whatever came up belongs to you — embrace it.

Bring this to your next session with Maya.