

Daily Embodiment Practices (esp. for emotionally charged interactions)

To anchor calm, sovereignty, and choice when **others are in distress** or **before emotional enmeshment loops activate**.

◆ 1. Morning Sovereignty Sequence (3–5 minutes total)

 Best done **before** each day

1. Hand on heart: *“This is my day. I belong to myself.”*
 2. Small shoulder roll + neck stretch
 3. Cup of warm liquid with **first sip as a ceremony**: *“I welcome only what nourishes. The rest returns to source.”*
 4. Light movement (spinal twist, gentle sway, or humming)
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◆ 2. Connection Grounding Pulse (60 seconds max)

 Use **before answering** any emotionally charged call or entering emotionally charged fields

What to Do:

- Feet flat on ground
- Gently stamp each heel on the floor (left, right, left)
- Inhale once fully
- Speak aloud (or silently): *“I will not carry. I will not fix. I am not in danger.”* Then answer/enter.

Why It Works:

The heel taps **ground your field**, shaking off projected urgency or guilt **before engaging**.

3. Pre-Connection Breathing Sequence: “Three Breaths to Stay Me”

 To use **before answering** emotionally charged or unexpected calls

Sequence & Purpose:

To *anchor yourself into your body*, reinforce **inner child safety**, & buffer emotional fusion **before connecting**.

 Time: ~30 seconds - Can be done seated or standing, eyes open or closed. Pick one.

BREATH ONE – The Grounding Breath

- Inhale through the nose for 4 counts
 - Imagine your feet rooting to the ground
 - Exhale through the mouth for 6 counts
 - Whisper (internally or aloud):
“I am rooted. I am steady.”
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BREATH TWO – The Boundary Breath

- Inhale through the nose for 4 counts
 - Picture a soft golden bubble forming around you
 - Exhale through slightly pursed lips for 6 counts
 - Whisper: *“Their emotion is not my emergency.”*
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BREATH THREE – The Inner Child Check-In

- Inhale while placing a hand on your heart or belly
 - Exhale gently, relaxing shoulders
 - Whisper: *“Little one, I’ve got us. We don’t have to fix it.”*
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Optional Final Cue Before Answering:

Say (internally): *“Relational Buffer – Now.”* ...then press **Answer or Enter**

◆ 4. Inner Child “Chair Placement” Visualization

 *Used especially during difficult conversations and connections*

What to Do:

- Visualize a soft chair behind or beside you, where your **inner child sits wrapped in golden light**
- You stay “adult self” in front
- Throughout the call, **silently glance to the chair** and think: *“You don’t have to take this in. I’ve got it.”*

Why It Works:

It prevents regression. The child part no longer has to *be the one listening, fixing, or defending*. You stay adult while **staying connected**.

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◆ 5. “Hand to Heart, Hand to Belly” Posture + Whisper Anchor

 *Time: 30 seconds – 2 minutes (can be done standing, sitting, or laying)*

What to Do:

- One hand to center of chest
- One hand below belly button
- Inhale into both hands
- Whisper internally or aloud:

“Little one, we’re safe. You’re not about to be blamed. You’re not about to be erased or abandoned. We can stay soft, even if they are loud.”

Why It Works:

It bypasses cognitive override and **speaks directly to the stored imprint** in body: *“I’m not enough or I’m about to be punished.”*

◆ 6. Gentle Hum to Recalibrate Nervous System

 *Anytime—especially after emotionally charged interactions*

- Sit upright or lie back
- Inhale through nose
- Exhale with a **low hum (mmmm or hmmm)** for 5–10 seconds
- Repeat 3x
- No mantra, just sound

Why It Works:

It **vibrates the vagus nerve**, signaling the body that **no danger is present**, and releases the “panic echo” if voices have charged the field.

◆ Optional Add-On Phrases:

- *“I stay in my body. Their emotion is not my cue.”*
- *“I am a mirror, not a mop.”*
- *“It’s safe to be steady when if they are stormy.”*