

WHEN I'M TRIGGERED

Start with breath. If I can't get myself to breathe, everything else will be much more difficult. So I breathe. Even if it feels difficult or impossible, I breathe. Even if it starts out shallow and labored, I breathe. More oxygen, more spirit filling into my lungs. Remember that I want to connect and stay connected more than I want to isolate and feel separated. Breathing is the first step, and with every breath I feel more connected to Great Spirit and the ocean of life.

Now ground. Feel my body. Even if it doesn't feel very good, I feel my body from the inside and stay connected to my breath. I feel Mother Earth below me, strong and powerful, grounded and sure. I send some of my energy down into her depths and allow the sensation of rootedness to fill my body and being. I breathe with Mother Earth for a few deep breaths.

I put my hands on my heart and belly. I breathe and begin my mantras of safety and peace. I allow myself to remember greater Truth in this moment: that Source is with me always and in that flow I am powerful, Loved, and able to transform everything. I move fully into the place of choice. In this moment I am whole and at choice. This moment is new. I breathe with the opportunity inherent within this place of presence and choice. With groundedness, breath, and connection to greater Source, I begin to ask myself some questions. If I'm still in panic mode, I stay with my breath, grounding, and connection for as long as it takes to ease out. If panic mode comes back at any time, I work with it until it eases. Remember, this moment is new, and I am powerful and at choice.

What do I really want here?

Why do I feel so triggered? What happened?

What does this remind me of from my past?

What is the pattern?

What are my wounds here?

What Source qualities do I feel most cut off from in this wounding?

Can I breathe and let Source back into these places within me? What needs to soften? What needs release? What have I been holding onto that needs to let go?

How can I grow? What is my practice here?

What qualities am I moving more toward, with breath and increased connection to myself and Source?