WHEN I'M TRIGGERED

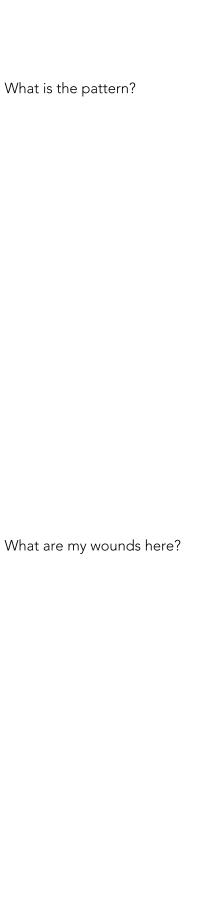
Start with breath. If I can't get myself to breathe, everything else will be much more difficult. So I breathe. Even if it feels difficult or impossible, I breathe. Even if it starts out shallow and labored, I breathe. More oxygen, more spirit filling into my lungs. Remember that I want to connect and 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?





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

| How can I grow? What is my p | ractice here? | |
|---------------------------------------|------------------------------------|-------------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| What qualities am I moving massource? | ore toward, with breath and increa | ased connection to myself and |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |