

Pure Presence Healing



Prayer in motion.

Peace in stillness. Wholeness through Love.

Fourteen Days of Pure Presence

A HEALING JOURNEY HOME TO YOURSELF

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This practice invites you to slow down, soften, and return to yourself—one breath at a time. Over these 14 days, you'll move through the same sacred positions each day, allowing presence to deepen within you.

- Days 1–4: 5 minutes in each position
- Days 5–8: 3 minutes each
- Days 9–12: 2 minutes each
- Days 13–14: 1 minute each

This gentle progression guides your nervous system into safety, stillness, and self-trust.

Before You Begin

Find a quiet space. Light a candle if you'd like. Bring your hands to your heart, take a deep breath, and gently whisper:

“I am safe to be here. I am ready to come home to myself.”

This is your sacred space. There is no right or wrong. Only presence.

Affirmation: Each breath brings me closer to the wholeness within.

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Welcome to the Practice

You've entered a sacred rhythm of remembrance.

This guide is your companion for 14 days of deep presence, gentle healing, and coming home to yourself.

Each day, you'll be invited to move through a quiet progression of postures or positions, anchoring into stillness, breath, and intention. This is not about doing it right. It's about showing up—open, willing, and present. You can move at your own pace.

You can pause and repeat a day. You can let go of perfection.

This is yours. Set aside a space where you can return each day—a corner, a chair, a spot by the window. Bring what you need:

a journal, a blanket, water, a timer, soft music, or silence.

Let it feel sacred to you.

Most of all, bring your breath.

Bring your heart.

Bring your whole self, just as you are.

Affirmation: I welcome this moment with tenderness and trust.

I am held, I am home.

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The Sacred Positions

Each day, you'll move through a sequence of gentle positions designed to bring stillness, connection, and inner balance. You can sit, lie down, or adapt as needed.

There is no perfect form—only presence.

Move through each one with breath and awareness.

Let each posture become a prayer.

- | | | |
|--|--|---|
| 1.  | 5.  | 9.  |
| 2.  | 6.  | 10.  |
| 3.  | 7.  | 11.  |
| 4.  | 8.  | 12.  |

beginning with five minutes per posture and gently decreasing over the 14 days.

This is a healing journey inward.

Let your body lead.

Let your breath guide you home.

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- ★ For a deeper understanding of the Pure Presence practice—including the healing positions, guided prayers, and expanded teachings—visit the full practice page at PurePresenceHealing.com. Let this be your space of return, reflection, and rooted presence.

Before You Begin Journaling

This guide is designed for you to reflect as you go.

To journal directly on the pages:

1. Open the PDF in Adobe Acrobat Reader
2. Select “Fill & Sign” from the tools
3. Click the Text icon  to begin typing

Prefer pen and paper? You can print the guide instead.

Honor the method that feels most grounding to you.



Affirmation:

My words matter.

My reflections are sacred

I trust what flows from within.”



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DAY ONE:

Begin with five minutes each position.

Let this first day be an arrival. There is nothing to fix or figure out. Just be here. Breathe. Allow your body to soften into presence.

Intention: I give myself permission to begin again.

Optional Frequency Focus: Light a candle, play soft healing tones, or imagine warm light gently filling your chest with each inhale.

Reflection Prompt: What does presence feel like in my body today?

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DAY TWO:

Five minutes in each position.

Today, return to the rhythm. Let it feel familiar.
Let it feel new. Presence is never the same twice
—it meets you exactly where you are.

Intention:

I am open to what arises within me.

Optional Frequency Focus:

Visualize your breath as light—soft, slow, and healing
—gently expanding in all directions with each inhale.

Reflection Prompt:

What emotions or sensations did I notice today?

Did I meet them with compassion?

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DAY THREE:

Five minutes in each position.

Let your breath carry you a little deeper today. There is nothing to strive for—only space to be with what is. Every pause is part of your healing.

Intention:

I allow stillness to nourish me.

Optional Frequency Focus:

Imagine a gentle wave of warmth rising from your belly to your heart with each inhale, releasing tension with every exhale.

Reflection Prompt:

What does stillness reveal to me today?

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DAY FOUR:

Five minutes in each position.

This is the final day in this spacious rhythm. Notice how it feels to linger a little longer. You've been building a sanctuary inside yourself—one breath, one presence at a time.

Intention:

I trust the unfolding of my healing.

Optional Frequency Focus:

Picture your heart as a quiet flame—steady, sacred, and alive. Let its warmth extend gently through your body.

Reflection Prompt:

How have I shifted since Day One?

What is softening within me?

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DAY FIVE:

Three minutes in each position.

The rhythm softens now. A little less time, a little more trust. Let this new pace show you that presence doesn't require length—it simply asks for sincerity.

Intention:

I trust that less can hold more.

Optional Frequency Focus:

With each inhale, imagine light gathering in the center of your chest. With each exhale, let it gently expand into the space around you.

Reflection Prompt:

What did I notice about the shift in rhythm today?

Did I resist it or welcome it?

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DAY SIX:

Three minutes in each position.

Presence becomes more refined today. With less time in each posture, notice what rises quickly, what lingers, and what falls away. Trust what comes. Trust what stays.

Intention:

I meet each moment with curiosity and care.

Optional Frequency Focus:

Feel the breath enter through your nose, flow to your heart, and dissolve gently through your whole body—like mist returning to sky.

Reflection Prompt:

What surprised me during today's practice?

What felt different than before?

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DAY SEVEN:

Three minutes in each position.

You're in the middle of the journey now. Let today be a mirror. Reflect on how far you've come—not in doing, in being. Each breath has brought you closer to yourself.

Intention:

I honor the quiet progress unfolding within me.

Optional Frequency Focus:

As you breathe, imagine a soft light gently circling your body—holding you, healing you, without needing anything from you.

Reflection Prompt:

How does it feel to be in the middle of something? What have I discovered in the space between beginning and becoming?

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DAY EIGHT:

Three minutes in each position.

Today marks a quiet turning point. You've learned to enter presence more easily now—less time, deeper trust. Let today be a soft bow to the part of you that keeps showing up.

Intention:

I celebrate my commitment to this sacred return.

Optional Frequency Focus:

Picture a quiet glow in your belly, spreading gently with each breath like ripples across still water.

Reflection Prompt:

What am I learning about my own capacity to be present? How does it feel to celebrate that quietly, within?

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DAY NINE:

Two minutes in each position.

You're moving with greater ease now—stillness, into self. Even in shorter moments, presence can expand. Trust that what's needed will rise, even in the smallest spaces.

Intention:

I open to the power of quiet simplicity.

Optional Frequency Focus:

Imagine a soft pulse of light with each inhale—like your soul whispering, “I’m here.”

Reflection Prompt:

How does it feel to be with myself in a smaller space of time?
Am I more present—or more free?

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DAY TEN:

Two minutes in each position.

Presence is becoming instinct now. Even brief stillness holds depth. Today, let the practice meet you as you are —no need to force or perform. Simply return.

Intention:

I let go of striving and rest in what is.

Optional Frequency Focus:

Feel each inhale as a gentle opening. Feel each exhale as a quiet release. Nothing to hold. Nothing to fix.

Reflection Prompt:

What did I notice when I allowed myself to simply be, without needing to change anything?

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DAY ELEVEN:

Two minutes in each position.

You're moving with presence now, not as something to reach for—but something that's already within you. this practice feel like a remembering.

Intention:

I am already whole, even in the quietest moments.

Optional Frequency Focus:

Visualize a soft glow around your body—like a cocoon of peace—gently holding all that you are.

Reflection Prompt:

What parts of me feel more at ease now than when I began?

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DAY TWELVE:

Two minutes in each position.

Today, honor the quiet resilience you've cultivated. You've softened, shown up, and stayed present. Let this be a gentle bow to your devotion.

Intention:

I honor the path I've walked and the presence I've kept.

Optional Frequency Focus:

As you breathe, imagine golden threads of light gently weaving through your body—stitching peace into every cell.

Reflection Prompt:

What has this journey revealed about my strength?

What has presence taught me about love?

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DAY THIRTEEN:

One minute in each position.

The sacred is here—even in a single breath, a single moment. Today, let presence be simple, quiet, and enough. You’ve built the capacity to meet yourself with love—no matter the length.

Intention:

I trust that presence is always within reach.

Optional Frequency Focus:

Breathe in stillness. Breathe out gratitude.

Let each moment be complete.

Reflection Prompt:

How did it feel to spend just one minute in each position?

What remained? What released?

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DAY FOURTEEN:

One minute in each position.

You've come full circle. From breath to breath, presence has brought you home. Today, let this be a celebration—not of perfection, but of devotion. You showed up. You stayed. And now, you rise.

Intention:

I am whole. I am here. I am ready.

Optional Frequency Focus:

Feel your breath as a blessing—gentle, true, and alive.
Let it remind you: you are the sanctuary.

Reflection Prompt:

What am I carrying forward from this journey?

What is opening within me now?

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A Closing Blessing

May you walk forward from this space
with tenderness and power.

May presence be your anchor and your light.

May your breath remind you daily—
you are not lost, you are not broken,
you are becoming.

You are the healing.

You are the offering.

You are the way home.

Thank you for saying yes to yourself.

Step Into Your Purpose and Power

If this journey awakened
something in you...

If you're feeling the pull to create
something soul-led and true...

✨ I invite you to take the next step.

Join me inside the Soulful AI Business
Guide—where we bridge presence and
purpose into a business that feels like
home.

[Click here to begin](#)



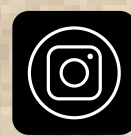
With Gratitude

This guide was created with deep love and intention by Mimi Moses, for those called to heal, rise, and return to the truth of who they are.

May your days be spacious, your presence steady, and your path illuminated by your own inner light. 🌿

To explore more sacred offerings, visit: www.MimiMoses.com

Stay close. Let's keep walking this path together-one breath, one post, one moment at a time..
For more presence, inspiration and sacred offerings, connect with me here.



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