



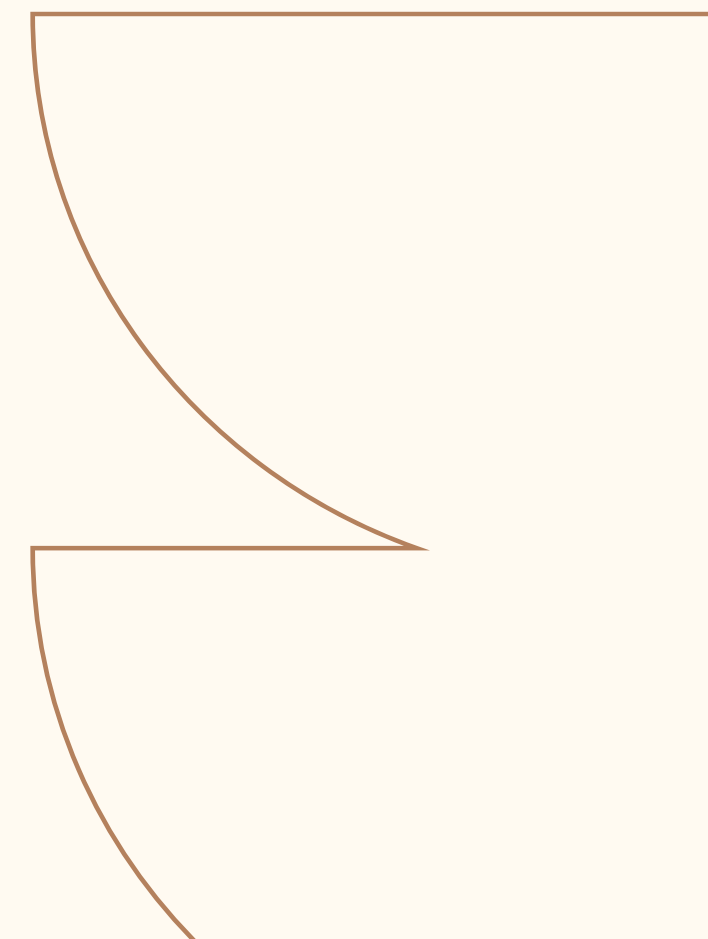
RETURN TO CENTER: THE LUMINARY RESET

by jaimie dixon



WITHIN THESE PAGES

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THE INVITATION



This is your invitation to pause.

Not to fix yourself.

Not to become someone new.

but to return...

To the version of you that exists beneath the
noise.

The part of you that is aware, grounded and
steady.

This practice is here to guide you back-
gently, and without force.



CREATING YOUR SPACE

Get comfortable.

You may choose to include:

- A candle
- A warm cup of tea
- Soft music or silence

Let your environment support you.

This is not about perfection-it is about creating a moment that feels safe enough to slow down.



THE BREATH AS ANCHOR

Place one hand over your heart.

Begin a slow rhythm:

- Inhale for 4
- exhale for 8.

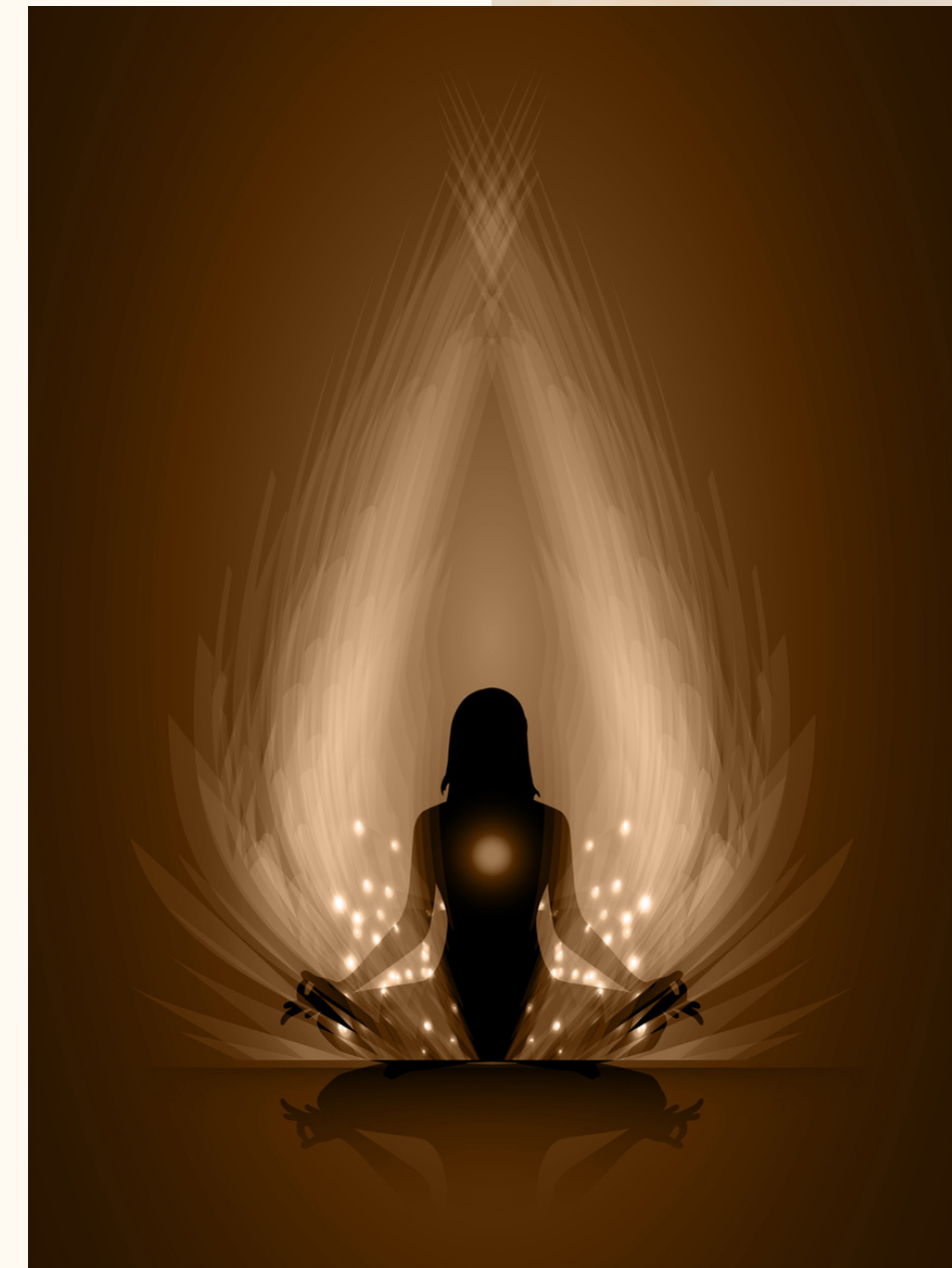
Continue for several cycles.

Let your breath:

- slow your body
- calm your system
- anchor your awareness

Your breath signals safety.

Safety allows your body to reset.



THE RETURN TO AWARENESS

one

NOTICE

Begin by gently turning your awareness inward. Without judgment, observe your breath, your body, and your emotional state. There is nothing to change here- only to witness what is present.

two

SOFTEN

Allow your body to release what it has been holding. Let your shoulders drop, your jaw unclench, your breath slow. With each exhale, create space- inviting ease back into your system.

three

IGNITE

Bring your attention to the center of your chest- the heart space. Imagine a soft, steady flame glowing there. Not overwhelming... just warm, gentle and alive. With each breath allow that flame to expand- filling your chest with warmth, openness, and presence. Let it activate what is already within you

GATHERING YOUR ENERGY

“YOUR ENERGY IS YOUR ATTENTION, YOUR EMOTIONS, AND YOUR PRESENCE”

NOTICE:

- * WHERE HAS YOUR ENERGY BEEN GOING
- * WHAT HAS BEEN PULLING ON YOU

PROMPT:

- * IS MY ENERGY SCATTERED?
- * GENTLY INVITE YOUR ENERGY BACK.

BACK INTO YOUR BODY, BACK INTO THIS MOMENT



RECALIBRATING YOUR STATE

one

CHOOSE

Choose one word

- Calm
- Clarity
- Abundance
- Love
- Presence, etc.



FEEL

- What would it feel like to embody this right now?
- Allow the feeling to expand gently

Optional: ** sip some tea and let it anchor the experience.

INTERGRATION & STILLNESS

Sit in stillness.

Notice:

- your breath
- your body
- your state

Let this moment land.

“You are not becoming...you are returning.



EMBODYING THE LUMINARY

*"THE LUMINARY IS NOT PERFECT. SHE IS
AWARE"*

SHE:

- NOTICES WHEN SHE IS OUT OF ALIGNMENT
- PAUSES INSTEAD OF REACTING
- RETURNS TO HERSELF WITH INTENTION

*"YOUR POWER IS NOT IN CONTROLLING
EVERYTHING. IT IS KNOWING HOW TO COME BACK"*



YOUR DAILY RETURN



This practice can be used:

- in the morning
- in the middle of the day
- before sleep
- in moments of overwhelm

Quick Reset (1 min)

- Hand on heart
- Inhale 4/ Exhale 8
- Ask: Where am I...and what do I need?

CLOSING REFLECTION

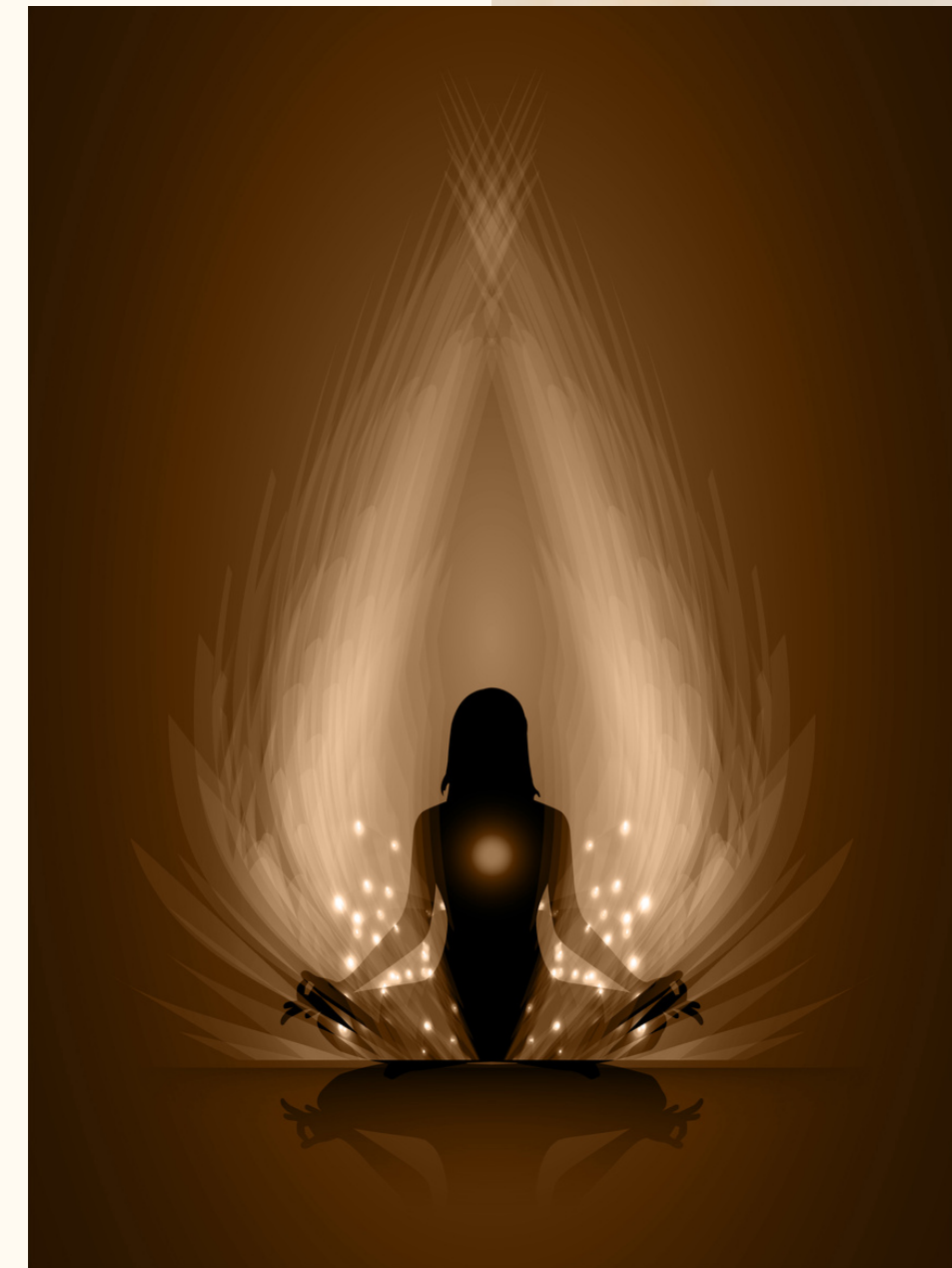
Your presence matters.

The way you feel..
the way you respond...
the way you move through your day

Shapes your experience of life.

You ALWAYS have the ability to pause...
to soften...
and to return.

Again and again.



THANK YOU FOR RETURNING TO SELF

The way you show up for yourself shapes
everything.

Carry this awareness with you.

✧ You can return here...anytime ✧

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