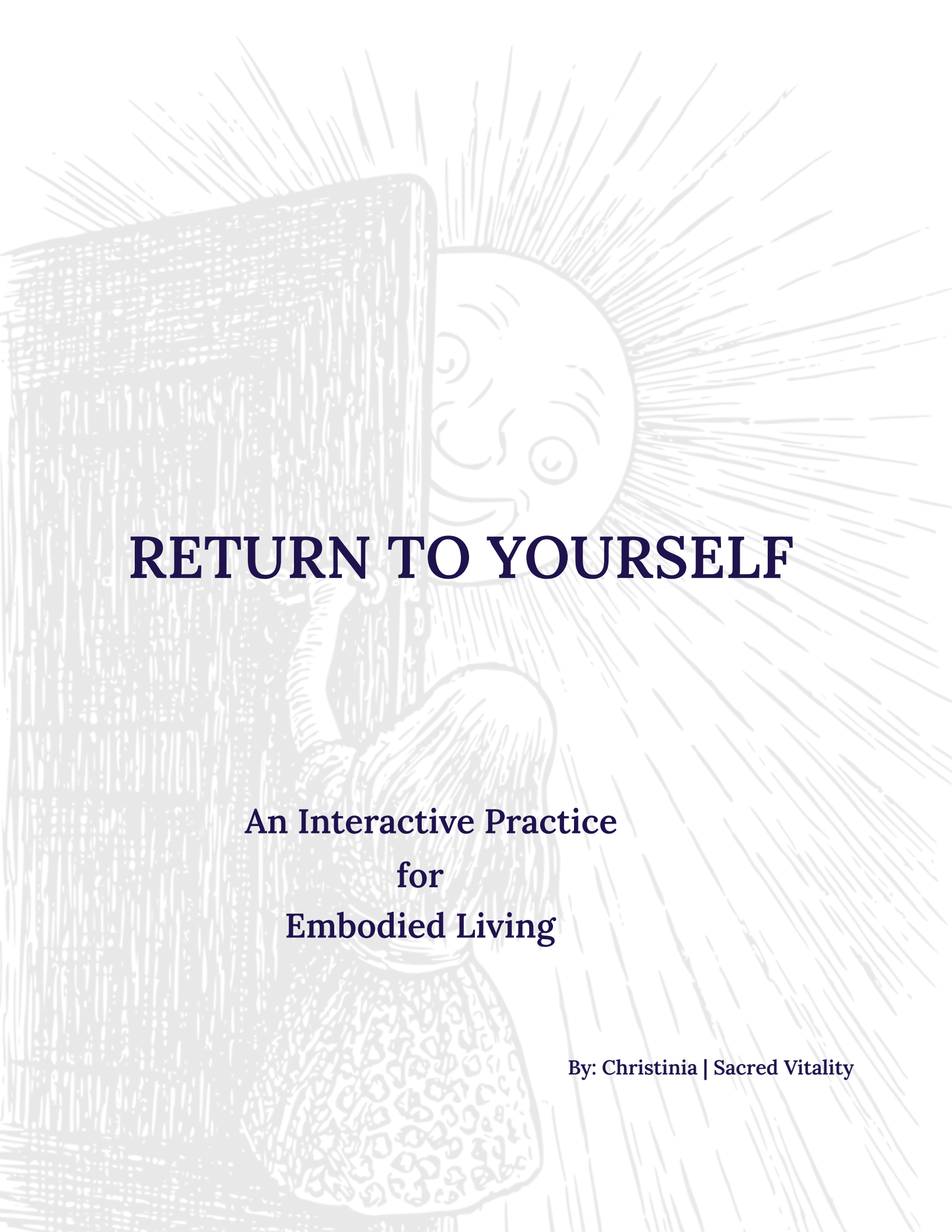

RETURN TO YOURSELF

An Interactive Practice for Embodied Living

By: Christinia | Sacred Vitality

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First Edition, 2026

Guidebook Directory

The Foundation

1. **A Note Before You Begin:** Important guidelines for self-inquiry, emotional discernment, and honoring your personal pace.
2. **Let's Get Started:** Practical guidance for your practice, including the importance of handwriting to slow the mind.
3. **How To Enter:** An invitation to step into the role of the witness through breath, presence, and releasing the need to "fix" yourself.

The Three Passes

4. **Pass One — *The Raw Review***: A safe space to let the page hold your raw emotions, fears, and untamed thoughts without judgment or editing.
5. **Pass Two — *The Shift*:** Moving from reaction to relationship by asking gentle questions to understand the lessons beneath the pain.
6. **Pass Three — *The Final Clearing*:** Shedding outdated beliefs and thanking past versions of yourself so you can build a new foundation.

Integration

7. **Then Comes What Matters Most:** Stepping away from the workbook to practice embodiment, make choices in the present.
8. **One Last Thing:** A final, heart-centered breathing practice and a reminder.
9. **Bonus:** An extra page for continued writing – *make as many copies as you need.*

A NOTE BEFORE YOU BEGIN

Please read this before entering the practices in this guide.

Return to Yourself **is offered as a reflection and self-inquiry practice.**

It is an invitation to slow down, become honest about what is present, and listen to yourself with greater awareness and compassion. The practices and reflections within these pages are intended for educational and personal-growth purposes. They are not a substitute for medical care, mental-health treatment, psychotherapy, counseling, diagnosis, or other professional advice.

Some of the practices may bring you into contact with emotions, memories, beliefs, relationships, or experiences that are difficult to meet. If something feels overwhelming, you do not need to push through it. You are allowed to pause, step away, return another day, or seek support from someone qualified to help you.

There is no prize for going deeper than you are ready to go.

Use your own discernment throughout this process. You are the person who knows your circumstances, your body, your history, and your needs. Nothing in these pages is intended to tell you what you *must* do or what your experience *should* be.

If you are experiencing significant emotional distress, are concerned about your mental or physical health, or need help with a serious or immediate situation, please seek appropriate professional or emergency support rather than relying on this guide alone.

Your experience will be your own. Results cannot be guaranteed, and Sacred Vitality makes no promise that these practices will produce any particular emotional, psychological, spiritual, or life outcome.

Most importantly:

You do not have to perform healing here. **You do not have to arrive at the "right" answer.**

You are simply being invited to tell your truth—and to meet yourself there.

Take what is useful.

Leave what is not.

Move at the pace that honors you.

And if you need to stop, stop.

This is your return.

Let's Get Started

First, I would suggest that you print this guide out and write with a physical pen and paper if at all possible.

The act of writing itself is proven to be

much more effective than typing when it comes to

memory, emotional processing, and integration—

slowing the mind, engaging the body, and allowing

what we discover to truly land.

This is not about writing well.

This is about *seeing yourself honestly.*

For a little while let the following pages hold what you have been holding alone.

Let it all come out. Even if it is messy and scrambled.

You do not need to make it make sense yet. You only need to let it be seen.

Thoughts are information not identity.

How To Enter

Know this:

YOU ARE NOT HERE TO FIX YOURSELF.

You are here to witness.

Light some incense if you'd like. Or not.

It's up to you.

Put your phone someplace else.

Take three slower breaths than you think you need.

If tears come, let them. If nothing comes, let that be here also.

Three Passes. One Return.

The Threads We Will Discover Together

Watching→ Witnessing→ Understanding→ Clearing→ Choosing→ Participating→ Living.

Conditioning→ Awareness→ Understanding→ Release→ Choice→ Embodiment.

You are not becoming someone new.

You are uncovering who was already there.

Pass One:



Do not edit. Do not judge. Do not try to fix it. Do not spiritualize.

Do not try to sound wise.

Write the fear. Write the anger. Write the failed dreams. The grief.

The desire. The contradiction. All of the relationships, and how they make you feel. The habits you've carried like an invisible shield.

That persistent thought you do not want to admit.

These words, they're not your identity. They are information.

Just like when an oil leak has been found. We are not shaming the vehicle. We are locating the leak.

What is actually here right now. What is ready to be witnessed?

Just let the words flow.

Do not even think about what will come from your hand as you are writing.

If you do this it is easier to discover things about yourself that you did not yet know. As you go, you may find that this process actually allows you to connect with the moments in your life that you're writing about.

This can be painful.

It is okay to take a break. It is okay to step outside and have some fresh air.

Just, please, finish the process. Return to the pages.

Return to yourself.

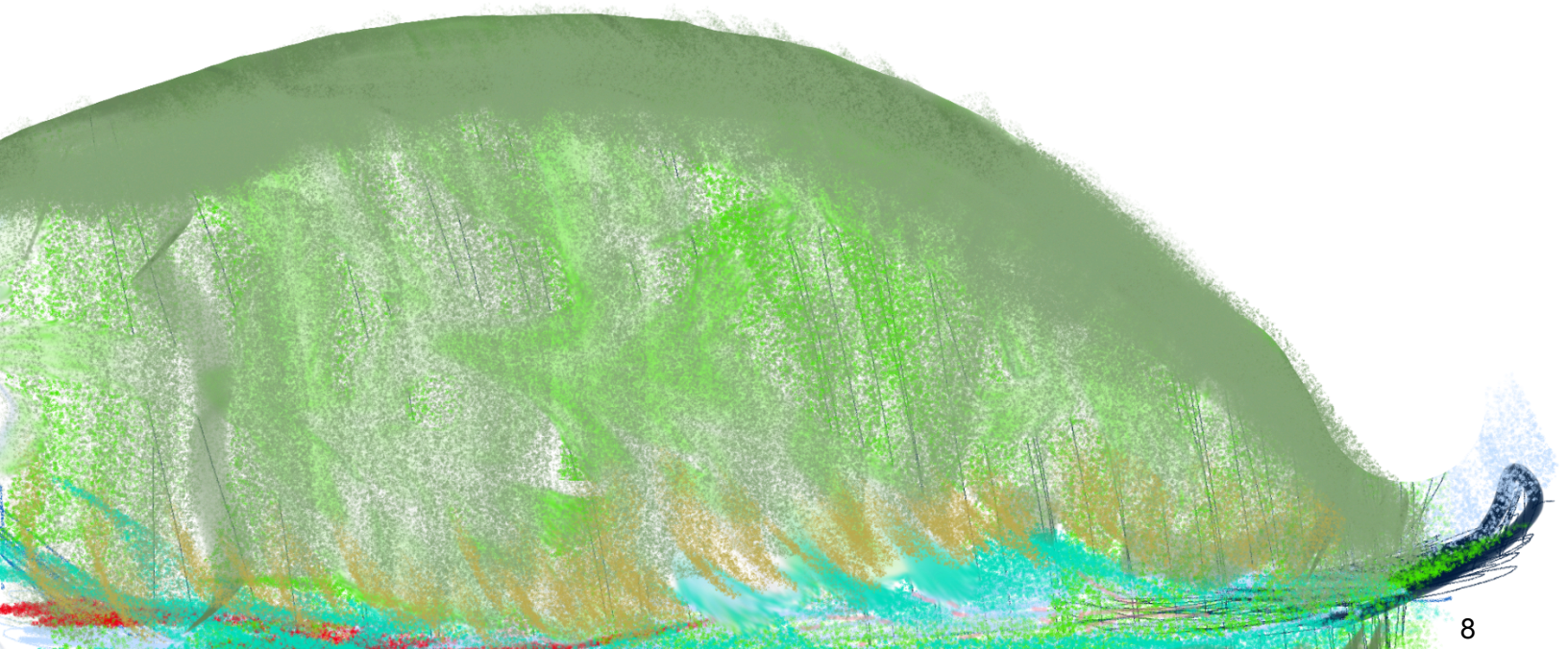
The next page will ask you to begin the practice.

Nobody is going to see what you write unless you show them.

Do not worry about what someone may say.

You're doing this for you.

Just breathe.



Practice: Let The Page Hold It

**Never feel like you do not have enough space. Check the back of the book. Keep writing.*

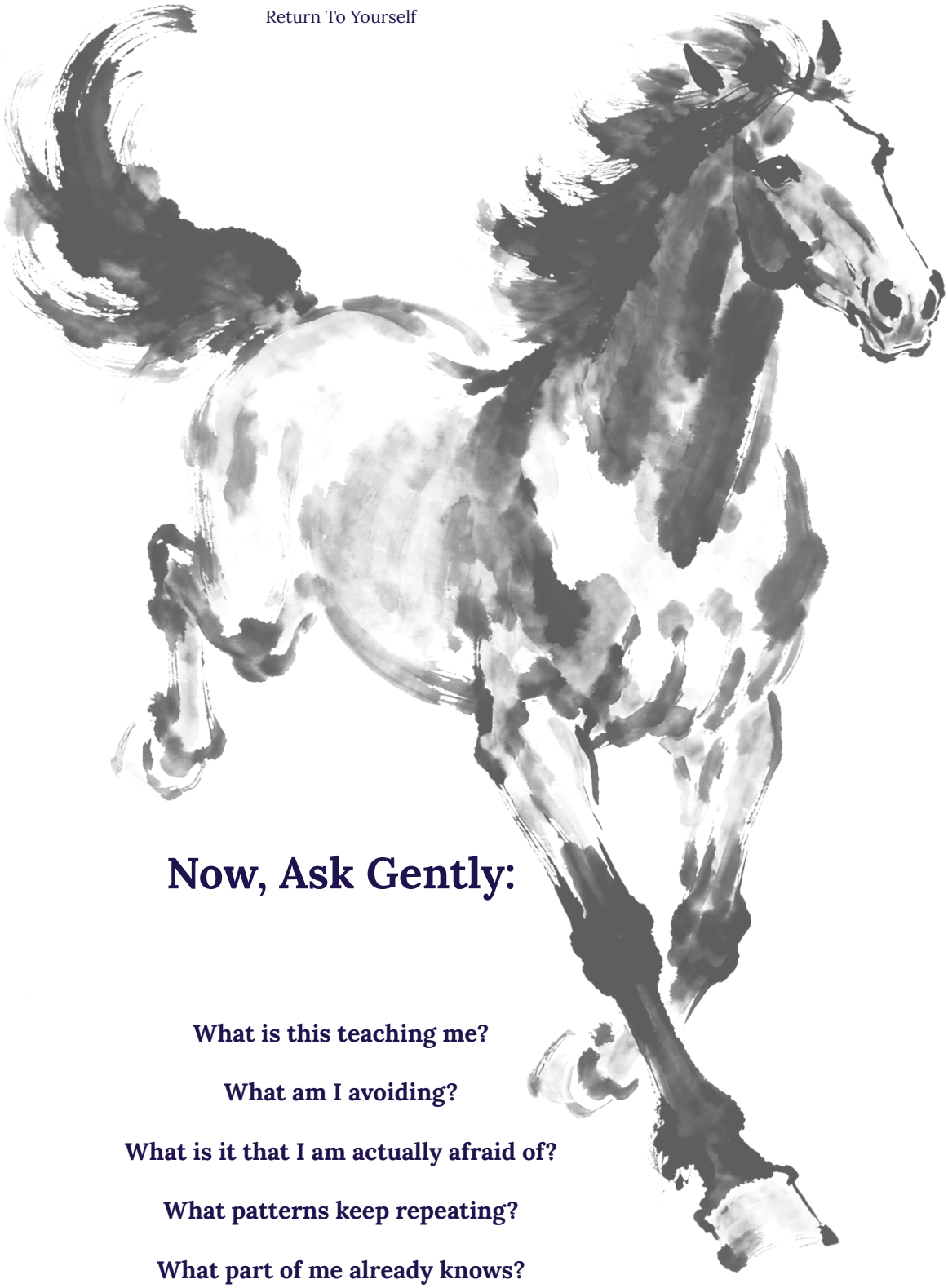
Pass Two: The Shift

What is this showing me?



The first pass was release.
This one is understanding.

Pain does not have to be
denied to be understood.



Now, Ask Gently:

What is this teaching me?

What am I avoiding?

What is it that I am actually afraid of?

What patterns keep repeating?

What part of me already knows?

What is mine to change?

What is NOT mine to carry?

It is time to write again.

From Reaction to Relationship

Write it again, except this time do it from your relationship with the thought, the experience, or the person. Let's sort out what we are still holding onto from pass one.

A wound can become information and a trigger can become an invitation.

Let The Page Hold It



We are allowing the past to remain a part of our history without it continuing to be in charge of our identity.

In this final pass, we are going to actually drop the things that are holding us back.

You do not need to hate who you were. Some versions were created to survive.

Those versions of us also deserve the peace we are searching for. This time, when you write, it is okay to allow the story to change a little bit.

It's not a barrier anymore, it's a building block.

It's the root to your foundation.

By now, the memories should not sting.

If they do, you're not done with pass two.

Keep writing.

If you are, it's time to allow yourself to shed them.

You're returning to yourself..

It is time to ask:

What have I learned?

What no longer serves the life I'm building?

Which belief may I release?

Which patterns have completed their purpose?

Thank them.

Learn from them.

Let them rest.

What are you ready to stop carrying?

LET THE PAGE HOLD IT

Then Comes What Matters Most

Live it.

Embodiment is not a fourth pass. It is not another practice.

It is the purpose of this guidebook.

Go outside. Move your body. Make something original.

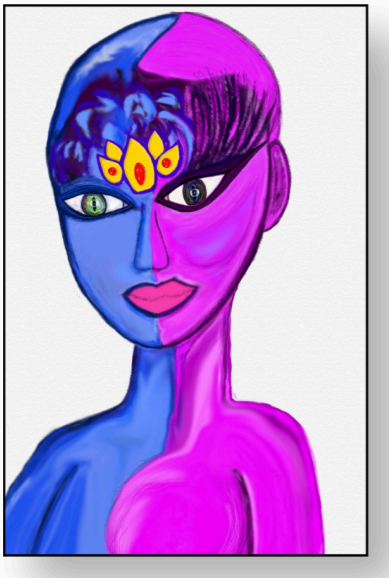
Rest when you are tired. Tell someone you love them.

Say no when something is not true for you. Say yes when it is.

Your decisions are made here. Not in the past or in an imagined future.

Right here.

You do not need storms anymore. You're allowed to sit in the sunshine.





THE PROCESS

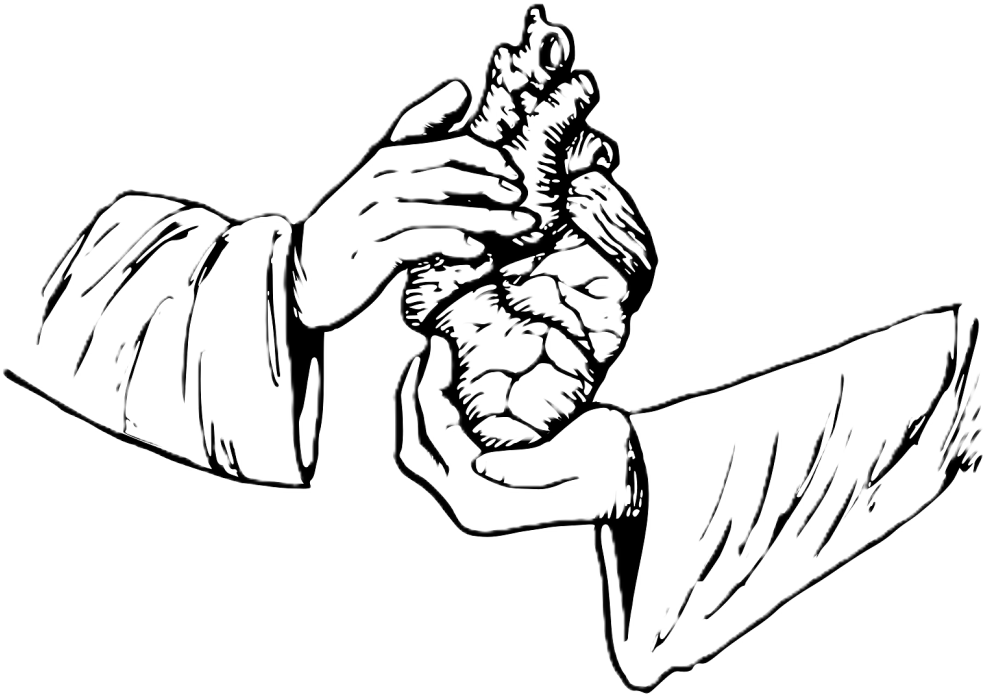
Becoming Who You Were

Self-Embodiment



One Last Thing

Place your hands over your heart



Take one breath. Notice that you are exactly right here.

Fully present in this moment.

You do not need to know exactly what happens next. You only need to become willing to meet yourself where you are.

Listen to your inner compass, receive, rest, grow, let go,

and when you forget, begin again.

You are loved beyond measure.

You are a gift.

It is an honor to be here with you.

Return To Yourself

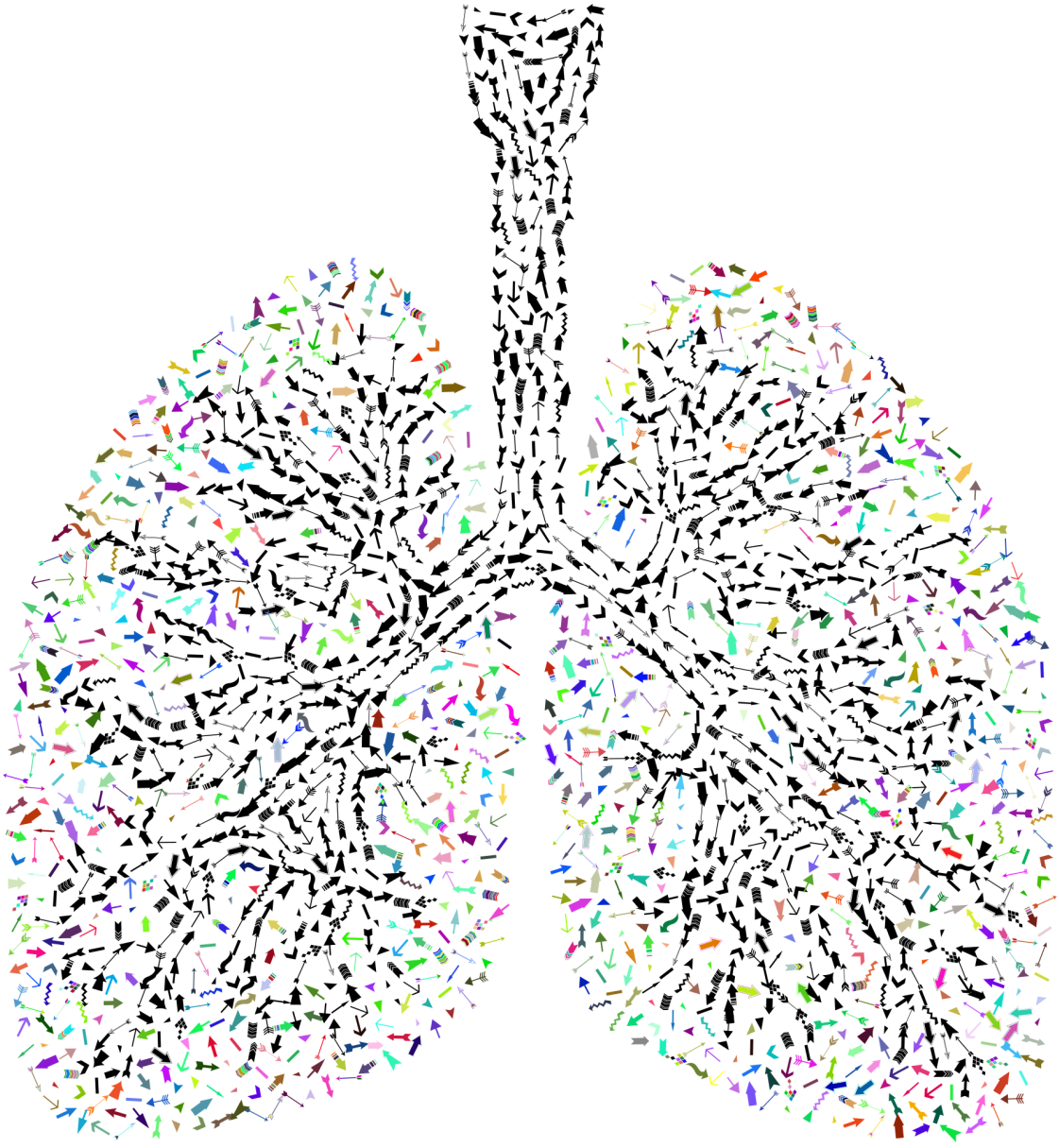
See.

Understand.

Release.

The purpose of clearing the page is to become present enough to

LIVE.



For whatever still needs somewhere to go.

LET THE PAGE HOLD IT