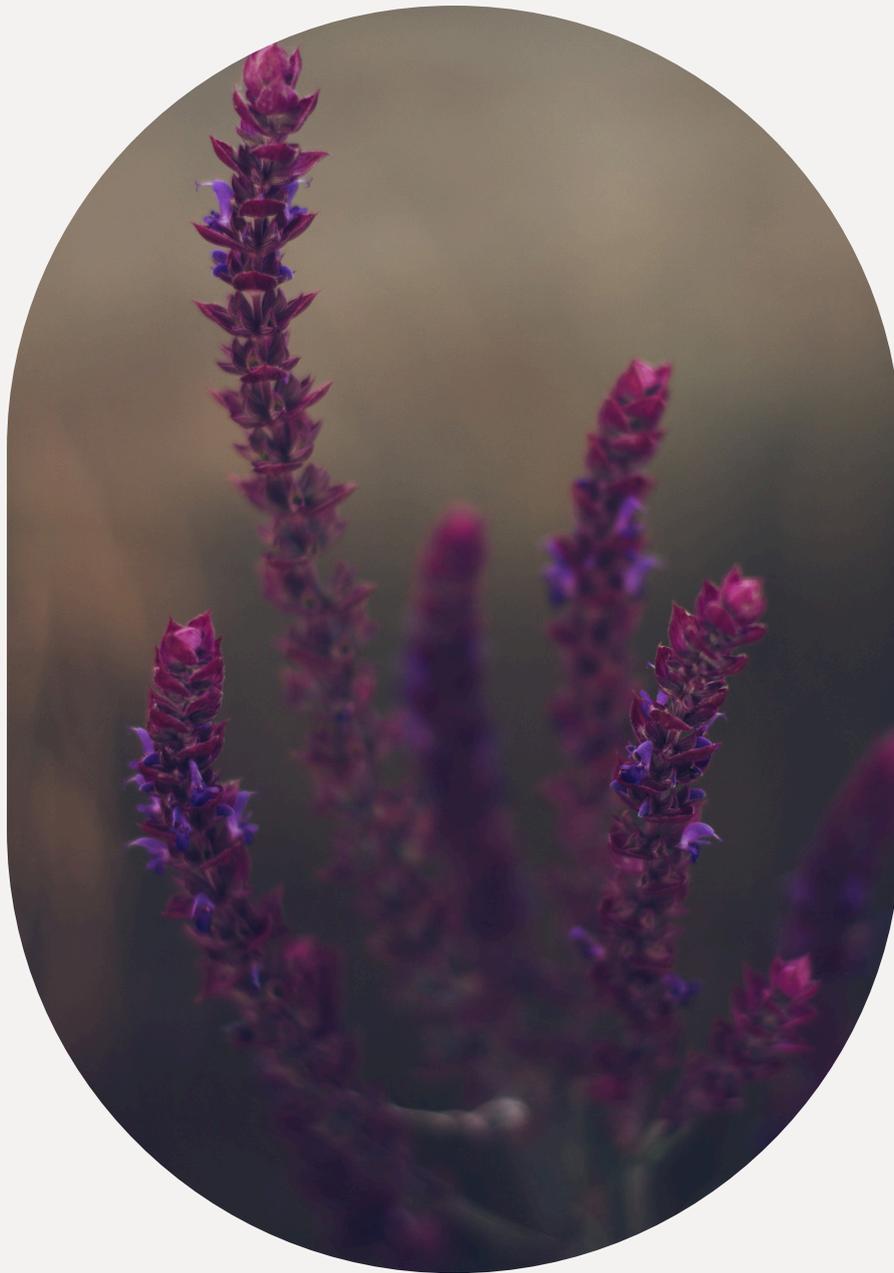


GUIDED MEDITATIONS

*A Free Bonus from the
Navigating the Shift Guide*



 **Dana**
LIFESTYLE



GUIDED MEDITATIONS

RECONNECT. REGULATE. REMEMBER.

The next **three guided meditations** are invitations to return to your inner wisdom. They are not meant to fix you, but to help you feel yourself again, beneath the noise, the fear, and the roles you play.

Inspired by ancient teachings and modern healing, each practice is a quiet doorway into clarity, presence, and inner safety.

How to Use Them

- Choose one meditation that resonates with your current emotional state. Sit or lie down in a quiet space, ideally with headphones.
- Read it slowly aloud (or listen to the audio if you record it), letting each pause land in your body.
- You can revisit the same meditation for a few days in a row to deepen the experience.
- Afterward, take a few moments to journal or simply rest.





RETURN TO THE BREATH, RETURN TO YOURSELF

A PRACTICE OF PRESENCE AND COMPASSION

Close your eyes.
Let your body soften and settle.
Breathe in gently, naturally.
Breathe out slow, easy.
There is no rush.
There is no right way.
There is only this moment.
Let your breath be your home.
With each inhale, return.
With each exhale, release.
What are you carrying that isn't yours?
With gentleness, let it go.
Now bring your hand to your heart. Feel.
You are here. You are alive. You are enough.
Say silently: "I return to myself."
Stay here for a while.
Breathing. Listening. Remembering.

INSPIRED BY: THICH NHAT HANH & TARA BRACH





THE SACRED WITNESS

A PRACTICE TO OBSERVE YOUR THOUGHTS WITH
CLARITY & DETACHMENT

Find stillness.

Close your eyes, and allow your breath to slow down.

Picture yourself sitting in a safe, wide space maybe beneath a tree, or by a quiet lake.

In this space, you are not your roles. Not your thoughts. Not even your feelings. You are the one who sees.

Breathe and observe.

A thought comes. Notice it. Don't push it. Don't chase it.
Say silently: "This too, I see."

Whether the thought is kind or harsh, just notice: "This too, I see."

Let the waves pass by. You are the ocean.

Rest in the awareness that sees all without judgment.

Let your final breath be a bow:
"Thank you, witness. I am here."

INSPIRED BY: RAM DASS & ECKHART TOLLE





REMEMBERING THE LIGHT WITHIN

A PRACTICE FOR RECONNECTING WITH
YOUR INNER TRUTH & POWER

Sit in a quiet space.

Let your body grow heavy. Let your heart remain light.

Imagine a tiny golden flame in the center of your chest.

Soft. Warm. Alive.

This flame is your essence. It never left you.

Breathe into it. Let it grow.

With each breath, feel it expand, filling your chest, your arms, your whole being.

Let it remind you of a time you felt joy. Love. Courage. Peace.

Say silently: "This light is mine."

If you feel lost, let the flame guide you.

If you feel tired, let it nourish you.

You were never broken. Just buried.

Return to this light whenever you need.

It will always be waiting.

Inspired by: Mary Magdalene traditions, mystic Christianity, inner child work





YOU ARE NOT ALONE. YOUR JOURNEY MATTERS.

Thank you for choosing to walk this journey through
Navigating the Shift.

- ◆ May this small offering remind you of the strength already inside you.
- ◆ Come visit **mushroomdana.com** for more free tools, reflections, and soul-guided support.





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THANK YOU

Curious to dive deeper into my work and journey? I share more insights, reflections, and behind-the-scenes moments on my blog and social accounts. If this material resonated with you, you'll love the conversations and inspiration I post there.

Let's stay connected!

