



### **Guided Practice: Calming the Nervous System with the Flower of Life**

**Find your seat.** Sit comfortably, either in front of the mandala or with it in your mind's eye. Let your spine lengthen and your shoulders soften.

**Connect to breath.** Inhale slowly through the nose... hold gently... and exhale through the mouth. Repeat this for three full cycles.

**Visual contact.** Gaze softly at the center of the mandala. Allow your eyes to relax. If your eyes are closed, imagine the mandala gently glowing at the center of your forehead.

**Attune to the pattern.** As you breathe, begin to imagine that your nervous system is syncing with the perfect geometry of the mandala. Every nerve, every branch of your inner tree, begins to glow with calm, quiet light.

**Let go.** With each breath, feel the static fall away. Let your thoughts dissolve into the stillness of the pattern. The mandala holds you. You are safe here.

**Return gently.** When ready, place your hands on your heart. Whisper a word of gratitude to your body. Carry this peace with you.