Release & Unwind

THE ART OF INTUITION / 15 minutes

GUIDANCE

The body often carries accumulated tension long after stressful moments have passed.

Without intentional moments of rest, the nervous system may remain in patterns of holding, alertness, or emotional fatigue.

This practice offers a gentle space to slow down, soften, and release some of what the body has been carrying throughout the day.

Rather than pushing for productivity or emotional processing, the focus is simply allowing the body an opportunity to rest, unwind, and feel supported.

GENTLE SHIFTS / WHY THIS PRACTICE HELPS

Audio practices and guided meditations can offer the mind and body a gentle opportunity to rest and soften without effort or performance.

As the body unwinds, accumulated tension may begin releasing naturally, allowing the nervous system to shift out of alertness and into greater ease, restoration, and inner quiet. This practice can help soften internal pressure, support emotional regulation, and create a gentler relationship with rest and the pace of daily life.

When the body experiences moments of true rest more consistently, intuitive awareness often becomes easier to access - not through force, but through softness and presence.

Over time, these moments of unwinding help the body remember that it is safe to pause, soften, and receive support.

LISTEN TO THE GUIDED PRACTICE

Release & Renew ~ Stillness Practice

Tap here to listen, or scan the QR code.
Internet access is needed to play the audio.

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Reflections

Release & Unwind / A QUIET RETURN

Different reflections may resonate at different moments in your experience with this practice, especially as you return.

Where in my body am I asking for rest, gentleness, or release - and what would it feel like to truly listen?

What changes within me when I allow myself to soften instead of continually holding everything together?

What am I still carrying in my body that I no longer need to hold so tightly?

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