



AWAKENED
BY THE FIRE

A COMPANION FOR THE DAYS WHEN

Five Minutes With Yourself

— ♥ —
*A Daily Return to What
Matters Most*

From The Hearth
— ♥ —
Awakened by the Fire





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BY THE FIRE

A Few Minutes *Can Change the Entire Day*



You don't need an hour.
You don't need a plan.
You don't need to earn it.

-
You only need five
minutes and the
willingness to come
back to yourself.

This is your time.
This is your space.
This is your return.



Five Minutes for You



Five minutes to pause.
Five minutes to breathe.
Five minutes to say,
I matter too.

In these pages, you'll find simple prompts, gentle reflections, and quiet reminders to help you reconnect with yourself one moment at a time.

*This is not about doing more.
It's about coming home to you.*



Before We Begin



You don't need to do this perfectly.

You don't need to have the right words.

You don't need to be anywhere other than where you are.

These next five minutes aren't here to change you.

They're simply here to help you come home to yourself for a little while.

The coffee is warm.

The chair is waiting.

Whenever you're ready...

Let's begin.

Minute One - Just Notice



There is nothing to solve here.

Nothing to fix.

Nothing to figure out before this moment can begin.

For the next minute...

simply notice.

Notice the chair beneath you.

Notice your breathing.

Notice the warmth of your coffee...

or the warmth of your hands if there isn't a cup nearby.

Notice the light around you.

Notice the thoughts arriving without asking them to leave.

You don't need to judge them.

You don't need to follow them.

Simply notice that they're there.

Now notice something else.

You've paused.

And perhaps that doesn't sound like much...

but it is.

Because in a world that asks you to keep moving...

you chose to stop.

You chose yourself.

Even if only for five quiet minutes.

That matters.

Stay here for another slow breath.

You're exactly where you need to be.

Minute Two - Just Breathe



You don't have to change your breathing.

You don't have to breathe deeper.

Or slower.

Or better.

Simply notice that your breath has been with you all along.

Without asking for anything in return.

Take one slow breath in...

...

...and let it go.

Again.

In.

...

And out.

Sometimes we spend so much of our lives holding everything together...
that we forget our bodies have been quietly carrying us through every moment.

Your breath has been with you through joy.

Through heartbreak.

Through ordinary mornings.

Through difficult conversations.

Through beginnings...

and endings.

It has never asked you to earn it.

It has simply stayed.

Take another slow breath.

As you breathe in...

imagine making a little more room inside yourself.



Not because something is missing.

Because you deserve space too.

As you breathe out...

see if you can let go of just one thing you've been carrying today.

It doesn't have to be everything.

Just one thing.

One thought.

One worry.

One expectation.

One breath at a time is enough.

Stay here for another quiet moment.

Your breath knows the way home.

Minute Three - Just Listen



You don't need to search for a great revelation.

Most of the time...

our truest voice isn't loud.

It's quiet enough that we only hear it when everything else begins to settle.

So for just a moment...

listen.

Not to the noise around you.

Not to the list waiting for you.

Not to the expectations you've carried for so long.

Listen beneath all of that.

There may not be words.

There may only be a feeling.

A gentle knowing.

A quiet nudge.



A small whisper that says,

“This feels true.”

Or perhaps...

“I’m more tired than I realized.”

Or even...

“I think I’m ready.”

Whatever you notice...

welcome it.

You don’t have to act on it today.

You don’t have to solve it.

You only have to hear it.

Your inner voice doesn’t disappear when life becomes noisy.

It simply waits patiently...

until you have a quiet enough moment to listen again.

Stay here for another slow breath.

Trust that what matters most will never need to shout to be heard.

Minute Four – Just Remember



You don't have to become someone new.

Sometimes...

the most important part of the journey
is remembering who you've always been.

Long before the expectations.

Long before the doubts.

Long before you learned to question your own worth.

There has always been a quiet light within you.

Maybe today it feels bright.

Maybe today it feels like only a tiny ember.

Either way...

it is still there.

*Nothing that has happened to you
has taken away your capacity to begin again.*



It has only added wisdom to your journey.

You are not behind.

You are not too late.

You are not starting from nothing.

You are standing here today
with everything you've lived,
everything you've learned,
and everything your heart has carried.

Take one more slow breath.

Notice the strength that brought you here.

Not because it was loud.

Because it never gave up.

Hold onto that for just a little while longer.

You already carry more light than you realize.

Minute Five - Take This With You



The next few moments will carry you back into your day.

The dishes may still be waiting.

The emails may still need answering.

Life will still ask things of you.

But perhaps...

you'll carry something different with you.

A quieter mind.

A gentler breath.

A little more room inside your heart.

Remember...



you don't have to have everything figured out before you keep walking.

One small step is enough.

One kind thought is enough.

One gentle breath is enough.

And if tomorrow feels different...

or harder...

or heavier...

know this:

You don't have to begin all over again.

You simply begin from where you are.

That has always been enough.

Take whatever you needed from these few quiet moments.

Leave behind anything that no longer belongs to you.

The rest will still be here when you return.

Until then...

walk gently.

Trust yourself.

And remember...

*the journey home is never measured by how quickly you arrive,
only by your willingness to keep walking.*

A Gentle Closing

— ♥ —

and Final Reflection

You've given yourself five minutes.
And that is enough.

Carry this softness with you.
Return to it often.
Let these moments become
a rhythm you can count on.



You are worthy of the time.
You are worthy of the care.
You are worthy of you.



From The Hearth
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The chair will be waiting whenever you return.

