

Hand to Heart

A quiet practice for offering yourself the warmth you keep giving away.



When something hurts, many women move immediately toward explanation.

Why did this happen?

What should I do?

How do I make it stop?

But before an answer, the body may need simple companionship.

A hand.

Warmth.

The reminder that you have not left.

Before You Begin

Place one hand over your heart or anywhere on your chest that feels comfortable.

Your other hand can rest on your belly, your lap, or beside you.

There is nothing you need to feel.



Notice the Warmth

Feel the temperature and weight of your hand.

Let the contact be ordinary.

You are not trying to create a powerful moment.

You are letting your body register that someone is here.

I am here with myself.



Speak One Kind Sentence

Choose one sentence you would offer someone you love.

This is hard.

You do not have to solve it yet.

You are allowed to need time.

Say it inwardly without arguing with it.

I can speak kindly here.



Stay for One More Breath

Take one unforced breath beneath your hand.

Let the exhale finish.

You may move on after that breath.

Or stay for another.

There is no amount of comfort you must produce.

I do not have to leave myself.



Carry It with You

This practice will not replace the care you need from other people.

It is not meant to.

It is a way of remaining beside yourself while help, clarity, or time arrives.

Use it after a hard conversation, in the middle of grief, or whenever self-criticism begins speaking faster than compassion.

Hand.

Warmth.

One kind sentence.