Release + Reignite
Release Your Pain. Reignite Your Powew
BRIT MCQUARRIE
soul healing coach

Open sacred space for yourself before sitting down to your meditation and these prompts. Light some candles, burn some incense and make sure you have this time, just for you, with no interruptions.

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Journal Prompts

1) What makes you feel safe and comforted?

Whether it be something you can see, feel, smell or hear let it be a reminder throughout your day that you are held and supported.

2) Each morning, check in with yourself

Notice your body and the physical sensations throughout it. How does it feel? If you are holding onto any tension allow your breath to fill that space and on the exhale, feel as the tension begins to melt away.

3) Focus on your third eye, your center of intuition

I'd like for you to imagine a little hole between your eyes and as you inhale feel as your breath enters it and as you exhale feel your breath exit. Taking three deep breaths, on the inhale repeating "I trust whatever comes through today to be truth" and on the exhale "I release all illusions"

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Journal Prompts

4) Now, what is the first thing that comes to mind, heart and soul when asked, "What narrative has been holding you back from living as the highest version of you?"
How does it make you feel physically? What sensations arise in your body and where?

5) What emotions arise for you when you think of this narrative? Anger? Shame? Guilt?
There is no wrong way to feel. Allow them to come, sit with them.

6) Imagine if our narratives arose and instead of denying these emotions, we recognized them, acknowledged them, explored them and nurtured them?
What are some ways you can explore these emotions with more curiosity and compassion?

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Journal Prompts

7) Journey back to your earliest memory as a child when this narrative originated

How old are you? What are you wearing? Who's there? What are you doing? What emotions are you feeling?

8) Reach out to that younger version of you

What message do they have for you? What emotions arise?

9) Repeat in your heart or out loud:

"Dear mind, heart, body and soul of my inner child I love you, I honour you, I deeply respect and appreciate you, please forgive me for not being there for you, for not showing up in your times of need but I'm here now and I'm not going anywhere. Whatever heavy and painful emotions you are holding onto please know that you can let them go. You no longer need to carry them. Know that you have done absolutely nothing wrong and you've done the best you can with what you've known at certain times in your life. You are so loved and so worthy, simply because you exist. Thank you, thank you, thank you. Love you, love you, love you."

Forgive Yourself

Wrapping your arms around yourself and repeating in your heart or out loud "Dear mind, heart, body and soul, I love you, I honour you, I deeply respect and appreciate you and I forgive you for not showing up for yourself. I accept you, all of you and I love you, exactly as you are. You are beautiful from the inside out and I will continue to practice radical self love and acceptance daily. Thank you, thank you, thank you. Love you, love you, love you.

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Journal Prompts

10) Visualize your inner healer

What do they look like? Describe them

11) Reach out to your inner healer

What message do they have for you on your path of healing? What emotions arise?

12) Repeat in your heart or out loud:

“Dear mind, heart, body and soul of my inner healer I love you, I honour you, I deeply respect and appreciate you, please forgive me for not taking responsibility of my own healing but I now know that I have everything I need within me to heal myself and I’m going to take the steps necessary to do just that. I know that I can always turn to you in times of need. Thank you, thank you, thank you. Love you, love you, love you.”

Journal Prompts

13) Visualize the highest version of you

See them as they stand in front of you, what do they look like, what are they wearing?

14) Reach out to the highest version of you

What message do they have for you as you release your old narrative and move forward in your life? What emotions arise?

15) Repeat in your heart or out loud:

"Dear mind, heart, body and soul of the highest version of me I love you, I honour you, I deeply respect and appreciate you, please forgive me for not embracing you daily. I promise to listen to you more often and to embody you regularly because I have now been reminded that you are with me always. Thank you, thank you, thank you. Love you, love you, love you."

Journal Prompts

16) Now, think of your narrative and repeat in your heart or out loud

"Dear mind heart body and soul of my old narrative, thank you! You have served your purpose. I know that you were just trying to protect me in your own way. Likely, in fear of the unknown, but it's time for you to go."

17) How did the dancing/movement make you feel?

Do you feel lighter? Do you feel you made progress in releasing your old narrative and anything else stuck in your body? I encourage you to bring daily movement into your life/ routine.

18) How did you feel at the end of the meditation compared to when you started?

Affirmations

I have thoughts but I am not my thoughts.
I have emotions but I am not my emotions.
I have fears but I am not my fears.
I have narratives but I am not my narratives.

I AM SO MUCH MORE.
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I AM SO MUCH MORE.

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