

CAMOMILE CALM

“ I SOFTEN INTO STILLNESS.
MY BREATH IS A LULLABY, AND
MY BODY REMEMBERS HOW TO
REST”

....

HOLLOW CALM

“ I AM HELD, EVEN IN THE STORM. I
DO NOT NEED TO BE FEARLESS TO
BE SAFE”

....

GENTLE RISE

“ I RISE SLOWLY, WITH GRACE.
MY HEALING IS NOT A RACE- IT
IS A RHYTHM”

....

....

ROOT & RESIN

“ I RETURN O MYSELF. MY
BREATH DEAPENS, MY SENSES
SETTLE, AND THE EARTH HOLDS
ME.”

....

CETRINE GROVE

“ MY THOUGHTS SLOW LIKE DUSK. I
AM ALLOWED TO PAUSE, TO REST,
TO BE”

....

SOFT RIOT

“ I AM NOT TO MUCH. MY
ENERGY IS SACRED, AND I MOVE
WITH INTENTION.”

....

WOOD & WHISPER

“ SLEEP WELCOMES ME LIKE A
FAMILIAR FOREST. I AM SAFE TO
LET GO.”

....

SUNRISE

“ I RISE WITH LIGHT IN MY
CHEST. TODAY IS MINE TO
SHAPE.”

....

WINTERWAKE

“EVEN IN SHADOW, I SHINE. MY
LIGHT IS NOT SEASONAL-IT IS
SOVEREIGN”

....

MOSS & MURMUR

“I AM CALM IN THE CHAOS. MY
BREATH IS MY BOUNDARY.”

....

AMBER RISE

“ I AM ALLOWED TO FEEL. MY
EMOTIONS ARE MESSENGERS,
NOT ENEMIES.”

....

EQUINOX PULSE

“ I FIND BALANCE IN MOTION. I AM
BOTH STILLNESS AND SPARK.”

....

LUCID THREAD

“ MY MIND IS CLEAR. I WEAVE FOCUS
FROM FOG.”

....

EQUINOX PULSE

“ I FIND BALANCE IN MOTION. I AM
BOTH STILLNESS AND SPARK.”

....

LUCID THREAD

“ MY MIND IS CLEAR. I WEAVE FOCUS
FROM FOG.”

....

STILLFLOWER

“I SOFTEN INTO THE HUSH. MY
BODY KNOWS HOW TO REST,
AND I TRUST ITS RHYTHM.”

....

SOFT ECHO

“I AM SAFE TO DRIFT. MY BREATH IS
A LULLABY, AND SILENCE IS MY
SANCTUARY.”

....

NIGHTROOT

“MY THOUGHTS SLOW. I
RELEASE THE DAY AND
WELCOME THE DARK WITH
GRACE.”

....

LOUNGING LAVENDER

“ I PREPARE FOR REST WITH
INTENTION. MY SPACE BECOMES
A SANCTUARY.”

....

GOLDEN HUSH

"I LISTEN TO MY BODY'S
WHISPERS. I AM SAFE, I AM
STEADY, I AM SOOTHED."

....

AIRLIA

"EACH BREATH IS A
COMFORT. I WELCOME
EASE, AND LET TENSION
DISSOLVE."

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