

BrightLightLife: Prompts for Deep Reflection

(A gentle guide to your inner truth)

1. Boundaries as a Form of Love

Affirmation:

I protect my peace with compassion, not guilt.

Reflection Prompts:

Reflect and record your responses. You can write in your journal, type notes on your phone, or record a voice memo, whatever feels most natural for you. Let your reflections flow without judgment.

- Where am I feeling stretched too thin? What boundary wants to be honored right now?
- What's one kind, clear way I can express what I need without apology?

Sacred Ritual:

Find a quiet space. Light a candle or soften the lighting. Play a song that makes you feel grounded and strong. Place one hand over your heart and the other on your belly. Breathe deeply, letting the music fill you with courage and calm.

Reflection Space:

Use this space to write freely or jot down your thoughts. You can write in your journal, type notes on your phone, or record a voice memo, whatever feels most natural for you. Let your reflections flow without judgment.

2. Embracing the Messy with Compassion

Affirmation:

I welcome every emotion as a messenger, not a threat.

Reflection Prompts:

Reflect and record your responses. You can write in your journal, type notes on your phone, or record a voice memo, whatever feels most natural for you. Let your reflections flow without judgment.

- What emotion have I been avoiding—and what might it be trying to teach me?
- How would I treat this feeling if it showed up as a dear friend?

Sacred Ritual:

Choose a song that invites softness or healing, something gentle and soulful. Sit or lie down comfortably, close your eyes, and allow yourself to fully feel whatever surfaces. Let the music hold space for your emotions without judgment.

Reflection Space:

Use this space to write freely or jot down your thoughts. You can write in your journal, type notes on your phone, or record a voice memo, whatever feels most natural for you. Let your reflections flow without judgment.

3. Coming Home to Myself

Affirmation:

I am allowed to be whole, even if I'm still healing.

Reflection Prompts:

Reflect and record your responses. You can write in your journal, type notes on your phone, or record a voice memo, whatever feels most natural for you. Let your reflections flow without judgment.

- What parts of myself have I been dimming to be accepted?
- What does my soul need to feel safe and seen again?

Sacred Ritual:

Light a candle or incense. Wrap yourself in a soft shawl or blanket. Play a song that feels like home to your soul, something uplifting or deeply comforting. Write a letter to the part of you that's been waiting for love and acceptance.

Reflection Space:

Use this space to write freely or jot down your thoughts. You can write in your journal, type notes on your phone, or record a voice memo, whatever feels most natural for you. Let your reflections flow without judgment.