

1. Whisper Your Truth

Take a breath. Then another.

Let your body speak. Let your heart whisper.

Write down what you're holding on to — it doesn't need to be perfect. Just real.

2. Weigh It with a Stone

Place your paper beneath a stone. Let the Earth hold it now. Visualise the stone absorbing your burden and grounding it beneath the soil.

3. Tell it to the Wind

Say: "I honour what I've carried. I release to the earth what I no longer need."

Now go and have a beautiful day...

