



COMING HOME TO YOURSELF



A Gentle Guide to
Reconnection

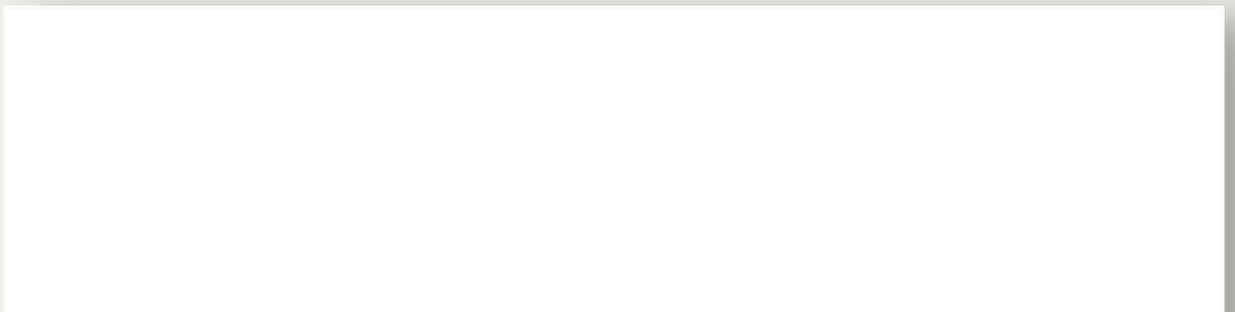

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WELCOME + HOW TO USE THIS GUIDE

Sometimes we forget how to hear our own voice. Life pulls us in many directions, leaving us feeling scattered or unsure where to begin. This guide is here to remind you that reconnection doesn't need to be complicated. With gentle steps, reflection and intention you can return to a grounded, authentic you.

SET YOUR INTENTION FOR THIS GUIDE :



**COMING HOME TO YOURSELF DOESN'T HAVE TO BE
COMPLICATED. EVERY GENTLE STEP MATTERS**

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Why we feel Disconnected



DISCONNECTION OFTEN CREEPS IN QUIETLY. IT CAN HAPPEN WHEN:

- Life feels overwhelming – responsibilities, expectations and constant “doing” leave little space for simply “being”
- We give more than we receive – pouring energy into others without pausing to refill our own well.
- we silence our inner voice – ignoring intuition and choosing logic or outside approval instead
- old wounds resurface – patterns from childhood or past experiences weigh us down, even when we thought we’d moved on

The truth is : disconnection doesn't mean your broken. it's simply a signal – a loving invitation from your soul to return home.

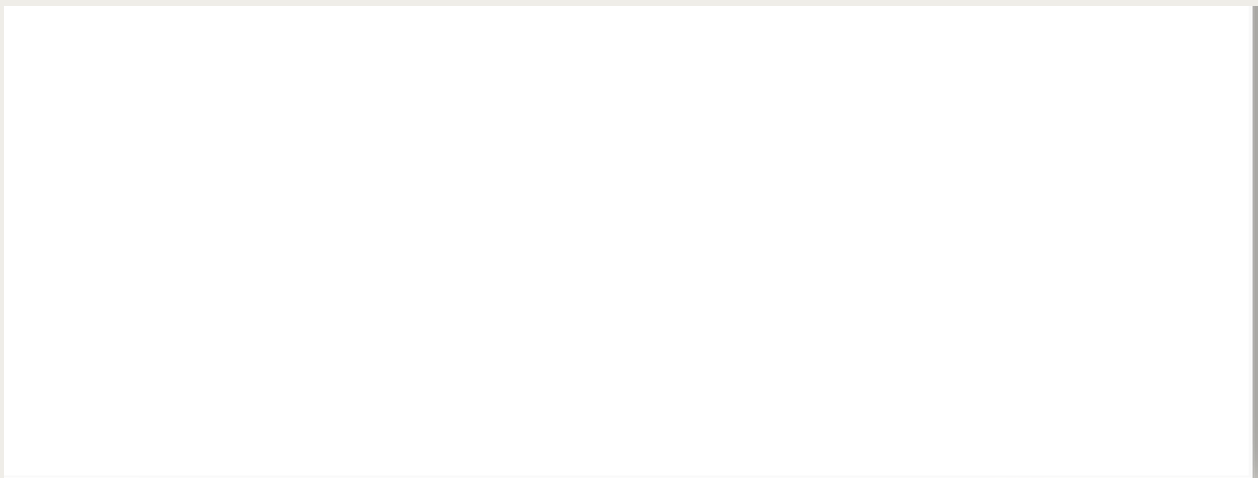
*“DISCONNECTION IS NOT PERMANENT –
IT'S AN INVITATION TO RETURN”*

QUICK SELF CHECK

TICK ANY THAT FEEL TRUE TODAY

- ☐ I FEEL SCATTERED OR UNFOCUSED
- ☐ I'M OVER - GIVING AND FEELING DEPLETED
- ☐ I'M IGNORING MY NEEDS OR INTUITION
- ☐ I FEEL LIKE I'VE LOST MY CENTER

WHAT'S CURRENTLY PULLING ME AWAY FROM MYSELF ?



THE 3 PILLARS OF RECONNECTION



1. AWARENESS

AWARENESS IS THE GENTLE ACT OF NOTICING. WHEN YOU PAUSE AND ACKNOWLEDGE WHAT YOU FEEL – WITHOUT JUDGEMENT – YOU CREATE SPACE FOR HEALING. AWARENESS MIGHT LOOK LIKE NAMING AN EMOTION (“I FEEL ANXIOUS”), NOTICING BODY CUES (TIGHT SHOULDERS, SHALLOW BREATH), OR CATCHING THE INNER CRITIC IN ACTION.



PRACTICE

PLACE YOUR HAND ON YOUR HEART ONCE A DAY AND ASK :

“WHAT’S RISING IN ME RIGHT NOW?”

THE 3 PILLARS OF RECONNECTION



2. RITUAL

RITUAL GROUNDS YOU. IT'S THE ANCHOR THAT HELPS YOU RETURN TO YOURSELF WHEN LIFE FEELS SCATTERED. RITUALS DON'T HAVE TO BE BIG OR ELABORATE – THEY CAN BE AS SIMPLE AS LIGHTING A CANDLE, SIPPING AN HERBAL TEA WITH INTENTION, JOURNALING ONE HONEST SENTENCE, OR STANDING BAREFOOT ON THE EARTH.



PRACTICE

CHOOSE ONE TINY RITUAL TO WEAVE INTO YOUR DAILY RHYTHM
AND LET IT BE YOUR REMINDER :

“I AM CONNECTED“

THE 3 PILLARS OF RECONNECTION



3. INTEGRATION

INTEGRATION IS WHERE AWARENESS AND RITUAL COME ALIVE IN YOUR DAILY CHOICES. IT'S THE SMALL, SOUL-HONORING ACTIONS YOU TAKE THAT AFFIRM YOUR WORTH AND TRUTH. INTEGRATION LOOKS LIKE SAYING "NO" WHEN YOU NEED REST, CHOOSING NOURISHING FOODS, OR SETTING ASIDE 5 MINUTES FOR STILLNESS.



PRACTICE

EACH MORNING, CHOOSE ONE ACTION-NO MATTER HOW SMALL-
THAT HONORS YOUR ENERGY AND VALUES.

THE 3 PILLARS OF RECONNECTION



TOGETHER, THESE PILLARS CREATE A FOUNDATION.

AWARENESS SHOWS YOU WHERE YOU ARE.

RITUAL HELPS YOU RETURN.

INTEGRATION WEAVES THAT CONNECTION INTO
HOW YOU LIVE.

A SIMPLE GROUNDING RITUAL

THIS PRACTICE IS DESIGNED TO BRING YOU BACK INTO YOUR BODY,
SOFTEN THE MIND, AND RECONNECT WITH THE SAFETY OF THE PRESENT
MOMENT.

1. *BEGIN WITH BREATH*

SIT OR STAND COMFORTABLY. CLOSE YOUR EYES IF IT FEELS SAFE.
INHALE DEEPLY THROUGH YOUR NOSE, LETTING YOUR BELLY RISE. HOLD
FOR A COUNT OF THREE. EXHALE SLOWLY THROUGH YOUR MOUTH
REPEAT THIS CYCLE THREE TIMES, LETTING EACH BREATH BRING YOU
DEEPER INTO CALM.

2. *HAND TO HEART*

PLACE ONE HAND OVER YOUR HEART AND, IF COMFORTABLE, THE OTHER
HAND ON YOUR BELLY. FEEL THE RHYTHM OF YOUR HEARTBEAT AND THE
NATURAL FLOW OF YOUR BREATH. THIS SIMPLE ACT REMINDS YOUR
NERVOUS SYSTEM: *I AM SAFE. I AM HERE.*

A SIMPLE GROUNDING RITUAL

3. *ROOTING VISUALIZATION*

IMAGINE GENTLE ROOTS EXTENDING FROM THE SOLES OF YOUR FEET, REACHING DOWN INTO THE RICH, STEADY EARTH. WITH EACH BREATH, FEEL THOSE ROOTS ANCHORING YOU DEEPER, CONNECTING YOU TO THE WISDOM AND STABILITY OF NATURE.

4. *SACRED WHISPER*

WHEN YOU FEEL GROUNDED, SOFTLY WHISPER AN AFFIRMATION, EITHER OUT LOUD OR SILENTLY IN YOUR HEART:

“I AM SAFE TO RETURN TO MYSELF. I AM HELD. I AM WHOLE.”

5. *CLOSING*

TAKE ONE FINAL DEEP BREATH. OPEN YOUR EYES SLOWLY, NOTICING THE SOUNDS, COLORS, AND SENSATIONS AROUND YOU. CARRY THIS GROUNDED ENERGY WITH YOU AS YOU MOVE INTO YOUR DAY.

JOURNAL PROMPTS

JOURNALING IS ONE OF THE MOST POWERFUL WAYS TO LISTEN TO YOUR INNER VOICE. LET THESE PROMPTS GUIDE YOU INWARD. TAKE YOUR TIME – EVEN ONE HONEST SENTENCE IS ENOUGH.

1. WHERE IN MY LIFE DO I FEEL MOST DISCONNECTED?

- NOTICE SITUATIONS, ENVIRONMENTS, OR RELATIONSHIPS THAT LEAVE YOU FEELING DRAINED, UNSEEN OR NUMB.

EXAMPLE : “I FEEL DISCONNECTED WHEN I SCROLL SOCIAL MEDIA FOR TOO LONG AND COMPARE MYSELF TO OTHERS.”

JOURNAL PROMPTS

2. WHAT PRACTICES HELP ME FEEL SAFE AND GROUNDED?

- REFLECT ON MOMENTS, RITUALS, OR PEOPLE THAT BRING YOU BACK INTO A CALM PRESENCE.

EXAMPLE : “ SITTING OUTSIDE BAREFOOT, SIPPING CHAMOMILE TEA, OR LISTENING TO SOFT MUSIC MAKES ME FEEL SAFE IN MY BODY.”

3. WHAT IS ONE TRUTH MY INNER CHILD NEEDS TO HEAR TODAY?

- IMAGINE SPEAKING GENTLY TO THE YOUNGER VERSION OF YOURSELF. WHAT WORDS OF LOVE, REASSURANCE, OR ENCOURAGEMENT WOULD THEY NEED?

EXAMPLE : “IT’S OKAY TO REST. YOU DON’T NEED TO EARN LOVE BY DOING MORE.”

JOURNAL PROMPTS

4. HOW CAN I HONOR MYSELF WITH MORE GENTLENESS THIS WEEK?

- THINK OF ONE OR TWO REALISTIC SHIFTS THAT INVITE KINDNESS INTO YOUR DAILY RHYTHM.

***EXAMPLE :** “ I WILL GO TO BED 30 MINUTES EARLIER, AND I’LL LET MYSELF TAKE A WALK WITHOUT GUILT. ”*

REMEMBER : THERE ARE NO WRONG ANSWERS. YOUR JOURNAL IS A MIRROR, NOT A REPORT CARD. WHATEVER RISES IS WORTHY OF BEING WRITTEN.

DATE

MOOD



DAILY JOURNAL

YOUR THOUGHTS

GOALS

TO DO

CLOSING

COMING HOME TO YOURSELF IS NOT A ONE-TIME EVENT— IT'S A LIVING, BREATHING JOURNEY. THERE WILL BE DAYS YOU FEEL DEEPLY CONNECTED, AND OTHERS WHEN YOU DRIFT AWAY. BOTH ARE NATURAL.

DISCONNECTION DOESN'T MEAN YOU'VE FAILED— IT'S SIMPLY A WHISPER FROM YOUR SOUL, INVITING YOU BACK. EVERY BREATH, EVERY RITUAL, EVERY GENTLE CHOICE IS A DOORWAY HOME.

REMEMBER:

- YOU ARE NEVER TOO FAR FROM YOURSELF
- YOU CARRY YOUR HOME WITHIN YOU
- RETURNING CAN BE AS SIMPLE AS PAUSING, BREATHING, AND LISTENING INWARD.

TAKE THIS GUIDE AS A REMINDER THAT YOUR HEALING PATH IS YOURS TO WALK – AND YOU DON'T HAVE TO WALK IT ALONE.

NEXT STEP

IF THIS GUIDE HAS OPENED SOMETHING WITHIN YOU, HERE ARE GENTLE WAYS TO CONTINUE YOUR JOURNEY :

1. RETURN TO THESE PRACTICES OFTEN.

CHOOSE ONE PAGE, ONE RITUAL, OR ONE PROMPT TO REVIST ANYTIME YOU FEEL THE PULL OF DISCONNECTION.

2. CREATE CONSISTENCY

TRANSFORMATION HAPPENS IN THE SMALLEST OF DAILY CHOICES. EVEN 5 MINUTES A DAY OF AWARENESS, RITUAL, OR JOURNALING CREATES POWERFUL SHIFTS OVER TIME.

3. DEEPEN YOUR HEALING JOURNEY

IF YOU'RE READY TO GO FURTHER, EXPLORE MY FREE AND PAID RESOURCES ON THE VALKYRIE'S GARDEN WEBSITE – FROM GUIDES MEDITATIONS TO FULL HEALING PROGRAMS THAT SUPPORT YOU IN RECONNECTING TO YOUR INNER SELF.

YOUR SOUL IS ALWAYS CALLING YOU BACK. THE NEXT STEP IS SIMPLY SAYING YES.