

Recipe for Tender Blooming

Ingredients

A soft gaze

Blush pink light

A pearly ribbon of morning light

The feeling of your collarbones widening

One hand over heart

One hand resting softly in your lap

One small memory of being welcomed

A sentence to grow: I can open gently



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Steps

Feel the place where your collarbones stretch from the center of your chest like the first thin branches of spring.

Breathe in through your nose for 4.

Imagine blush pink light entering with the breath, soft as petals before they fully open.

On that same inhale, let a pearly ribbon of morning light drape across your upper chest from shoulder to shoulder.

Exhale for 6, as if you are warming a window with your breath.

Again. Inhale cool, fresh air.

As you exhale, picture the space beneath your throat softening.

Let your chest widen a little.



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Steps

Now bring to mind one small memory of being welcomed.

A face brightening when you arrived. A place saved for you at the table.

Let that memory rest in your palm beneath your heart.

Breathe in and let the blush light gather there.

Breathe out and let it spread through your ribs like petals opening.

On your next inhale, think the sentence quietly: I can open gently.

On your exhale, let the words settle into your body.

Take one last breath in, pink and pearly.

Take one last breath out, long and kind.

Then sit for one moment exactly as you are.

Simply opening.