

Recipe for Lanternlit Soil

Ingredients

A steady gaze that can soften

The pressure of your feet on the floor

A slow exhale, longer than the inhale

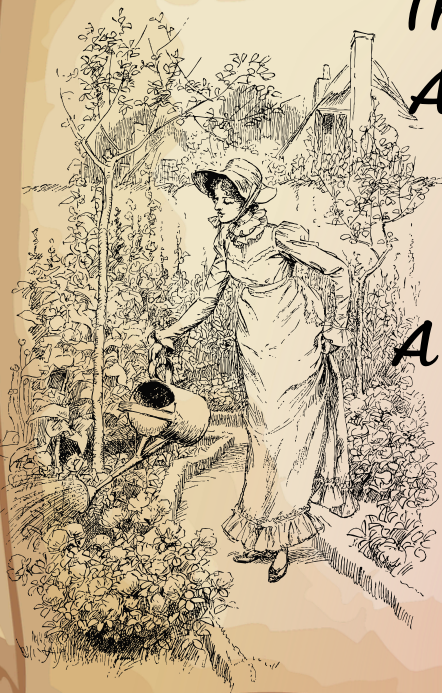
Cinnamon ember light

Moss green glow

A blush ribbon of strawberry rose air

A clean snap of rain scent

One small seed sentence



Recipe for Lanternlit Soil

Steps

Begin like you are stepping into a warm room.
Let your feet find the floor and gently increase
the pressure through your heels for two breaths.

Without moving your head much, let your eyes slowly
travel around the room and land on three corners.

Then land on one comforting object.

Imagine a garden bed inside you, a quiet inner room
with soil on the floor, dark cocoa brown, soft, freshly turned soil.

Above it hangs one lantern, cinnamon ember colored.

Along the edges, moss green light gathers.

Breathe in for a count of 4,

as if you are drawing in the moss green.

Breathe out for a count of 6,

as if the lantern is turning on inside your ribs.



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Steps Now let scent arrive, braided like ribbon.

On the inhale, the smell of rain on warm earth, clean and grounding.

On the exhale, strawberry rose, sweet but not sugary.

I am allowed to begin again.

Picture the sentence as a seed you place into the soil with intention alone.

No hands needed, just decision.

Now add warmth without effort.

On your next exhale, imagine the cinnamon ember lantern sending down a soft heat.

To close, tenderly unclench your jaw. Let your tongue rest. Blink slowly.

Press your heels down one last time.

Picture a single sprout, barely there, but unmistakably alive.

Finish with one quiet line, spoken like a vow:

I am making safe conditions for my next self.

