You can start by settling in, just as you are, letting your body rest gently. There's nothing to do right now, no task to complete. Just a time… a space… for you and your breath.  
  
And maybe… maybe you can notice your breath now. The air that enters… and the air that leaves. Without you even thinking. Like a gentle wave. In… and out. Your breath is always there. It's your friend. Even when you're not paying attention, even when you're asleep, it stays with you.  
  
You know, your body… it knows what to do. Just like your heart keeps beating. Just like your stomach digests your food. Just like your skin heals after a little scratch. Your body has its own wisdom. It takes care of you. All the time. And it doesn't need you to control it — it just knows.  
  
Maybe there are times when you feel unsure. When a thought comes in and says, “What if I stop breathing?” And that thought can feel big, and scary, like a storm cloud suddenly crossing your sky. But what if… it’s just a thought? Just a little cloud. It passes. It cannot take over. It cannot make your body stop what it knows how to do.  
  
Imagine you’re on your bike again. The sun is warm. The wind brushes your face. Maybe you feel a bit dizzy, a little weak — because maybe you didn’t eat much. And your heart beats faster. That’s okay. It’s just your body saying, “I need energy.” And you stop. You breathe. You place one hand on your chest, and one on your belly, like you’ve learned. And you say, “Hello, my breath. You’re here. You’ve always been here.”  
  
Each time you feel something strange in your body… you can get curious instead of scared. You can say, “Oh, I notice my breath is faster.” Or, “My legs feel a little soft.” But then… you also say, “And that’s okay. My body is just talking to me. And I can listen.”  
  
There’s a place inside you — a safe place — where your breath flows gently, like a stream. Maybe you see it like a forest, or a cozy room, or a warm sunny field. It’s your place. Your body knows it. And whenever you need, you can go there. With your breath. With your heart. With your imagination.  
  
And in that place… there is peace. There is no danger. Only calm. Your body breathes, your heart beats, your mind rests.  
  
You can imagine now… a little scene. A kind, protective version of your body. Maybe it looks like a guardian animal, or a light around you. Something strong and gentle. This guardian says, “I’m here. I’ve got you. Even when your thoughts get cloudy, I stay clear.”  
  
Sometimes, the mind sends scary thoughts. Like a whisper: “What if I lose control?” or “What if I stop breathing?” But those are just stories. They don’t have power over you. Because your body… knows better. Your breath is your anchor. Your body is your ally.  
  
You can now feel that truth settling inside you, like warm sunlight in your chest. “I trust my breath. I trust my body. I am safe here, with myself.”  
  
And you know… every time you come back to this place, your body learns. It remembers. It says, “Oh yes, I know this calm.” And each time it gets easier. More natural.  
  
So the next time something feels too big, or confusing… you can stop. Feel your feet on the ground. Press your hands on a wall. Breathe slowly. And remember: “This is just a moment. It will pass. I am not alone. My body is with me. It knows what to do.”  
  
And maybe now… just now… you can feel that tiny shift inside. That little space where fear used to be… is now filled with something else. Trust. Calm. A gentle kind of strength.  
  
Because you are growing. You are learning to listen to your body with kindness. To your breath with love. And to your thoughts… with softness. Not everything they say is true. But your breath? It is always true. It is always there. Like a quiet friend.  
  
Now, before you come back fully… you can take a few more breaths, and imagine that every breath fills you with light. And every exhale lets go of doubt. You are becoming more and more familiar with this peaceful place. It belongs to you. You can return anytime.  
  
And as you return now… gently, with calm… you may open your eyes, or just take your time. Knowing that deep inside you, a message has taken root:  
  
“My body is wise. My breath is steady. I am safe. I trust myself.”