“When the world cuts me off, I remain whole”  
  
Settle in comfortably… Gently close your eyes…  
And take a first calm breath…  
As if you were opening a door to a space within you…  
A place where nothing and no one can interrupt you.  
  
You can let your body settle… like a house resting in the calm of the evening…  
And everything happening outside… can continue to exist…  
But you, here… you can enter a quiet place…  
A space where you remain whole… even when something stops you.  
  
Because sometimes… it’s not what we experience that hurts…  
It’s the way it cuts off what we were in the middle of living.  
You’re reading a page… watching a video…  
You’re in your moment…  
And then someone comes and says, “Stop.”  
As if your world didn’t matter.  
  
But today… I invite you to explore something else.  
A place… where even if someone says “Stop”…  
You stay there. Whole. Present. Strong.  
  
Now imagine a magical pause button…  
You’re living a moment you enjoy, and instead of someone interrupting you abruptly…  
You press that button.  
You pause your world…  
But in your own way.  
Calmly. Gently.  
And your body, instead of tensing or getting upset…  
Becomes like a tree…  
Strong, grounded, peaceful.  
Even if the wind blows around it.  
  
Maybe you can feel that button under your fingers,  
Imagine its shape, its color…  
And tell yourself that from now on… you can return to it anytime you’re cut off.  
A button that lets you keep your inner space…  
Even if everything outside comes to a halt.  
  
And in that space… you can place… everything you couldn’t say.  
The frustration.  
The anger.  
The urge to break everything…  
They can come out… here… safely.  
  
As if you were opening an invisible valve,  
And letting the pressure out from inside.  
Without judgment.  
Without forcing yourself to stay calm.  
Just by releasing what needs to be released.  
  
You can even imagine a secret box,  
In a corner of your mind…  
A box where you store emotions that are too heavy, too strong,  
When you’re not quite ready to express them to others.  
They’re there… but they no longer control you.  
You decide what you keep… and what you release.  
  
And now…  
I invite you on a little journey.  
A memory, perhaps, when you felt frustrated…  
Someone told you no.  
You were stopped.  
You couldn’t finish what you were doing.  
And anger rose up…  
A hot, fast energy… like fire.  
  
Observe it… without getting burned.  
Look at where it starts…  
Maybe in the chest… or the belly…  
And see if you can gently soothe it.  
  
Now imagine that anger becoming an animal.  
What animal would it be?  
A tiger? A wolf? A dragon?  
And if you could talk to that animal,  
What would it say?  
Maybe it doesn’t want to destroy…  
Maybe it just wants to be heard.  
  
And you… you can listen to it.  
Say:  
“I see you. I understand that you want to protect me.”  
“But now… I can also defend myself in other ways.”  
“Not with yelling. Not with throwing water.”  
“But with my inner strength.”  
  
And this animal…  
You can thank it.  
Calm it.  
And imagine it lying next to you…  
Like a peaceful guardian,  
Ready to protect you if needed…  
But also respecting your calm.  
  
And while you do that…  
Another space can open within you.  
A space where you are heard, even when no one really listens.  
A space where you are respected, even when someone says no.  
A space where you can fully exist,  
Even when you’re interrupted mid-flow.  
  
And now…  
I invite you to think about your sister.  
Yes, that sister who sometimes provokes you.  
Who tries to dominate.  
Who pretends to be the adult.  
  
You can imagine a wall between you…  
But not a wall of separation.  
A wall of emotional protection.  
An invisible wall that keeps her remarks from hitting you at your core.  
As if her words slid right off…  
And you, behind it, remained… yourself.  
Calm. Detached. Grounded.  
  
And when she tries to provoke you…  
You can see the need behind her words.  
Maybe she too… just wants to be heard.  
Maybe she doesn’t know how to say “I need attention” except by annoying you.  
  
And you, there… you rise above the conflict.  
You see the game… but you choose not to play.  
You remain centered.  
  
And you can remember a moment when you laughed together.  
When you were close.  
Because that connection still exists, somewhere.  
And you can activate it… whenever you want.  
  
Finally…  
I invite you to think of your parents.  
That moment when your mother said… “We’re getting a divorce.”  
And the surprise you felt.  
You didn’t yell. You didn’t cry.  
But something froze inside you.  
Like a paused image.  
  
Today… you can bring movement back to that image.  
Make it move again.  
Add colors to it.  
Tell yourself:  
“I don’t have to understand everything right now.”  
“But I can feel what it brings up in me.”  
And even if you don’t have all the words…  
You can place that surprise, that sadness…  
In your inner space.  
  
And simply say:  
“I’m here.”  
“I am still whole.”  
“Even if everything around me is changing.”  
  
Because within you… there is this incredible capacity…  
To remain yourself, even through the waves.  
To turn anger into a message.  
Frustration into direction.  
And silence into strength.  
  
So now… you can keep with you…  
The magical pause button,  
The emotion box,  
Your soothed inner animal,  
The protective wall with your sister,  
And the quiet strength of someone who stays standing…  
Even when everything seems to fall apart.  
  
And at your own pace…  
You can begin to return…  
Reconnect with your body…  
With the place where you are…  
Maybe gently move your hands or feet…  
Open your eyes when you feel ready.  
  
And know, deep within you…  
That even if the world cuts you off sometimes…  
You remain whole.