You can get comfortable now... and let your body find the position that suits it best, without forcing, without trying to do it right... just by giving yourself this moment, for you.  
  
You can now take a deep breath... and exhale slowly... as if you were making space... inside.  
  
And as you breathe like this... you can begin to turn your attention inward... to that calm space... deep inside... that you might not have explored yet... and that is there nonetheless... ready to welcome you.  
  
You know, sometimes... thoughts emerge... like lightning in the sky... quick, unpredictable... sometimes violent... and disturbing. Images you don’t want to see... ideas you don’t want to have. And yet... they appear. Unexpected. Uninvited.  
  
As if your mind was projecting scenarios... without your permission. As if you were a spectator... of a movie you didn’t write.  
  
And yet, you're here... aware. Watching. You know you don’t want this. That you won’t do this. That it’s not you. And precisely because it’s \*\*not you\*\*... it disturbs you so much.  
  
So now... I invite you to imagine... that you are in a movie theater... sitting in a comfortable seat... and in front of you... a film is playing. This film is the one of your thoughts. Sometimes the images are beautiful... sometimes absurd... other times dark... violent... disturbing.  
  
But you’re sitting... in the theater. Watching. You’re not inside the movie. You are \*\*watching\*\* the movie. And this simple fact... changes everything.  
  
You can even, if you want, imagine... a remote control in your hand. A remote with three buttons:   
\*\*Pause. Rewind. Turn Off.\*\*   
And every time a wild thought appears... you can decide... to pause it. To rewind. Or simply... to turn off the screen. Not to run away... but to choose.  
  
Because the more you develop this capacity to observe... without merging... the freer you become. Free to feel without being overwhelmed. Free to think... without believing everything you think.  
  
And now... imagine... that in your mind, there is a garden. A large garden... where flowers grow... but also weeds. Some seeds fall from the sky... others are carried by the wind... or by passing birds.  
  
You can’t always choose what falls into your garden. But you can choose... what you \*\*let grow\*\*. And those dark... violent thoughts... that you dislike... they are just seeds. Nothing more.  
  
You can recognize them. You can look at them. You can even say:   
\*"I saw you. You’re not me. You’re just passing through. And you can leave."\*  
  
Now take a deep breath... and with every exhale... release a little more tension surrounding those images. As if the air... was cleaning... the inner space.  
  
And now... I invite you to feel in your body... a place... even small... even subtle... where you sense stability. An anchor point. Maybe your stomach. Maybe your back. Maybe just a sense of warmth... or weight.  
  
Focus on this place... this place of calm. And imagine that with every breath... this calm spreads a little more. Like a soft light... a protective mist... that wraps around the restless areas. It doesn’t fight. It wraps. It reassures. It contains.  
  
Because you don’t need to erase what bothers you. You just need to \*\*expand\*\* your inner space... so there’s enough room... for everything that comes... without letting anything take over completely.  
  
And now... imagine... a version of yourself... in the near future... a few weeks... a few months from now... a \*\*more peaceful you\*\*. A you who has understood... that thoughts are not commands. That they are not truths. But \*\*clouds in the sky\*\*.  
  
Look at this "future you"... observe their posture... their face... their way of breathing. Maybe... they’re even smiling. Because now they know... they don’t have to be afraid of themselves. That they have always been... \*\*on their own side\*\*.  
  
And now you can... take a step toward that version of yourself... get closer... until you merge with them. Feel within you... that quiet strength. That clear calm. That sense of safety \*\*from within\*\*.  
  
This feeling... you can anchor it now... by gently pressing... your thumb to your index finger. Like a signal gesture. A reminder button. Every time the doubt comes back... every time an image appears... you’ll be able to repeat this gesture... and feel that strength... that calm.  
  
And as you soak in this sensation... you can remember... that you are much more than what you see. Much more than what you think. You are the one who \*\*observes. Chooses. Moves forward.\*\*  
  
And in a few moments... you’ll return here... with a fresh breath... a new confidence... and this inner phrase that can accompany you:  
  
\*"I am more than my thoughts. I am the one who chooses what grows in my garden."\*  
  
Take one last deep breath... let this feeling settle deeply... and when you're ready... you can open your eyes... return to your body... your present... with that calm strength within you.