Take a deep breath.   
And for a moment… just allow your body to soften.  
  
Maybe something in you feels on alert. Maybe there’s a part of your mind scanning, checking, anticipating. You may not even realize it—until your breath gets shallow, or your chest tightens, or a thought loops back again and again.  
  
This is okay. You’re not broken.   
What you’re feeling might be the echo of a past experience that your body still remembers.   
A moment where panic rushed in, and your nervous system learned to associate certain sensations with danger.  
  
But right now…   
You are safe.   
And this moment—this very breath—is an opportunity to rewrite that script.  
  
Let’s begin gently.  
  
Feel the ground beneath you.   
Let its weight support you.   
Notice how it doesn’t ask anything from you. It’s simply there. Reliable. Stable. Holding you.  
  
Now tune in to your breath—not to control it, but to meet it.   
Where is it right now?   
Fast, slow, shallow, deep?   
No judgment—just observe.   
And if it helps, place a hand over your chest or your belly.   
Feel the rhythm of life moving through you, exactly as it is.  
  
In this space, we’ll explore… not to trigger, but to soothe.  
  
Perhaps you’ve felt fear around your heart racing, or your breath catching, or your vision narrowing.   
These are familiar signs for many who experience panic or somatic phobias.   
But they are just that—\*\*signs\*\*.   
Not omens. Not threats. Just your body doing what it learned to do when it thought you were in danger.  
  
You can thank your body.   
Yes, thank it—for trying to protect you.   
Even if it overreacts sometimes, its intention is care.  
  
Now let’s introduce a new message.  
  
Repeat, silently or aloud:   
“I am safe in this moment. My body can calm. My mind can rest.”  
  
Let the words land.   
Even if part of you doubts them.   
Especially if part of you doubts them.   
These words are seeds. And your nervous system is listening.  
  
Let’s deepen that with imagery.  
  
Imagine you’re lying in a hammock—gently swaying under the shade of a tree.   
The wind is soft. The sun is filtered.   
And each movement of the hammock matches the rhythm of your breath.   
No place to go. Nothing to prove. Just being.  
  
In this image, your heart slows.   
Your breath deepens.   
And your body learns… not everything that rises is a threat.   
Not every sensation means something is wrong.  
  
You may still feel waves. And that’s okay.   
What matters is how you greet them.  
  
So when the next sensation comes—be it tightness, heat, fluttering—try this:  
  
Pause.   
Acknowledge it.   
And then say:   
“Hello. I see you. You are allowed. And I am allowed to be calm.”  
  
That’s all.  
  
Each time you do this, you build new neural paths.   
Each repetition is a vote for safety.   
A choice for presence.   
A shift away from fear.  
  
And if panic ever returns, you will meet it from a place of preparation.   
Not resistance, but recognition.   
Not fear, but familiarity.  
  
Take one last deep breath.   
Anchor yourself in this truth:   
You are not the sensation.   
You are the one who observes.   
And in this space of awareness, you are free.  
  
Come back gently.   
And carry this calm with you.