The Light We Carry Within

Begin by finding a comfortable position. Allow your body to settle into the support beneath you. Rest your hands gently in your lap, or place one hand over your heart and one over your belly. If it feels comfortable, close your eyes.

Take a slow breath in... and release it gently. Again, breathe in slowly... and breathe out completely. Allow your shoulders to soften, your jaw to relax, and your forehead to smooth. Feel the surface beneath you supporting your weight. There is nothing you need to accomplish right now. Nothing you need to fix or figure out. For these next few moments, give yourself permission to simply be.

Bring your awareness to your breathing. With every breath in, welcome a little more calm. With every breath out, release some of the tension you have been carrying. You do not have to let go of everything at once. Simply allow yourself to settle, one breath at a time.

Now imagine yourself standing at the edge of a quiet November woodland. The trees are nearly bare, their branches reaching toward a soft gray sky. A carpet of fallen leaves covers the ground, and the cool air carries the earthy scent of the changing season. The world seems quieter now. The brilliant colors of autumn are fading, and nature is preparing for rest.

Take a moment to notice the stillness. November invites us to slow down, to look more closely at our lives, and to recognize what remains when the busyness of the year begins to fall away. This is a season for gratitude, for tending to our sense of safety, and for listening to the wisdom that lives within us.



Begin walking along a narrow path through the trees. Feel the earth beneath your feet. With each step, allow yourself to move a little farther away from the demands of everyday life. There is nowhere else you need to be. Nothing you need to prove. Simply walk, breathe, and notice the quiet world around you.

As you walk, think about the things you have been carrying. Perhaps there are worries that follow you from day to day. Maybe there is disappointment, uncertainty, or an emotion you have not had time to acknowledge. You may have been strong for others while quietly setting your own needs aside.

You do not have to judge yourself for any of this. You are human, and being human means experiencing a whole range of feelings. Some emotions need to be expressed. Some burdens need to be shared. And some things simply need to be set down.

Imagine finding a fallen leaf along the path. Pick it up and hold it gently in your hand. Allow this leaf to represent one worry or burden you are ready to loosen your hold on. You do not need to solve it here. You do not need to pretend it does not matter. Simply acknowledge that you have been carrying it.

Take a slow breath and imagine placing that burden onto the leaf. As you exhale, picture the leaf resting on the ground. You are not denying what has happened or abandoning your responsibilities. You are allowing yourself a moment of relief. You are recognizing that you do not have to carry every worry every moment of every day.

Take another breath. Feel the space that opens when you give yourself permission to rest.

Continue along the path until you reach a small clearing. In its center stands an old tree, its roots deep in the earth and its branches stretching toward the sky. Though most of its leaves have fallen, the tree remains strong. It does not need to be covered in green to be alive. It does not need to be in bloom to have value. It simply stands, grounded in the earth, trusting the season it is in.

Let this tree remind you of your own strength. You have lived through changing seasons. You have faced uncertainty, learned difficult lessons, and continued forward even when you could not see the whole path. You may not always feel strong, but that does not mean strength is absent.

Imagine a gentle, warm light beginning to glow at the center of your chest. With each breath, the light becomes a little brighter. It spreads through your heart, your shoulders, your arms, and your hands. It moves through your belly, down your legs, and into your feet. This light represents your inner sense of steadiness—the part of you that can pause, reflect, and choose how to respond to the world.



Now imagine this light extending just beyond your body, forming a soft, protective boundary around you. It is strong without being harsh. It is peaceful without making you powerless. Within this space, you can decide what you welcome into your life and what you choose to leave outside.

Protection does not always mean building walls or keeping the world at a distance. Sometimes protection means saying no. Sometimes it means asking for help, taking a break, setting a boundary, or choosing not to engage in something that drains you. Sometimes it means trusting yourself enough to recognize when you need rest.

As you stand beneath the old tree, silently ask yourself: What helps me feel safe, grounded, and supported? Perhaps it is a person you trust, a familiar ritual, time in nature, a peaceful home, or the simple act of keeping a promise to yourself. Allow whatever comes to mind to be acknowledged without judgment.

Take a slow breath and imagine your protective light settling around you. You can carry this feeling into your everyday life. You can meet the world with an open heart while still honoring your own needs. You can be kind without saying yes to everything. You can be generous without giving away every bit of your energy.

Now turn your attention to gratitude. Look around the clearing and notice the small signs of life that remain. Perhaps a patch of moss grows between the roots. Perhaps a bird settles on a branch, or a small plant pushes through the fallen leaves. Even in a season of quiet and change, life continues.

Gratitude does not require you to pretend that everything is wonderful. It does not ask you to ignore pain, disappointment, or uncertainty. Instead, gratitude invites you to notice what is still good, what has helped you endure, and what gives your life meaning.

Ask yourself: What am I grateful for today? It may be something significant, or it may be something very small. A person who listens. A warm place to rest. A meal, a kind word, a moment of laughter, or the chance to begin again. Let one thing come to mind, and give yourself a moment to appreciate it fully.

Now consider another question: What strength within myself am I grateful for? Perhaps your patience, your creativity, your compassion, your courage, or your ability to keep going through difficult times. You may have overlooked these qualities because they have become such a familiar part of who you are. Take a moment to recognize them. You deserve to acknowledge the strength that has brought you this far.

As you breathe, allow gratitude to settle into your heart—not as an obligation, but as a quiet recognition of what sustains you.

The November woodland is growing dimmer now, and the first hints of evening gather between the trees. Yet the light within your chest remains steady. You do not need to see every turn in the path ahead. You do not need to have every answer before you take the next step.

This is where inner wisdom begins: in the willingness to become quiet enough to listen. Beneath the noise of worry and expectation, you may discover that you already know something important. You may know what needs your attention, what deserves your energy, or what you are ready to change. You may simply know that you need time before making a decision.

There is no need to force an answer. Ask yourself gently: What do I need to listen to within myself right now? Let the question rest without demanding an immediate response. Wisdom may arrive as a thought, a feeling, a realization, or a clearer understanding later in the day. Trust yourself to make room for it.

Before leaving this clearing, choose one intention to carry with you through November. Perhaps it is gratitude for the good that remains, protection of your time and energy, or trust in your own inner wisdom. Hold that intention gently in your heart. Let it become a small light you can return to whenever the days feel uncertain.





Take one final look at the old tree. Its roots hold firm beneath the ground, even when they cannot be seen. Its branches reach upward, even in the quiet of the season. Remember that you, too, can be rooted and growing at the same time. You can rest and still be moving forward. You can protect your peace while remaining open to life. And you can find reasons for gratitude without needing every part of your world to be perfect.

Now begin to bring your awareness back to your physical body. Feel the surface supporting you. Notice your breathing and the gentle movement of your chest. Become aware of your hands, your feet, and your heartbeat. Notice the temperature of the room around you. Gently wiggle your fingers and toes, and take a slow breath in... then release it completely.
Remember that you can return to this sense of steadi
ness whenever you need it. You can pause before reacting. You can release what is no longer yours to carry. You can honor what is good in your life, protect what matters, and listen for the wisdom that rises when you give yourself room to breathe.

Take one final, gentle breath in... and slowly let it go. When you are ready, open your eyes.

Carry gratitude into the days ahead. Protect the peace you are creating. Trust the wisdom that grows within you, even when the way forward is not yet clear.
May you find comfort in the quiet, strength in your boundaries, gratitude in the ordinary, and wisdom in your own heart.

Blessed be.

