

Morning VI

The ember

Beneath the noise, something in you still glows. This morning,
we tend the quiet fire of what matters to you.

The practice

1. Settle where you are, take a few slow breaths, and feel yourself held by the ground.
2. Ask gently: *beneath everything I have to do, what do I most deeply care about?* Let an answer rise without forcing it; a word, an image, a face.
3. Let yourself feel its warmth, the ember glowing beneath the ash.
4. Ask: *what is one small way I could honour this today?* Not a grand act; one small, true one.
5. Picture yourself doing that one small thing. Breathe gently on the ember once more, and carry its warmth into the day.

A question to sit with

| *What is one small way I can move toward what matters to me today?*

An invitation to nature

| Step outside and find something quietly, effortlessly alive: a weed in a crack, a bird at work, sunlight on a wall. Let it remind you that life keeps choosing itself, and so can you.

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