



Recreate & Rise Resource Library (Sunspirit)

Document Title: Gray Divorce Meditation — Finding Ground Again

About this resource	<p>This guided meditation is designed for women navigating the emotional aftershock of gray divorce. It offers a quiet space to soften the nervous system, reconnect with the body, and remember that safety and steadiness can be rebuilt from within.</p> <p>This is not about solving anything. It is about returning to yourself.</p>
Why it Matters	<p>Gray divorce can destabilise identity, safety, and emotional rhythm all at once. When the body is overwhelmed, the mind cannot access clarity. Breath and stillness restore internal ground first — and from that ground, forward movement becomes possible.</p> <p>This practice exists to gently bring the body out of survival and back into presence.</p>
How to Apply It	<ul style="list-style-type: none">• Sit somewhere safe and supported• Read slowly or record the script in your own voice• Notice your breath without forcing• Return as often as needed <p>Consistency matters more than duration. Discontinue practice if triggered and discomfort appears.</p>

Meditation Script

Sit or lay comfortably.

If sitting bring hands to hearts prayer or laying have hands resting loosely -palms up.

Notice the floor beneath you -notice yourself grounded.

I invite you to close your eyes close if it resonates.

You have nothing to do and nowhere to go.

Just be in the moment.

Inhale slowly through the nose...

Inhale deep into your stomach, exhale gently through the mouth - release what no longer serves you.

Repeat six times

Now allow the breath to return to its natural rhythm

Notice where the body feels heavy.

Notice where it feels guarded.

You do not need to change anything.

Just notice.

Whisper to yourself

I am loved

My home is wherever I am

Each day is new

I am what I choose next

Repeat the verse 3 or more times.

Stay in a peaceful meditation practice for as long as you have. If the mind wanders come back to the breath.

Remember: it's not about who you were, it's about who you are becoming.

Reflection	Thinking on the experience, what: <ul style="list-style-type: none">• stood out most?• feels immediately actionable?• resistance appeared while doing the meditation?• how often did your mind wander
Resources	<ul style="list-style-type: none">• Recreate & Rise IP
Version Control	Version 1.0 - Lisa Keevill