



## *Five*

### Presence Anchors

*A small part of the Life Begins Anew sanctuary*

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*This is for the moments during the day when fear, heaviness,  
or spinning thoughts pull you away from yourself.*

*No effort. No preparation. Just a soft return.*

*As you read slowly, something begins to settle.*

*The mind softens. The body remembers.*

*You remember what is already here.*

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*A quiet refuge you can return to whenever you need.*

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## *Feel the Body*

Bring your attention into something simple.  
Feel your feet on the ground. The weight of your body.  
Maybe place one hand on your chest or on your belly.  
Just let your body arrive.

Let your attention drop lower.  
Into the chest. Into the belly.  
Even lower if it wants to go.

You are calling yourself back  
from everywhere you have been scattered.  
From everything that has not happened yet.  
Back here. Into this body. Into this breath.

*I am here.*

## *Pause and Arrive*

When you feel pulled into the noise of the day  
just stop for a moment.

Not to fix anything. Just to arrive.

Put both feet on the floor. Feel the ground beneath you.  
Then breathe out slowly. Twice.  
Let the out-breath be long and easy.

Now find one true thing that is here right now. Just one.

*I am sitting.*

*I am breathing.*

*I am here.*

*That is enough.*

*Nothing needs to be resolved in this moment.*

*This is simply you coming back to yourself.*

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## *Let It Be Empty*

If you feel blank or quiet or like nothing is happening  
let it be that way.

There is no need to fill the space.  
No need to find the next feeling or the next answer.  
Sometimes the most healing thing  
is when everything inside you goes still.

Like a room becoming empty.  
The space does not disappear. It becomes visible.

*I can rest here.*

*I do not need to fill this.*

*This quiet is safe.*

*You are not losing yourself.  
You are meeting what has always been here.*

## *Stop Looking for Confirmation*

You know that feeling of waiting.

Waiting for something to confirm  
that everything is going to be okay.  
That it is working. That you are enough.

Pause. Come back to what is here.  
Your breath. Your body. The room around you.

*I do not need confirmation to be okay.*

*I can stay here before anything changes.*

*Life is moving in its own timing.*

*The more you stop chasing proof  
the more grounded you become.*

*And from that groundedness life begins anew.*

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## *Come Back to Now*

When your mind says  
*when it changes, then I can relax*  
*when it is solved, then I will be okay*

bring your attention back to something real.

Feel your feet on the floor.

Your hands resting somewhere. The breath moving on its own.

Look for one real thing in the room.

A sound. A color. Light.

*I am here now.*

*Life is happening now.*

*I can be okay in this moment.*

*You do not arrive in life later.*

*You arrive now.*

## *Make Peace Your New Normal*

There is nothing to force.

Nothing to push through. Nothing to perform.

Just choose something quieter.

*Peace can be normal for me.*

*I am allowed to live from a calmer place.*

*This is who I am.*

*Let it land in the body.*

*Not as a thought. As a soft, steady feeling.*

*When something feels normal you stop chasing it.*

*And that is when life begins to match it.*

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*Return as many times as you need.*

*You are coming home.*

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*If this felt like home, you will find the full sanctuary at [lifebeginsanew.com](http://lifebeginsanew.com)*

*Return whenever you feel called.*

Life Begins Anew