



the **jōrni**



# A Safe Space for Healing

AUDIO VISUALIZATION

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[help@thejorni.com](mailto:help@thejorni.com)

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# Hello!

Welcome to your Safe Space for Healing. This guide is here to support you as you explore your Functional Freeze journey. Whether you're reflecting on your story, processing emotions, or simply seeking a moment of calm, this exercise is designed to help you feel grounded, supported, and empowered. Use it at your own pace, and remember, there's no right or wrong way to experience this.

## What is this exercise?

This is a guided audio practice that creates a safe and supportive space for you to reflect and heal. Through calming visualization and mindful breathing, the exercise helps you process emotions, let go of what no longer serves you, and nurture your capacity for healing and growth. It's a gentle way to reconnect with yourself and find comfort in the present moment.





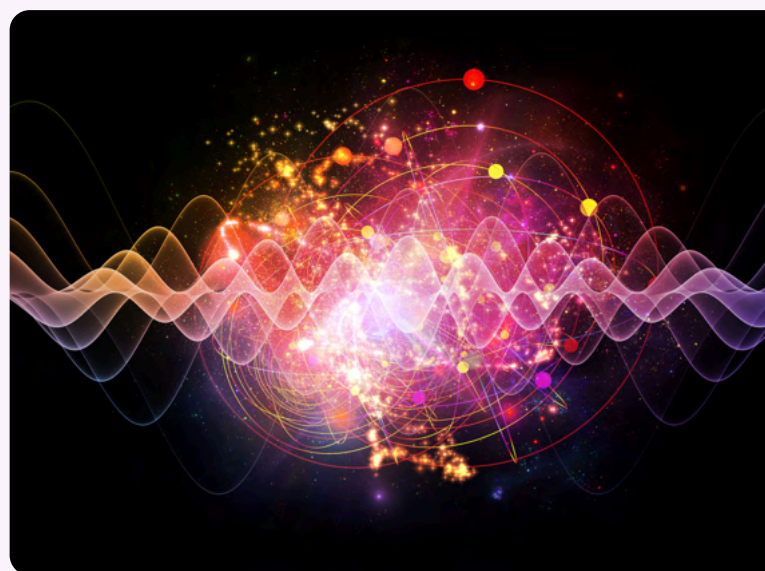


## How to use this exercise

- Find a quiet, comfortable space where you won't be disturbed for about 10-15 minutes.
- Close your eyes, take deep breaths, and allow yourself to fully engage with the imagery and prompts provided.
- Use headphones for the best experience.
- Have a journal or note-taking app ready to record your observations after each session.

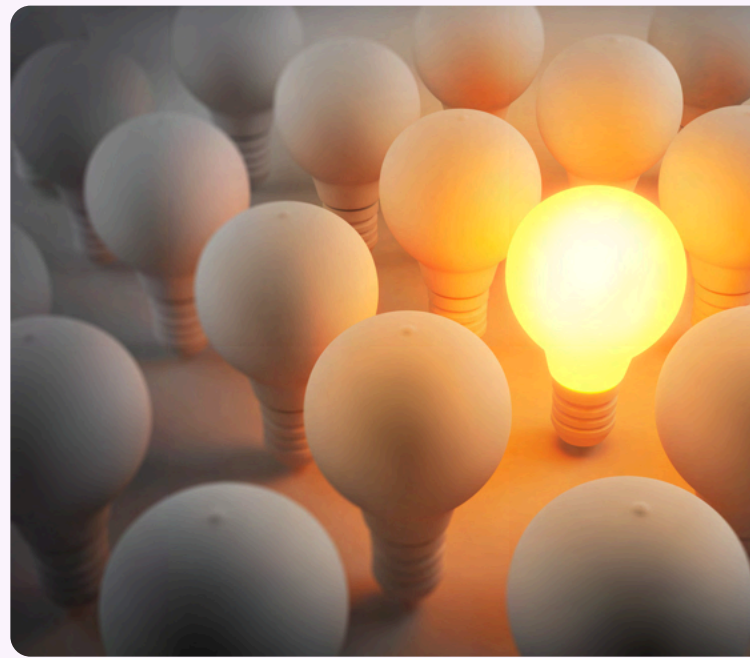
## Getting the most out of your experience

- Approach each session with an open mind.
- There are no right or wrong experiences.
- Pay attention to any physical sensations, emotions, or thoughts that arise during the exercise.
- After completing the visualization, take some time to reflect on your experience and jot down any insights or observations.



# What this exercise can help you with

- Find a sense of calm and grounding during moments of overwhelm
- Release emotional or mental burdens that feel heavy
- Strengthen your connection to your inner resilience and capacity for healing
- Build trust in yourself as you navigate your Functional Freeze journey



Remember, this exercise is a tool to help you explore and support your unique experience with Functional Freeze. The insights you gain are meaningful steps toward greater balance and connection. Healing happens gradually, and every small act of care you give yourself is an important part of the process.

If you find that this exercise brings up difficult emotions or realizations, please reach out to a loved one or friend for support.

# Thank You

## FOR EXPLORING THE A SAFE SPACE FOR HEALING AUDIO VISUALIZATION

This guided audio practice is just the beginning, a gentle invitation to create a safe, supportive space where you can reflect, process emotions, and reconnect with yourself. If you've found these tools helpful, we invite you to continue exploring this transformative journey with us.

Discover the full **Functional Freeze Formula** in the book, where you'll gain a deeper understanding of Functional Freeze and the tools to support your healing journey.

If you wish to continue working with these tools in a more profound way, we offer free practice circles as well as guided programs that bring together live sessions, community, and advanced practices to help you grow beyond survival mode and create lasting change.

For the most up-to-date information on upcoming events and programs, please [visit our website and sign up for our newsletter.](#)

Wherever you are on your journey, give yourself permission to take things one step at a time. Progress happens in the small moments, and every step matters.

We're so glad you're here!