



Gentle Becoming

7 days of Calm:
Meditation & Journaling Practice

*A quiet invitation to pause, soften and
restore.*



GENTLE BECOMING
SANCTUARY

Welcome to Gentle Becoming

There are seasons when life asks a lot of us.

Gentle Becoming:

7 Days of Calm is an invitation to interrupt that pattern...
To create a small pocket of stillness within your everyday life.

Each day offers a gentle reflection, a simple ritual, an affirmation and
space to journal.

Allow this practice to become somewhere you can return whenever
life begins to feel a little too loud.

This is your invitation
To pause.
To soften.
To breathe.

And gently return to yourself.





DAY ONE - PAUSE

Maybe you don't need to push through today.

What if you gave yourself permission to pause?

Not because everything is finished.

Not because you've earned it.

Not because everyone else's needs have finally been met.

But simply because you need a moment.

We can become so accustomed to moving from one task to another that
stopping begins to feel uncomfortable.

Today, there is nothing you need to achieve within this practice.

Only pause.

Allow yourself permission to slow down.





DAY ONE

RITUAL

Make yourself a warm drink.
Find somewhere comfortable to sit.
Place both feet gently on the floor.
Allow your hands to rest.
Notice your jaw.
Your shoulders.
Your hands.

Without forcing anything, invite them to soften.
Take three slow, gentle breaths.
Then simply sit for a few moments.

No scrolling.
No planning.
No fixing.
Just you...
and this moment.

AFFIRMATION

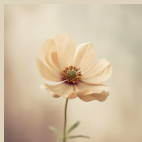
I am safe to slow down.
Repeat it slowly three times.

JOURNAL

What am I giving myself permission to pause from today?
What do I notice when I stop doing and simply allow myself to be?

BEFORE I LEAVE THIS PAGE...

What does my body need from me today?



HELLO, I'M ANDREA, FOUNDER OF SANCTUE.

I'M AN IPHM-ACCREDITED AND INSURED SOUND HEALING PRACTITIONER, WITH A BACKGROUND OF ALMOST 20 YEARS IN EDUCATION AND SUPPORTING CHILDREN AND FAMILIES WITH ADDITIONAL NEEDS.

AFTER EXPERIENCING THE EFFECTS OF PROLONGED STRESS AND EVENTUALLY STEPPING AWAY FROM MY OWN DEMANDING CAREER, I BECAME INCREASINGLY DRAWN TO QUIETER, MORE INTENTIONAL WAYS OF SUPPORTING WELLBEING.

MY WORK NOW BRINGS TOGETHER THERAPEUTIC SOUND, MEDITATION, GROUNDING PRACTICES AND MOMENTS OF STILLNESS TO CREATE GENTLE SPACES WHERE PEOPLE ARE INVITED TO SLOW DOWN, RECONNECT AND REST.

GENTLE BECOMING GREW FROM THAT SAME PHILOSOPHY.

THANK YOU FOR ALLOWING ME TO SHARE THIS COMPLIMENTARY PREVIEW FROM THE GENTLE BECOMING: 7 DAYS OF CALM COLLECTION WITH YOU.

WITH GENTLENESS,
ANDREA
FOUNDER OF SANCTUE
SOUND HEALING PRACTITIONER

website: sanctue.co.uk
Instagram: @sanctue_
Contact: sanctue@outlook.com

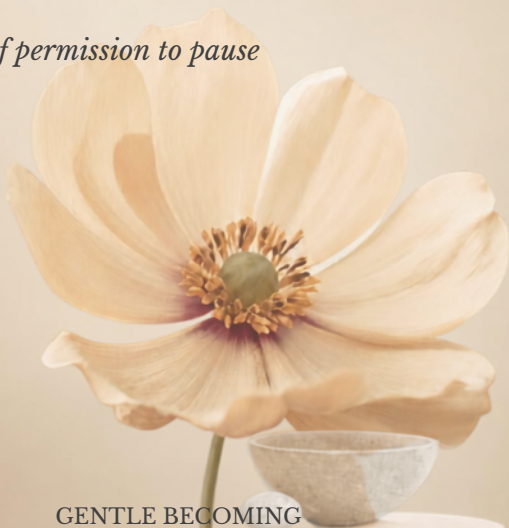


DAY 01

Pause

I am safe
to slow down.

I give myself permission to pause



GENTLE BECOMING
MEDITATION CARD
SANCTUE

