

The Muña Breath

The Valley Reflection Journal Pages

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These pages are inspired by *The Muña Breath*: a place of quiet healing, gentle listening, and returning to what matters most. Use these pages slowly, returning to them whenever you need to breathe again.

Page One: The Long Breath

Today I am learning to slow down by...

What I am carrying right now...

What I would like to release...

One small way I can take a long breath today...

Page Two: The Valley Within

If I had a valley of my own, it would feel like...

This place would include...

What this valley would offer me...

Who would be there with me...

Page Three: Mama Tika's Wisdom

A piece of wisdom I am learning right now...

What experience has taught me recently...

What I want to carry forward...

Something I am still learning to trust...

Page Four: The Quiet Things That Heal

The quiet things that help me heal...

A place that steadies me...

A person who brings calm into my life...

A simple ritual I want to practice...

Page Five: The Land Reflection

When I am in nature, I notice...

The land reminds me to...

Something I feel connected to...

What the land might be teaching me right now...

Page Six: The Breath Reflection

Today I am feeling...

I need more of...

I need less of...

One gentle step forward...

Page Seven: Returning

Something I am returning to...

A part of myself I am remembering...

What "coming home" means to me...

What I want to grow next...

Closing Reflection

The valley teaches slowly. Healing unfolds quietly. Breath returns when we allow it.
Return to these pages whenever you need to remember.

Closing Blessing

May you find stillness when you need it
May you feel grounded in quiet moments
May you remember that healing grows gently