

Touched by Stillness: A Gentle Practice Guide for Healing in Silence

by Mina Todorova

For adults healing from Childhood Emotional Neglect (CEN), stillness can feel unfamiliar—even unbearable. Yet, it holds profound potential for reconnection, nourishment, and growth. This guide offers small, trauma-informed invitations to be with yourself gently.

You don't need to be good at it. You just need to begin.

Part 1: Prepare Your Nest

Before you begin, ask:

- What helps me feel grounded and safe?
- Can I create a space that supports me in slowing down?

Ideas:

- Light a candle or open a window.
- Use a weighted blanket, a warm drink, or a favorite texture.
- Set a timer for 3–5 minutes, just enough to experiment.

Part 2: The Practice – Choose What Resonates

1. The Three-Breath Landing

Sit or lie down.

Feel the surface beneath you.

Take three slow breaths.

With each one, whisper to yourself: *“I am here. I am safe. I belong.”*

2. Listen Inward (IFS-Inspired)

Close your eyes. Ask gently:

“Is there a part of me that wants to speak?”

Wait.

You might feel warmth, tension, sadness, or nothing at all.

Just notice. You don’t need to fix anything.

Say: *“Thank you for being here.”*

3. Hand on Heart Stillness (Somatic)

Place one or both hands over your heart.

Feel your chest rise and fall.

Repeat silently:

“This moment is enough. I am enough.”

Stay as long as it feels supportive. One minute counts.

4. Gaze and Ground

Sit by a window or outside.

Pick one thing to watch: a tree, the sky, a bird.

Let your gaze rest, softly.

Notice how your body responds to quiet observation.

5. The Gentle Pause (Attachment-Informed)

In a busy moment, stop.

Say:

- “I’m allowed to pause.”
- “Even now, I can slow down.”

- “This pause is a gift to my inner child.”

Part 3: Reflect and Reclaim

After your stillness, take a moment to write or reflect:

1. *What sensations did I notice?*
2. *Did any feelings or thoughts come up?*
3. *What part of me needs care right now?*
4. *What helped me stay? What made it hard?*
5. *What would I like to try again tomorrow?*

Part 4: Mini Commitments

Stillness isn't about doing it perfectly. It's about returning gently.

Try one:

- **"I will give myself 1 quiet minute after lunch today."**
- **"I'll put my phone down and take 5 slow breaths before sleep."**
- **"I will watch a candle flicker for 3 minutes."**

Make it small enough that it feels like an offering, not a demand.

Part 5: Affirmations for the Journey

You can write these on sticky notes, journal them, or repeat them in moments of overwhelm:

- "Stillness is a place I can return to."
 - "Even silence holds me with care."
 - "I am learning to befriend myself, one breath at a time."
 - "It's safe to slow down."
 - "I don't have to earn rest."
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You're Not Doing Nothing. You're Doing the Deepest Something.

This practice isn't about silence for silence's sake. It's about reconnecting with the parts of you that never had space to speak, to breathe, to rest.

In stillness, you remember:

You matter. Even when you're not doing. Especially then.
