

# Creative Heart

## RESET

Your 3-Minute Peace Practice

### 1. Breathe (30 seconds)

Inhale slowly for 4 counts.  
Hold for 2.  
Exhale for 6.  
Repeat three times.  
Let your shoulders lower.  
Let your jaw unclench.  
Let your spine lengthen.  
Let your heart soften.

### 2. Remember (45 seconds)

Read this truth slowly:  
“Even the darkness is not dark to You.” — Psalm  
139:12  
Whisper it once more.  
Feel the words travel into the places where you’ve  
been holding fear, tension, or confusion.

### 3. Reframe (1 minute)

Inhale slowly for 4 counts.  
Hold for 2.  
Exhale for 6.  
Repeat three times.  
Let your shoulders lower.  
Let your jaw unclench.  
Let your heart soften.  
Notice what feels lighter now.

### 4. Return (45 seconds)

Place your hand over your heart.  
Say softly:  
“I am not alone. God is with me. My story is still  
unfolding.”  
Take one small step that feels gentle and aligned.  
That is enough for today.

A gentle moment to  
breathe, release, and  
reconnect with God’s  
presence.

✨ A note from Natalie:

*This practice was created to offer  
you a moment of stillness —  
a reminder that clarity doesn’t  
come from rushing,  
but from breathing, noticing, and  
letting God meet you where you  
are.*

*You’re held. You’re guided. You’re  
not walking alone.  
One lantern-lit step at a time.*

CreativeHeart Cinema |  
CreativeHeartForce™  
A sanctuary where story,  
faith, and inner renewal  
meet.