

# The In-Between Companion

*A gentle guide for when you're not sure what comes next*

There is a moment after the insight, after the language has landed and something inside you has quietly said *yes, this is me*, where the next question begins to rise.

*Now what?*

This is not a map.

This is a place to return to when the fog thickens again, when clarity slips, when the old patterns feel louder than the truth you just touched. You are not meant to complete this. You are meant to come back to it, differently, each time.

Let this be something you sit with, not something you solve.

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## Begin Here: A Small Pause

Before you answer anything, pause.

Notice your breath.

Notice your body.

Notice what feels present without trying to change it.

You do not need to arrive anywhere before you begin.

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## What Feels True Right Now?

Not what should be true.

Not what used to be true.

What feels true *now*, even if it is incomplete, contradictory, or still forming?

Write it the way it comes.

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## Where Do I Feel This in My Body?

Bring your attention gently inward.

Where do you feel tension, heaviness, or activation?

Where do you feel even the smallest sense of ease?

Stay with one sensation for one breath longer than you normally would.

Notice what shifts, even slightly.

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## One Small Aligned Choice

If you were to move from alignment instead of expectation, what would one small choice look like today?

Not the biggest step.

Not the perfect step.

The next *honest* one.

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## Restoring Choice

If everything feels like a demand right now, pause here.

Ask yourself:

Where can I reintroduce choice, even in a small way?

That might look like:

- changing how you approach something
- giving yourself permission to delay
- choosing how you begin, not just whether you begin

Autonomy matters.

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## **A Permission to Keep**

You are allowed to move at the pace your system can sustain.

You are allowed to not have clarity yet.

You are allowed to outgrow what once worked.

Read that again, slowly.

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## **What Am I Noticing?**

As you move through your day, gently track what stands out.

A shift in mood.

A moment of resistance.

A feeling that lingers longer than expected.

What is your life reflecting back to you right now?

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## **Follow the Thread**

There is often something subtle pulling at your attention.

Not loudly.

Not urgently.

But persistently.

What are you being drawn toward, even in small ways?

Follow that.

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# When the Fog Returns

It will.

This is not a one-time crossing.

When it does, come back here.

Not to fix it.

Not to force clarity.

Just to remember how to listen again.

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You are not behind.

You are not doing this wrong.

You are in the process of becoming.

And that process does not rush.

It unfolds, one honest step at a time.

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