

RECONNECTING WITH YOUR

Lancey Guide

Visualization - Journaling - Embodiment Exercise



HOW TO APPROACH THIS EXERCISE?

This is a gentle practice to help you access your inner wisdom — the calm, compassionate voice that lives beneath the noise of fear, overthinking, or urgency.

This voice is always there. Sometimes, we just need to remember how to listen.

You'll need about 15–20 minutes, a journal, and a quiet space.



1. MEET THE GUIDE

Close your eyes. Take a few slow breaths. Let your shoulders drop. Now ask yourself:

Who in my life has been a great guide, mentor, or coach for me?

This might be a real person, someone from your past, or even a character from a story or film. Alternatively, you can also find your guide within yourself, ask:

Where in my life I am a great coach or guide to someone else?

When in the past did I feel the most resourceful?

2. Once you recognize the guide inside of you, name it, and explore the guide a bit further:

What made them a good guide?

What was it like to be in their presence?

How did I feel when I was a great coach to someone or to myself?

What qualities do I embody when I'm showing up like that?

How do I speak to myself? Where do I feel that in my body and how does it feel?

Let the feeling of that connection grow. Notice any sensations in your body — warmth, spaciousness, calm. Just observe.

Let yourself experience that energy fully. This is your Inner Guide.



2. JOURNAL

With that feeling still fresh, open your journal and respond to the following prompts:

- *When I'm connected to my Inner Guide, I feel...*
- *My Inner Guide speaks to me like...*
- *What they want me to remember right now is...*
- *One area of my life where I need their support is...*
- *One small step they'd encourage me to take is...*

Let the answers flow — there's no right or wrong.



3. ANCHOR IT

To make it easier to reconnect with this feeling in daily life, you can create a symbolic anchor:

- Color or symbol: What color, image, or symbol represents your Inner Guide?
- Gesture: Place your hand on your heart — or any gesture that helps you return to that energy.
- Phrase: Create a short phrase your Inner Guide might whisper to you (e.g. “You’re already enough”)

Come back to this anchor whenever you feel lost, reactive, or unsure.

Closing Thoughts

This is an ongoing process. The more you practice reconnecting with your Inner Guide the easier it will become.

Remember that there's a wiser, gentler voice within you — and that it's safe to listen.



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IF THIS WAS FORWARDED TO YOU MAKE SURE TO SIGNUP TO MY SUBSTACK TO RECEIVE MORE THINGS LIKE THIS TO YOUR INBOX.

[The Inner Guide](#)