

# Calm Ceremony Builder

*Craft a nervous-system-safe ritual that feels sacred, not performative.*

## When this might help:

- You want a small ritual that marks return without performance
- You're designing your Calm Ceremony from Chapter 8

## The practice:

- Time: When you most need to return
- Cue: One grounding anchor (sound, breath, texture)
- Phrase: What welcomes you home

Gentle fallback: One cue and one phrase. Ceremony doesn't require more.