

Daily Integration Reflection

Stay rooted in the rhythm of return, not in the myth of resolution.

When this might help:

- The end of the day, staying in the rhythm of return
- The work feels invisible and you want to see it

The practice:

- “What helped me stay with myself today?”
- “Where did I return, even slightly?”
- “What part of the spiral felt different, and how did I respond?”

Gentle fallback: One question, one sentence.