

FREE GUIDE



Returning to the Light Within



3 Simple Practices for
Emotional Healing and
Inner Stability



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Pause and Return to Presence



At any moment during your day,
pause.

Take a gentle breath in... and out.

Now bring your attention to the
simple experience of being here.

Not the story of what is happening...
just the experience itself.

Notice:

- the sensation of your breath
- the feeling in your body
- the space around you

There is nothing to change.
Nothing to fix.

Just notice. Even for a few seconds,
this pause allows you to step out of
the momentum of thought and
reconnect with the stillness that is
always present.



Allow Without Resistance



When emotions arise, the natural tendency is to resist, suppress, or try to change them.

Instead, gently try something different.

Pause... and allow the emotion to be there.

Without labeling it as good or bad.
Without needing it to go away.
Simply feel it as a sensation in the body.

You might notice:

- tightness
- warmth
- movement
- energy

Let it be. When there is no resistance, emotions can move, soften, and transform naturally.

You are not the emotion.

You are the awareness in which it appears.



Recognize the Light Within



Close your eyes for a moment.

Notice your thoughts coming and going...
your emotions shifting...

Now ask gently:

What is aware of all of this?

That awareness... that presence...
that quiet knowing...

It is always here.

It has always been here.

It is not affected by what comes and goes.

This is the Light within you.
Not something to create—
but something to recognize.





Healing is not about erasing your past...
it is about remembering the part of you
that was never defined by it.



*The Light was
never absent—only forgotten.*

And every moment offers a new opportunity to remember.



If you feel called to go deeper,
my book *Dying to See the Light*
explores this journey in a more
expansive way—bridging science,
personal experience, and practical
guidance for reconnecting with
your true nature.



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Dying to See the Light
Available on Amazon

*With love,
Ingrid Honkala* 