
LET SAMHAIN'S
PACE
GUIDE YOU
BACK TO HEART
BACK TO SOUL
BACK TO SELF



A hundred thousand welcomes

Hello Mo Chlann Scéalta,

Come in gently.

If you are carrying tiredness, bring it with you.
If you are carrying noise, bring it with you.
If you are carrying nothing at all, even that is something.

This workbook is not here to make you "better".
It is here to help you pause, and to remember the dignity of the pause.

Samhain is a threshold time in the old Gaelic year, a hinge between seasons, when life turned inward. In that turning, we find a map for our own modern lives, not as costume or performance, but as rhythm and respect.

Take your time.
Skip pages. Return when you're ready.
This is not homework, it is time with your Chlann (family).

Le Grá (With Love)
Maria

"In Stories all things are possible..."

Story From Seeds

How to use this workbook

What you will need

- A notebook or these pages printed
- A candle or small light
- A warm drink
- A timer
- A place you can sit without being pulled at, even for seven minutes

How this works best

- Do one practice a week, or slower
- Keep your answers small and honest
- If you feel overwhelmed: stop, breathe, drink water, step outside if you can
- If anything in here touches grief or trauma, choose tenderness first, and seek support if needed

A simple agreement with yourself

I will not force insight.
I will not hurry tenderness.
I will pause before I push.
✎ Sign your name if you want to mark the beginning:

.....

And in the deep silence, in the slow pace
I came back to myself

Story From Seeds

"In Stories all things are possible..."

And how are you right now?

Let's check-in

Before we begin, let's take an honest snapshot.

Right now, I feel (circle any)

Rested | Tired | Flat | Tender | Busy | Quiet | Anxious | Hopeful | Other:

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My body is asking for

.....

.....

My mind is repeating

.....

.....

One small nourishment I can offer myself today is

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Knowing where I am, lets me know
where I am going.

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Module 1

The Threshold Pause

Standing between what was and what is coming
Samhain invites the in-between.
Not the big dramatic announcement, just the subtle sense that something has shifted.

1.1 Threshold noticing

Where in your life are you at a threshold, even if you have not named it out loud?

✎

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What feels like it is ending, or loosening its grip?

✎

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What feels like it is beginning, quietly, shyly?

✎

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1.2 Practice, 7 minutes of held breath

Set a timer for 7 minutes.
Sit. Hands on belly or heart.
Let your breath be ordinary.
When the timer ends, write one true sentence.
✎ One true sentence:

.....

1.3 A small threshold ritual

Choose one, simple and doable.

- **Place a stone at your door as a marker of crossing slowly**
- **Light a candle at dusk for three evenings**
- **Take one mindful step over your doorstep and say: "I enter gently"**

✎ What did you choose, and why?

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& in the 'Idir' 'In Between'
Everything softens and edges disappear

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Module 2

The Fire Pause

Containment, steadiness, and not rushing your own transformation
Fire is a teacher.
It stays.
It changes things by being consistent, not frantic.

2.1 Where am I burning too hard?

Name three places you keep performing, pushing, or proving.

✎

1. .....
2. .....
3. .....

What does that effort cost you?

✎

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2.2 Practice, one candle sitting

Light a candle and sit with it for 10 minutes.
Rules for this practice:

- **No fixing**
- **No journaling during**
- **No planning**
- **If thoughts arrive, let them pass like people on a road**

After, write what you noticed, even if it is "nothing".

✎

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2.3 Your personal "firekeeper" promise

Finish this sentence:

When I feel myself rushing, I will return to:

.....

& in the candlelight, I saw my shadows on the wall

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Module 3

The Ancestral Pause

Listening backward, with honesty and care We inherit stories like we inherit eye colour. Some fit. Some do not. Pausing gives us a chance to choose.

3.1 The inherited story

Complete the sentence:
In my family or culture, rest was seen as:

.....

Work was seen as:

.....

Worth was earned by:

.....

3.2 What belongs, what does not

Write two lists.
This still belongs to me

✎

- .....
- .....
- .....



"In Stories all things are possible..."

This no longer belongs to me

✎

- .....
- .....
- .....

3.3 Practice, a letter across time

Write a letter to an ancestor, an elder, or a "before me" figure.
They can be real or symbolic.
Use this opening if you need it:

"Dear _ _ _ _ _ _ _, I am learning to pause, and I want to tell you the truth about what it has been like."

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When you finish, place your hand on the page and breathe three slow breaths.

I own what is mine and I give back what does not belong to me



"In Stories all things are possible..."

Module 4

The Dark Pause

Rest without explanation, not knowing without panic
Darkness is not a flaw.
It is a season.
This module is gentle.
If you are in a hard season already, go slowly.

4.1 Where am I demanding certainty?

What are you trying to figure out too quickly?

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What happens in you when you do not know?

✎

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4.2 Practice, an evening of less

Choose one evening this week.

- **Lower the lights**
- **Reduce input, no news, no scroll**
- **Let conversations be simpler**
- **Go to bed a little earlier if you can**

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"In Stories all things are possible..."

Afterwards, write three words only.
✎ Three words:

1)..... 2) ..... 3) .....

4.3 A permission slip

Write yourself a permission slip that you can return to.

✎ "I give myself permission to..."

.....

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Resting is a nourishment, I will nourish myself in beautiful rest

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Module 5

The Listening Pause

Hospitality, silence, and letting people be real
Listening is one of the rarest forms of love.
Not the performance of listening, the real thing.

5.1 How do I listen?

Circle what is true most often.

I listen to reply | I listen to fix | I listen to prove | I listen to understand | I listen with my whole body

What do you want to practice more?

✎

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5.2 Practice, the sacred three breaths

In your next conversation, try this:
Before you respond, take three breaths.
Not dramatic, just your own real breaths.
Let the other person's words land.
Afterwards, write what, if anything has changed.

✎

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5.3 Listening to yourself

What is one thing your body has been saying quietly?

✎

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What is one thing your heart has been saying quietly?

✎

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And in that deep breath, I heard myself

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Module 6

The Returning Pause

Crossing back into life, not rushing the re-entry

The pause is not an escape.

It is a homecoming.

6.1 What did you learn about your rhythm?

Name three truths you can carry forward.

✎

1. .....

2. .....

3. .....

6.2 What are you leaving behind?

Not with drama, just with clarity.

✎

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6.3 Your personal Pause Plan

Keep it small, keep it kind.

Daily pause (5 to 10 minutes)

When: .....

Where: .....

How: .....

Weekly pause (30 to 90 minutes)

When: .....

What I will protect: .....

What I will release: .....

Seasonal pause (a longer threshold)

A date or season I will honour: .....

A ritual I will repeat: .....

And my whole life changed in that pause....

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Closing Ritual

Extinguishing Gently

Light a candle and sit with it for a few minutes. Notice how you are breathing and breath more deeply, into your belly. When you are ready find a way to extinguish the candle.

As you move to return into the world repeat these lines: Practice saying them softly like a whisper to your heart...

"I am returning, but I am not rushing."
"I carry my own rhythm."
"My life belongs to me."

✎ Name the wisdom you have found in this practice and write it down to come back to when you need to:

.....

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A final page, for the road ahead

If the world gets loud again, come back here.

A pause does not need permission.

It only needs remembering.

With warmth and steadiness,

Maria

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