

How to Honor the Nervous System Before Reading This Prayer

Your nervous system is not your enemy — it is your **sacred translator**, constantly working to protect you, interpret your experiences, and guide you toward safety and truth. Before you read this prayer, pause. Breathe.

Place one hand on your heart and the other on your belly.

Feel into your body.

You do not need to force anything — simply invite your nervous system into **partnership**.

You may read this prayer silently, whisper it aloud, or speak it slowly while looking into your own eyes in a mirror.

Let each word land gently.

Let your nervous system hear your love.

The Sacred Partnership Prayer with My Nervous System

Beloved Spirit of my Nervous System,

I see you now.

Not as something to fix, suppress, or override—

But as a holy weaver of my human experience,

A divine translator of energy, sensation, and soul.

I bow to your brilliance.

I honor your intelligence.

And I thank you for all the ways you have kept me safe,

Even when I did not understand your signals.

Even when I was not yet ready to listen.

Today, I choose to be in right relationship with you.

A conscious, loving, ongoing relationship.

I vow to meet you with presence.

To check in with you before I commit.

To pause when you signal that we are not ready.

To celebrate you when we expand into more ease, grace, and capacity.

Together, we create harmony.

Together, we rewire the pathways of trauma into rivers of peace.

Together, we become a sanctuary of safety and light for all who come near.

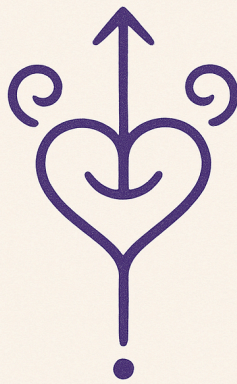
I invite you to guide me.

To warn me.

To ground me.
To sing through me.

Let our partnership be blessed by the Earth below and the Cosmos above.
Let our rhythm be one of sacred trust and holy embodiment.
And let all healing from this day forward move through the dance of our union.

We are one.
We are love.
We are healing, in motion.



What Is a Sigil?

A sacred symbol encoded with spiritual meaning and intention, known to calm the body and focus the mind.

About This Sigil

This sigil represents the harmony, partnership, and safety available when the mind, heart, and body align in sacred regulation. When you feel turbulent, scattered, or overwhelmed, visualize this symbol pulsing in your center and opening pathways of safety and peace.