

Beyond Trying

A Quiet Return to Steady Ground

Bonus Guide: 3 Ways to Use This
Meditation When Burnout Hits





Ways to Use This Meditation

Whether you're overwhelmed, numb, or just tired of holding it all together, this meditation is here to meet you gently—right where you are. Below are three simple ways to bring it into your life exactly when you need it most.

1. As a Reset During the Day

When to use: You're spinning, overthinking, or overstimulated—but you still have things to do.

How to use: Pause. Sit or lie down if possible. Listen to the meditation with eyes closed or soft focus.

Why it works: It interrupts mental loops and brings you back to the calm beneath the chaos—no fixing required.

More Ways to Incorporate Meditation

2. As an Evening Decompression Ritual

- When to use: At the end of a long day when your nervous system is still buzzing and your body feels wired or depleted.
- How to use: Dim the lights. Press play while you lie down or rest your eyes. Let the repetition of returns draw you inward.
- Why it works: The gentle sequence settles overstimulation and invites your body into rest—not just sleep, but renewal.

3. As a Compassion Cue When You're Feeling Numb

- When to use: When you feel disconnected, flat, or like you're just going through the motions.
- How to use: Even if you don't "feel like it," press play. Let the meditation guide you back through small sensations of being.
- Why it works: It bypasses the pressure to "try" and helps you reconnect to warmth, breath, and a sense of being held.





Deepening Your Practice

Tip for Deeper Support

Use the thumb and forefinger press introduced in the meditation as a gentle anchor. Over time, this small gesture will help bring back the steadiness you felt—anytime, anywhere.

You don't have to push through. You can return. *One breath. One pause. One quiet moment at a time.*

A Note from Master Kaye Lee

Hey there — thanks for sticking with me all the way to the end of this guide.

I'm Kaye Lee, one of the co-founders of The Aligned Living Show. And if there's one thing I've learned, it's that trying to hold it all together — all the time — is exhausting.

That's why I recorded this gift.

It's not fancy. It's not about fixing yourself or pretending everything's fine. It's just a chance to pause, notice what's happening in your body, and let some of that weight go — even for a few minutes.

So if you're feeling spun out, numb, or like your brain's running a million tabs at once, give it a listen. You might be surprised how much shifts when you just... stop trying so hard.

Remember: you don't have to hold it all together. You're allowed to unravel a little — and find your way back to steady ground, one breath at a time.

Enjoy and I'll be seeing you soon,

Kaye Lee

Rebel Master + Co-Founder The Aligned Living Show