

# THE GOLDEN LIGHT GUIDE

*5 Simple Steps to Release What's Holding You Back*

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A FREE GUIDE FROM BHAVNA'S WELLNESS GROUP

# A Note Before You Begin

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Hi, I'm Bhavna.

For over twenty years I've walked alongside people who were ready to stop carrying what no longer serves them — old pain, old patterns, old stories about who they're allowed to be.

This guide holds five steps from my Golden Light Method®, the same approach I use in my private sessions and retreats. It won't do the deep work for you, but it will show you where to begin.

Take your time with it. Even one step, practiced honestly, can shift something. And if you'd like company along the way, my door is open — you'll find how to reach me at the end.

*With love and light,*  
*Bhavna*

STEP 1 OF 5

## Notice What You're Carrying

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Healing starts with honesty, not with fixing. Before you can release anything, you have to see it clearly.

Take a quiet moment today. Ask yourself: what feeling do I keep pushing down? What thought do I keep returning to, even when I don't want to?

You don't need to solve it right now. You only need to notice it.

### REFLECT

*Write down one thing you've been carrying — a worry, a resentment, a fear — without judging it.*

STEP 2 OF 5

## Give It a Name

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Vague pain is heavy in a different way than named pain. When you can say “this is grief” or “this is fear of not being enough,” you take back some of its power over you.

Naming isn’t about labeling yourself. It’s about separating what you feel from who you are.

### REFLECT

*Finish this sentence: “What I’m really feeling underneath this is \_\_\_\_.”*

### STEP 3 OF 5

## Release with Intention

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Release rarely happens through willpower alone. It happens through the body, through breath, through ritual — small, repeatable acts that tell your nervous system it's safe to let go.

This isn't a cure. It's a beginning — a way to practice letting go until it becomes familiar.

### A SIMPLE PRACTICE

1. Sit comfortably and close your eyes.
2. Breathe in slowly for a count of four.
3. Hold gently for a count of four.
4. Breathe out for a count of six, and as you exhale, silently say: "I release this."
5. Repeat five times.

#### STEP 4 OF 5

## Reconnect with Your True Self

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Underneath the patterns and the pain is someone who was never actually broken — only covered over. Reconnection means remembering her, or him, again.

Ask yourself who you were before you learned to shrink, perform, or protect yourself. What did that version of you love? What did they believe was possible?

#### REFLECT

*Write one quality you had as a child that you'd like to welcome back into your life now.*

## STEP 5 OF 5

# Take One Small Action

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Insight without action fades. You don't need to transform your whole life this week — you need one small, honest step in the direction of the person you're reconnecting with.

It could be a boundary you finally set. A conversation you've been avoiding. Ten quiet minutes for yourself, protected and non-negotiable.

## REFLECT

*What is one small action you can take in the next 48 hours?*

# You're Not Meant to Walk This Alone

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You've just taken the first steps of the Golden Light journey. If any of this stirred something in you, I'd love to talk with you directly.

**Book Your Free Discovery Call**

[bhwellnessgroup.com/contact-us](https://bhwellnessgroup.com/contact-us)

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**Join our Weekly Tuesday Golden Light Meditations** Ask about the schedule on your discovery call

## CARRY THIS WITH YOU TODAY

*"I release what no longer serves me, and I make space for peace."*

Website: [bhwellnessgroup.com](https://bhwellnessgroup.com) | Email: [bhavnasrivastava@bhwellnessgroup.com](mailto:bhavnasrivastava@bhwellnessgroup.com) |

Instagram: [@bhwellnessgroup](https://www.instagram.com/bhwellnessgroup)

*With love and light,*

*Bhavna*