



# AGLOW METHOD

A PATH FOR SELF-REGULATION

CONSCIOUSLY THERE PSYCHOLOGY

Your nervous system is always communicating. It shifts automatically between states of safety, activation, and shutdown, helping you survive and adapt.

The AGLOW Method helps you reconnect with your body, regulate intense emotions, and gently guide yourself back toward safety and connection.

**A** – Awareness: Notice what’s happening in your body and emotions. Builds mindful connection to yourself.

**G** – Grounding: Connect to the present moment through your senses. Stabilises and orients the nervous system.

**L** – Letting Yourself Feel: Allow sensations and emotions without judgment.

**O** – Offering Kindness: Bring gentle compassion to what arises.

**W** – Welcoming Safety: Anchor in cues of safety and connection.

## Awareness

Before regulation comes awareness. Start by noticing what’s happening inside you without judgment or the need to change it.

## Inner Listening Practice

This is a 60-second invitation to awareness step by step:

### Pause

Take one deep breath. Allow your attention to move inward.

### Listen

Imagine a soft light scanning from the top of your head to the soles of your feet.

As it moves, say silently: *“I’m listening.”*

## Notice

What's here, right now? Where do you feel warmth, ease, or movement? Where do you feel tightness, heaviness, or stillness?

## Name

Gently describe what you find. You might say: "tingling in my hands", "tight chest", "softness in my belly."

Awareness is the first act of safety, simply noticing yourself begins to regulate your system.

## Grounding

Come back to the present moment through your senses.

Grounding anchors your body in the here and now, reminding your nervous system that this moment is different from past danger.

## Techniques you could use

- Walk barefoot in your room and focus on the sensations. Feel the floor supporting you.
- Lie down and place your palms facing up. Feel the ground beneath you.
- Slowly look around and find 5 objects. Notice their colours, textures, and shapes.
- Gently move your hands and say: "I am here, now."
- Holding a warm or cold object.
- Gentle rocking.
- Humming or low singing.
- Slowly move your gaze around the room. Let your eyes explore the colours, shapes, and light. Allow your head to follow the movement naturally. Each time you find something pleasant or neutral, pause and take a breath.
- Breathing: Place one hand on your chest and one on your belly. Inhale gently through your nose for a count of 4, exhale slowly for 6. Feel your hands rise and fall. Notice the rhythm of your body like waves returning to shore.

Grounding connects your body and mind, creating a sense of safety in the present.

## Letting Yourself Feel

This is about feeling what's here and meeting emotion with curiosity. When intense emotions or memories arise, you don't have to face them all at once. Feel in small doses.

Most of us learned to manage emotions by controlling, suppressing, or explaining them. However, the nervous system needs permission. When we stay with what's present, sensations unfold, complete their cycle, and naturally move toward balance.

This is acceptance in action, not giving up, but opening up.

**Try this:**

Notice a place in your body that feels tight or uncomfortable. Then find a place that feels neutral or grounded. Gently shift your attention back and forth between them. This process helps your nervous system understand that it can move between stress and safety safely.

## Offering Kindness

Compassion is a regulating force. When you offer kindness to yourself and meet your inner experience with warmth instead of judgment, your nervous system begins to trust safety again.

**Try this:**

You can speak gently to yourself: "It's okay to feel this", "I am safe to feel, I am safe to rest, I am safe to be me".

Wrap your arms around yourself or press your palms together. This creates proprioceptive safety through touch.

## Welcoming Safety

Once your system begins to settle, notice the shift and the sensations of safety.

### Let it Land Practice

**Notice a moment of ease**

Maybe your breath deepened, your shoulders dropped, or you felt warmth in your chest. Pause there, even for five seconds.

**Let it land**

Without forcing, breathe into that spot of calm. Imagine it expanding just a little, like sunlight spreading gently across your skin.

Don't rush away from this moment. Let the calm soak in like sunlight after a storm. Quietly remind yourself:

"It's safe to feel ease."

"This is what calm feels like."

"I'm safe enough to rest."

“My body remembers this.”

**Anchor it through the senses**

Notice one sensory cue of safety (this could be the weight of your body on the chair, the sound of your own breath or the temperature of the air on your skin.)

Let these cues become evidence of safety right here, right now.

