



Reflection Guide: The Double Helix of Imagination and Healing

Prompts and practices to help you weave imagination, biology, and values into coherence and creativity.



Dear Friend,

This guide was born from a page in my own journal. I had been writing about self-doubt — how it creeps in, how it closes doors — when I realized something deeper: imagination itself is biology. It doesn't just live in our thoughts; it lives in our cells, our hearts, our breath.

These prompts and practices are offered as companions for your own reflection. Think of them as gentle invitations to pause, breathe, and notice the double helix within you — biology and values spiraling together into coherence, creativity, and healing.

Take what serves you. Leave the rest. And most of all, trust that every word you write, every breath you take, is part of the great weaving we are creating together.

With care,

Mary

Helix Reflection Practice for Self-Doubt

1. Pause & Name the Knot (Awareness)

- a. Close your eyes.
- b. Say softly to yourself: “This is self-doubt. This is a knot in the weave.”
- c. Naming it takes it out of shadow and into awareness.

2. Breathe Into Belonging (Regulation)

- a. Place a hand over your heart.
- b. Inhale slowly for a count of 4, imagining you’re breathing in connection.
- c. Exhale for a count of 6, letting your body soften into safety.
- d. Repeat 3 times.

3. Re-imagine the Spiral (Imagination → Biology)

- a. Picture the double helix spiraling through you — one strand biology, one strand values.
- b. Imagine the knot of doubt loosening as the two strands continue their weave.
- c. Let your body sense the shift: shoulders relaxing, breath deeper, heart rhythm smoother.

4. Ask the Helix (Reflection Prompt)

- a. What is this doubt trying to protect me from?
- b. What truth or possibility is the spiral inviting me into anyway?
- c. What small step would honor both the fear and the courage in me right now?

5. Close with Respect (Integration)

- a. Whisper to yourself: “I respect the part of me that doubts, and I choose to keep weaving.”
- b. Write down one word that captures the energy you want to carry forward.

This practice reframes self-doubt from a stop sign into a doorway. It uses imagination, breath, and BUFFER values to bring you back into coherence — where creativity and healing can flow again.

Journaling Prompts

When was the last time your imagination felt alive in your body?

Notice what emotions your body carries most often these days. What new image could you hold to shift the balance?

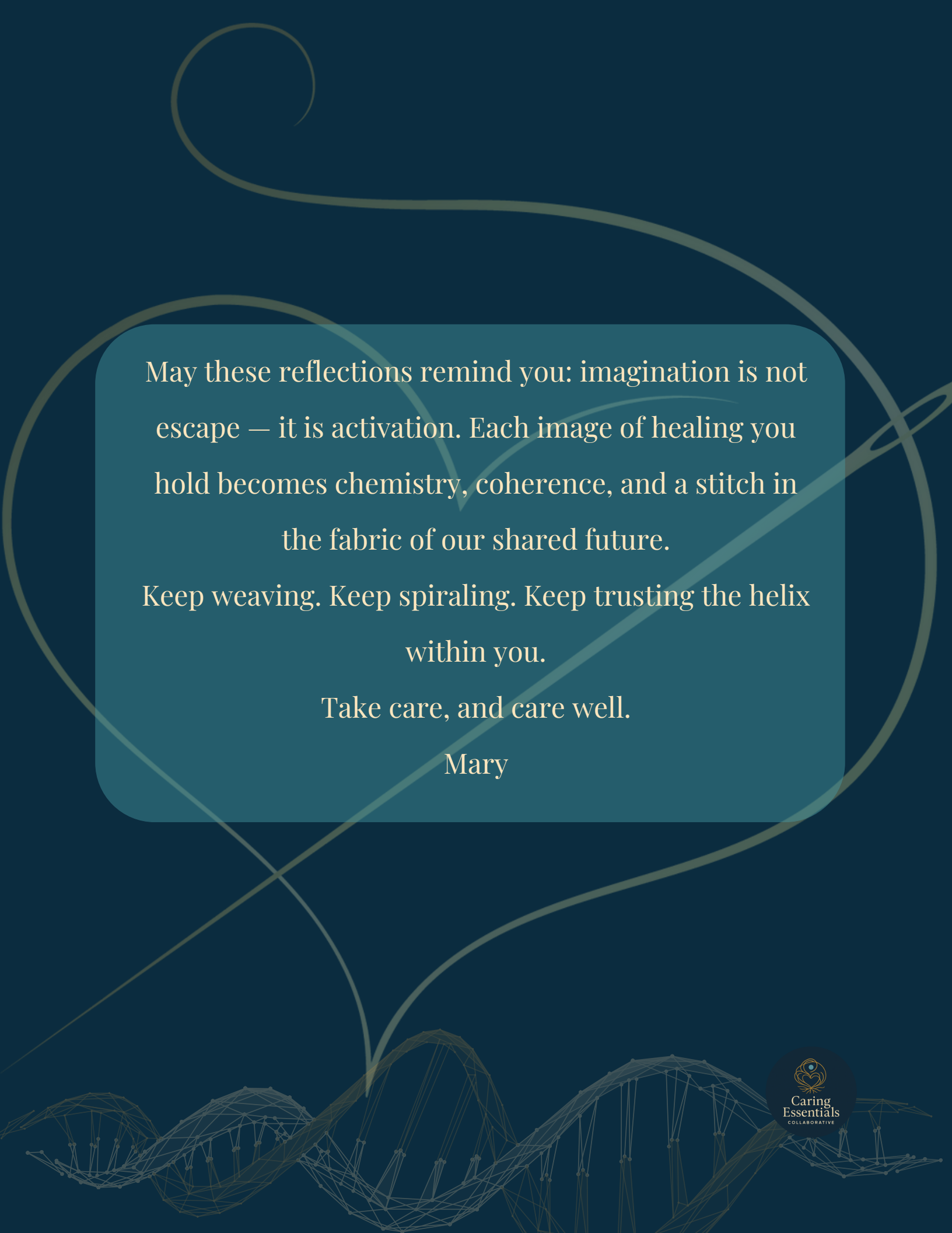
Think of a recent moment when doubt closed a door. How might that knot become part of your weave if you met it with breath, compassion, and respect?



Journaling Prompts

Which element of BUFFER do you need most today? How could welcoming that one value open space for imagination?

Hold one image of healing, justice, or belonging you want to weave into the future.



May these reflections remind you: imagination is not
escape — it is activation. Each image of healing you
hold becomes chemistry, coherence, and a stitch in
the fabric of our shared future.

Keep weaving. Keep spiraling. Keep trusting the helix
within you.

Take care, and care well.

Mary