

Calm Cards

Inspired by the poetry of William Hartwick

Helping you return to calm, one breath at a time.

This set is for those moments when you feel overwhelmed, anxious, or just need to breathe.

Let these cards guide you gently back to peace.





**I am steady like the earth
beneath me.**

Feel your feet grounding you.

Breathe in: strength.

Breathe out: worry.

My breath flows like the waves, steady and calm.

Close your eyes.

Picture gentle waves, moving in and out.

Let them carry away your tension.

There is light inside me, even on dark days.

Think of a small light in your chest.

With each breath, let it glow brighter.

You are never without it.

I notice the small joys around me.

**What's one simple thing
you're grateful for right
now?**

**A sound, a smile, a
breeze.**

Let it warm your heart.

I let go and flow like the river.

Imagine water moving through you, washing away what you no longer need.

No need to hold on.

You are free to flow.

In this moment, I am safe.



Place a hand on your heart.

Feel its steady beat.

You are here. You are safe.

I trust the stillness to guide me.

Pause.

Let quietness fill you for a moment.

Answers can wait. You are enough now.

I can be soft and strong at the same time.

Breathe into your shoulders.

Let them soften.

Feel your strength, even as you relax.

I release what I no longer need.

1

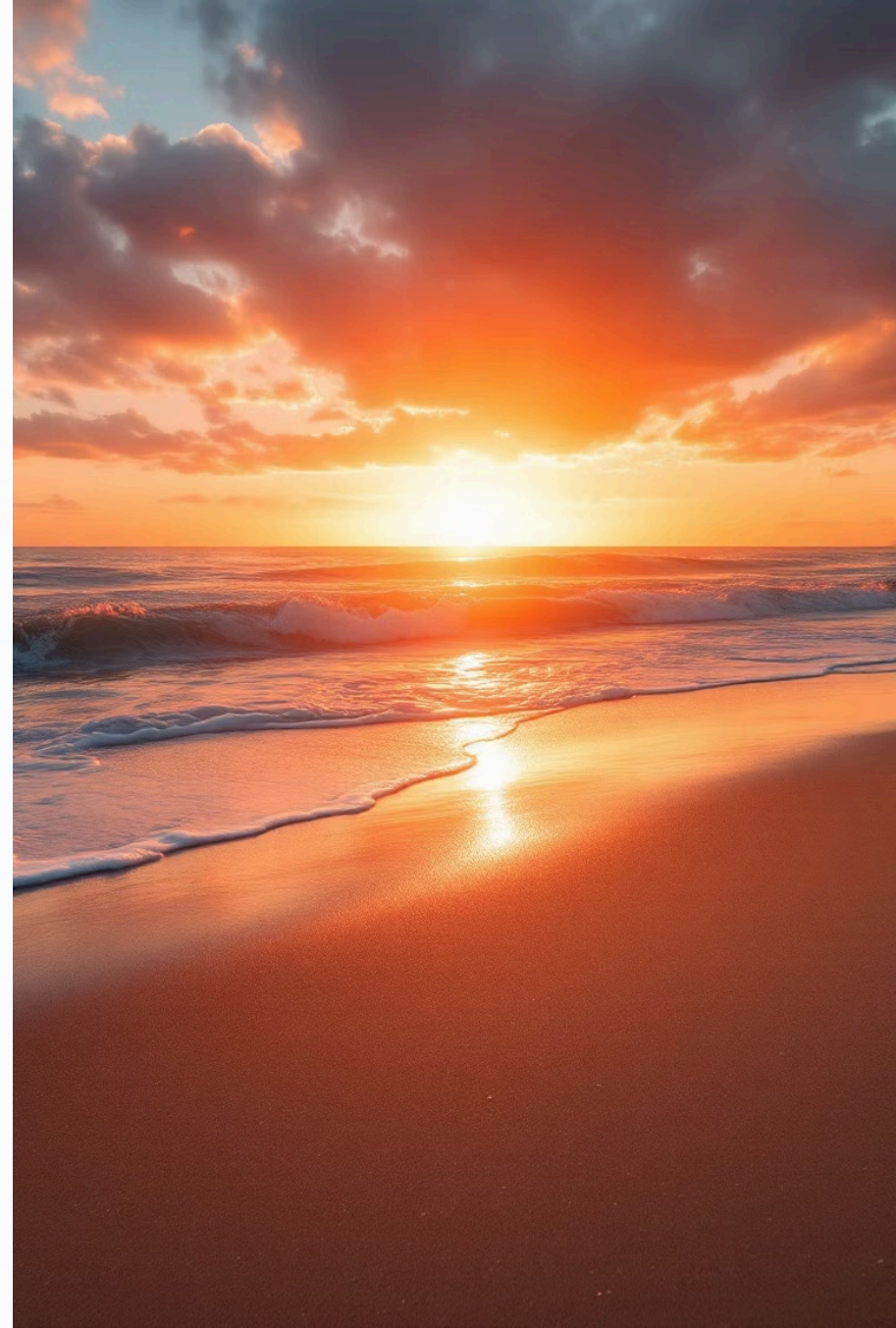
Exhale deeply.

2

Let go of one thought or feeling that's heavy.

3

Feel lighter with each breath.



I am grounded, steady, and strong.

Picture a mountain.

You are that mountain—rooted, calm, unshaken.

Let this image hold you.

I belong here, just as I am.

Feel your place in the world, like a tree in a forest or a stone by the river.

You don't need to change to belong.

My heart knows peace.



**Breathe in slowly,
filling your chest.**



**Let calm spread
through your body,
from your heart
outward.**



Rest here a moment.

Thank You for Taking This Moment

You've taken time to return to calm, to breathe, to reconnect.

Let these words stay with you:



You are grounded.

You are safe.

You are free to grow, gently and in your own time.

Come back to these cards anytime you need.

Peace is always within reach.

With calm and care

William Hartwick



Grounded

Like the steady earth beneath you



Flowing

Like the gentle ocean waves



Radiant

Like the light that shines within

