SCHOOL OF LIGHT

30

Days to Return to the Heart

A practical guide to presence, heart, trust and more conscious choices.



One step at a time. A few minutes a day. No perfection required.

English edition · printable guide · An educational project of Conscious Development Confederation Inc.

BEFORE YOU BEGIN

Welcome

What is the School of Light?

The School of Light is a practical path for cultivating presence, love and awareness in everyday life. Its invitation is simple: learn to listen to yourself, enter the heart and choose with greater freedom instead of living only through automatic reactions.

What is this guide for?

It is a 30-day practice. It doesn't ask you to understand everything at once and it doesn't require perfection. Each day offers a few minutes of practice to experience directly what you feel, create space within you and bring more presence into your choices.

An experience, not an exam

There are no "successful" or "failed" days. If one day you take only one conscious breath, you have still practiced. If you miss a day, begin again at the next moment. The aim is to learn through experience, with curiosity and continuity.

Trusting the process

On this path, trust does not mean having to believe in a doctrine. It means giving the practice a sincere chance, taking one step at a time and observing what changes within you. Trusting means not needing to control every result before you begin.

CLARITY BEFORE THE PRACTICE

A few key words

What does “aligning” mean?

Aligning means creating more consistency between what you feel, what you think, what you say and how you act. It doesn’t mean always feeling good or being perfect. It means noticing what is happening within you and, when possible, choosing consciously instead of reacting automatically.

The compass question

When you don’t know what to do, pause and ask yourself:

“Does this choice bring me closer to love, presence and freedom?”

You don’t need to find a perfect answer. The question creates a space between impulse and choice.

Entering the heart

“Entering the heart” means slowing down enough to truly feel what you are living, treating yourself with respect and letting love, for yourself and for others, guide the next step.

The five pillars

- **Body** · feeling and grounding
- **Mind** · observing and finding clarity
- **Spirit** · listening to what is deepest for you
- **Heart** · cultivating love, care and connection
- **Light** · bringing this presence into how you live, choose and share

HOW TO USE THE GUIDE

Every day, the same structure

The repetition is intentional: the less you have to remember, the more you can experience.

MORNING

5–10 minutes

The practice of the day, then stay a few minutes with your breath before entering the day.

DURING THE DAY

about 1 minute

A short optional pause to bring the practice into real life.

EVENING

2–5 minutes

Observe, write one line in your journal and integrate.

Each day also has a **guiding phrase**: a single idea to carry with you.

The Heart Practice · six steps

1. **Feel** · notice what you feel in your body and the emotions that are present.
2. **Observe** · look with curiosity, telling facts apart from thoughts.
3. **Accept** · let the moment exist before changing it.
4. **Remember** · return to what matters to you and to the love you want to bring.
5. **Ask** · “What is the most loving and respectful response?”
6. **Choose** · take one small, concrete step that is possible now.

If you feel overwhelmed, confused or tired, simplify: feel your feet, take a breath and postpone decisions that aren’t urgent.

The five stages

Days 1–7	**Body and presence** · return to the body, feel emotions and build a base of presence.
Days 8–14	**Mind and clarity** · observe thoughts and habits without fighting them; create space for a more conscious choice.
Days 15–21	**Heart and trust** · cultivate care, gratitude, openness and trust in the next step.
Days 22–28	**Living what you learn** · bring presence and love into words, boundaries, relationships and daily actions.
Days 29–30	**Integrating** · recognize what you have learned and choose how to continue.

1

DAY 1 · BODY AND PRESENCE

Returning to the body

MORNING · 5–10 MINUTES

Before you pick up your phone, stay still for 60 seconds. Feel your body from head to toe. Take 3 slow breaths, drink a glass of water calmly and rest a hand on your heart.

DURING THE DAY · OPTIONAL

Once today, stop. Feel your feet on the ground and notice 3 physical sensations without judging them.

EVENING · 2–5 MINUTES

Write one sentence: “Today in my body I noticed...”. Close with a simple thank you.

GUIDING PHRASE

“Today I return to my body.”

ONE LINE FOR ME TODAY

☐ Completed

2

DAY 2 · BODY AND PRESENCE

Observing without judgment

MORNING · 5–10 MINUTES

Ask yourself: “What am I feeling right now?”. Don’t explain why. Just notice where you feel it in your body.

DURING THE DAY · OPTIONAL

When tension or restlessness appears, observe it for 3 breaths without calling it right or wrong.

EVENING · 2–5 MINUTES

Write down one thing you observed without reacting straight away.

GUIDING PHRASE

“I can observe without judging.”

ONE LINE FOR ME TODAY

☐ Completed

3

DAY 3 · BODY AND PRESENCE

Breath and grounding

MORNING · 5–10 MINUTES

Take 5 calm breaths. With each exhale, feel the weight of your body supported by the chair, the bed or the floor.

DURING THE DAY · OPTIONAL

During a break, look around and silently name 3 things you see, 2 things you hear and 1 sensation in your body.

EVENING · 2–5 MINUTES

Notice: “When I slow down, what changes?”.

GUIDING PHRASE

“I am here, now.”

ONE LINE FOR ME TODAY

☐ Completed

4

DAY 4 · BODY AND PRESENCE

Feeling emotion in the body

MORNING · 5–10 MINUTES

Bring your attention to the emotion that is most present. Where do you feel it? Warmth, pressure, emptiness, movement? Stay with it for 60–90 seconds.

DURING THE DAY · OPTIONAL

If a strong emotion arises, return to the physical sensation before telling yourself the story.

EVENING · 2–5 MINUTES

Write the name of an emotion and where you felt it in your body.

GUIDING PHRASE

"First I feel, then I choose."

ONE LINE FOR ME TODAY

☐ Completed

5

DAY 5 · BODY AND PRESENCE

Accepting what is

MORNING · 5–10 MINUTES

Slowly repeat: “For this moment, I can let what I feel be here”. Breathe without forcing anything.

DURING THE DAY · OPTIONAL

When you notice resistance, ask yourself: “Can I stop fighting this feeling for just one breath?”.

EVENING · 2–5 MINUTES

Write down one thing you stopped fighting today, even for a moment.

GUIDING PHRASE

“I accept the moment before changing it.”

ONE LINE FOR ME TODAY

Completed

6

DAY 6 · BODY AND PRESENCE

Moving with presence

MORNING · 5–10 MINUTES

Do 3–5 minutes of simple movement: stretching, a slow walk or mobility. Feel every movement.

DURING THE DAY · OPTIONAL

Walk for at least 1 minute without your phone. Notice your feet touching the ground.

EVENING · 2–5 MINUTES

Ask yourself: “What did my body ask for today?”.

GUIDING PHRASE

“I move and I listen to myself.”

ONE LINE FOR ME TODAY

☐ Completed

7

DAY 7 · BODY AND PRESENCE

Integrating the first week

MORNING · 5–10 MINUTES

Do the Day 1 practice. Then choose the practice from this week that helped you most.

DURING THE DAY · OPTIONAL

Repeat that practice a second time during the day.

EVENING · 2–5 MINUTES

Write: 1 thing you discovered about your body, 1 practice to keep.

GUIDING PHRASE

“My body brings me back to the present.”

ONE LINE FOR ME TODAY

☐ Completed

8

DAY 8 · MIND AND CLARITY

Noticing thoughts

MORNING · 5–10 MINUTES

For 2 minutes, watch your thoughts as events passing by. You don’t have to stop them. Each time you get lost, come back to the breath.

DURING THE DAY · OPTIONAL

Once today, notice a recurring thought and simply call it “a thought”.

EVENING · 2–5 MINUTES

Write down a thought you observed without automatically following it.

GUIDING PHRASE

“I can see my thoughts.”

ONE LINE FOR ME TODAY

☐ Completed

9

DAY 9 · MIND AND CLARITY

Creating space

MORNING · 5–10 MINUTES

Before starting your day, take 3 breaths and leave 5 seconds of silence between one thing and the next.

DURING THE DAY · OPTIONAL

Before replying to a message or a situation that triggers you, take one full breath.

EVENING · 2–5 MINUTES

Notice a moment when the pause changed your response.

GUIDING PHRASE

“Between impulse and action there is a space.”

ONE LINE FOR ME TODAY

☐ Completed

10

DAY 10 · MIND AND CLARITY

Fact or story?

MORNING · 5–10 MINUTES

Think of a small worry. Mentally write: “Fact:” and “Story my mind adds:”.

DURING THE DAY · OPTIONAL

When you interpret someone’s intentions, ask yourself: “What do I really know?”.

EVENING · 2–5 MINUTES

Write down one fact and one interpretation you told apart today.

GUIDING PHRASE

“I see more clearly when I separate fact from story.”

ONE LINE FOR ME TODAY

☐ Completed

11

DAY 11 · MIND AND CLARITY

Not reacting straight away

MORNING · 5–10 MINUTES

Begin with the question: “Where do I tend to react automatically?”. Don’t try to correct yourself: observe.

DURING THE DAY · OPTIONAL

When a strong impulse comes, slowly count 3 breaths before acting, if the situation allows.

EVENING · 2–5 MINUTES

Write down one automatic reaction you were at least able to see today.

GUIDING PHRASE

“Seeing the habit is already freedom.”

ONE LINE FOR ME TODAY

☐ Completed

12

DAY 12 · MIND AND CLARITY

Choosing where attention goes

MORNING · 5–10 MINUTES

Choose one quality to nourish today: calm, kindness, courage, patience or presence.

DURING THE DAY · OPTIONAL

Three times during the day, ask yourself: “Where am I putting my attention?”. Then bring it back to the quality you chose.

EVENING · 2–5 MINUTES

Write down where your attention took you today.

GUIDING PHRASE

“What I nourish with attention grows in my experience.”

ONE LINE FOR ME TODAY

Completed

13

DAY 13 · MIND AND CLARITY

A few minutes of silence

MORNING · 5–10 MINUTES

Sit in silence for 3 minutes. When thoughts come, acknowledge them and return to the breath.

DURING THE DAY · OPTIONAL

Give yourself one minute without screens, music or conversation. Feel and observe.

EVENING · 2–5 MINUTES

Write one word that describes your inner space after the silence.

GUIDING PHRASE

“In silence I can listen.”

ONE LINE FOR ME TODAY

☐ Completed

14

DAY 14 · MIND AND CLARITY

Integrating the mind

MORNING · 5–10 MINUTES

Repeat the practice from Days 8–13 that helped you most.

DURING THE DAY · OPTIONAL

Today, use the question: “Is this a fact, a thought or an emotion?”.

EVENING · 2–5 MINUTES

Write: 1 habit you noticed, 1 more conscious choice you made.

GUIDING PHRASE

“Clarity is born from observation.”

ONE LINE FOR ME TODAY

☐ Completed

15

DAY 15 · HEART AND TRUST

Bringing attention to the heart

MORNING · 5–10 MINUTES

Rest a hand on your chest. Breathe slowly for 2 minutes. Think of someone, something or a moment for which you feel sincere affection or gratitude.

DURING THE DAY · OPTIONAL

In a moment of tension, return to the hand on your heart for one breath.

EVENING · 2–5 MINUTES

Write: “Today my heart opened when...”.

GUIDING PHRASE

“I can return to the heart.”

ONE LINE FOR ME TODAY

☐ Completed

16

DAY 16 · HEART AND TRUST

Taking care of yourself

MORNING · 5–10 MINUTES

Ask yourself: “What do I truly need today to take care of myself?”. Choose something small and realistic.

DURING THE DAY · OPTIONAL

Keep that simple promise: water, rest, movement, nourishment, a boundary, a pause.

EVENING · 2–5 MINUTES

Write down how you treated yourself today.

GUIDING PHRASE

“Love also begins with how I treat myself.”

ONE LINE FOR ME TODAY

☐ Completed

17

DAY 17 · HEART AND TRUST

Trusting

MORNING · 5–10 MINUTES

Take 3 breaths and repeat: “I don’t need to know the whole path. I can take the next step well”.

DURING THE DAY · OPTIONAL

When the need to control everything arises, ask yourself: “What is the next step I can really take now?”.

EVENING · 2–5 MINUTES

Write down one thing you held a little more loosely today.

GUIDING PHRASE

“I trust the next step, not the whole journey.”

ONE LINE FOR ME TODAY

☐ Completed

18

DAY 18 · HEART AND TRUST

Concrete gratitude

MORNING · 5–10 MINUTES

Name 3 simple things you are grateful for today. They must be real, even if small.

DURING THE DAY · OPTIONAL

When something pleasant happens, pause for 10 more seconds to really feel it.

EVENING · 2–5 MINUTES

Write down one gratitude from today and why it matters to you.

GUIDING PHRASE

“I recognize what is already here.”

ONE LINE FOR ME TODAY

☐ Completed

19

DAY 19 · HEART AND TRUST

Seeing others with more openness

MORNING · 5–10 MINUTES

Before going out or talking with someone, remember: every person is living an inner world you can’t fully see.

DURING THE DAY · OPTIONAL

In a conversation, listen for a few seconds longer before preparing your reply.

EVENING · 2–5 MINUTES

Write down a moment when you listened to or looked at someone with more presence.

GUIDING PHRASE

“I can meet others without losing myself.”

ONE LINE FOR ME TODAY

☐ Completed

20

DAY 20 · HEART AND TRUST

Letting go of a weight

MORNING · 5–10 MINUTES

Think of a small situation you are holding on to. Notice what you feel in your body. You don’t have to forgive or solve anything today.

DURING THE DAY · OPTIONAL

When the thought returns, take a breath and say: “For this moment, I don’t have to keep carrying it”.

EVENING · 2–5 MINUTES

Write down what you would like to lighten, without forcing yourself to do it right away.

GUIDING PHRASE

“I can lighten the load without forcing myself.”

ONE LINE FOR ME TODAY

☐ Completed

21

DAY 21 · HEART AND TRUST

Integrating heart and trust

MORNING · 5–10 MINUTES

Rest a hand on your heart, take 3 breaths and choose a word: love, trust, care or openness.

DURING THE DAY · OPTIONAL

Return to that word at least twice during the day.

EVENING · 2–5 MINUTES

Write down an act of love toward yourself or someone else that you did this week.

GUIDING PHRASE

“The heart becomes practice through gestures.”

ONE LINE FOR ME TODAY

☐ Completed

DAY 22 · LIVING WHAT YOU LEARN

22 Aligning feeling, thinking, speaking and doing

MORNING · 5–10 MINUTES

Ask yourself: “Is there something I feel but am ignoring?”. Listen without needing to act right away.

DURING THE DAY · OPTIONAL

Before a choice, use the compass question: “Does this choice bring me closer to love, presence and freedom?”.

EVENING · 2–5 MINUTES

Write down a choice in which you were more consistent with what you feel today.

GUIDING PHRASE

“Aligning myself means choosing with consistency.”

ONE LINE FOR ME TODAY

☐ Completed

23

DAY 23 · LIVING WHAT YOU LEARN

Speaking with presence

MORNING · 5–10 MINUTES

Set the intention to speak clearly and respectfully today.

DURING THE DAY · OPTIONAL

In an important conversation, slow down. Feel your body, listen, then speak. Avoid saying more than necessary.

EVENING · 2–5 MINUTES

Write down a sentence you expressed with more truth or kindness.

GUIDING PHRASE

“I can be truthful without ceasing to be loving.”

ONE LINE FOR ME TODAY

Completed

24

DAY 24 · LIVING WHAT YOU LEARN

Turning love into action

MORNING · 5–10 MINUTES

Ask yourself: “What small gesture would make today more human or kinder?”.

DURING THE DAY · OPTIONAL

Do one concrete act without expecting anything in return: a message, some help, listening, care.

EVENING · 2–5 MINUTES

Write down what you did and how you felt.

GUIDING PHRASE

“Love becomes real when it takes shape.”

ONE LINE FOR ME TODAY

☐ Completed

25

DAY 25 · LIVING WHAT YOU LEARN

Loving boundaries

MORNING · 5–10 MINUTES

Ask yourself whether today you need to say a more sincere yes or a clearer no.

DURING THE DAY · OPTIONAL

Before agreeing automatically, feel your body and ask whether the choice is respectful toward you as well.

EVENING · 2–5 MINUTES

Write down a boundary that protects your presence without closing your heart.

GUIDING PHRASE

“Love and freedom can go together.”

ONE LINE FOR ME TODAY

☐ Completed

26

DAY 26 · LIVING WHAT YOU LEARN

Sharing without pressure

MORNING · 5–10 MINUTES

Remember something this practice has taught you. You don’t have to convince anyone.

DURING THE DAY · OPTIONAL

If it comes naturally, share a simple practice with someone who wants it. Ask first whether they are interested.

EVENING · 2–5 MINUTES

Write down what sharing without imposing means to you.

GUIDING PHRASE

“I share what I live, not what I need to prove.”

ONE LINE FOR ME TODAY

Completed

27

DAY 27 · LIVING WHAT YOU LEARN

Choosing before reacting

MORNING · 5–10 MINUTES

Begin the day with 3 breaths and the sentence: “Today I allow myself a pause before reacting”.

DURING THE DAY · OPTIONAL

When something triggers you: Feel. Observe. Accept. Remember. Ask. Choose. Even in just 30 seconds.

EVENING · 2–5 MINUTES

Write down a moment when the pause gave you more freedom.

GUIDING PHRASE

“When I observe without judging, I create choice.”

ONE LINE FOR ME TODAY

Completed

28

DAY 28 · LIVING WHAT YOU LEARN

Living the day as practice

MORNING · 5–10 MINUTES

Don’t add a new technique. Choose 3 ordinary moments – eating, walking, talking – and live them with full attention.

DURING THE DAY · OPTIONAL

Whenever you remember, simply come back to what you are doing.

EVENING · 2–5 MINUTES

Write down which daily activity felt more alive when you were present.

GUIDING PHRASE

“The practice is the life I am living now.”

ONE LINE FOR ME TODAY

☐ Completed

29

DAY 29 · INTEGRATING

Recognizing what has changed

MORNING · 5–10 MINUTES

Take 3 breaths and think back to Day 1. Notice without judging: what feels different, even slightly?

DURING THE DAY · OPTIONAL

Observe which practices now come to you more naturally.

EVENING · 2–5 MINUTES

Write three things: what I have learned; what I want to continue; what I want to explore.

GUIDING PHRASE

"I don't seek perfection: I recognize the path."

ONE LINE FOR ME TODAY

☐ Completed

30

DAY 30 · INTEGRATING

Choosing how to continue

MORNING · 5–10 MINUTES

Choose the 3 most helpful practices from these 30 days. Make them simple enough that you can truly keep them up.

DURING THE DAY · OPTIONAL

Use the compass question once with full presence. If you want to share the path, do so only with those who wish it, starting from your own experience.

EVENING · 2–5 MINUTES

Complete: “From tomorrow I choose to continue with...”. Then thank yourself for giving this time to the practice.

GUIDING PHRASE

“The light continues through what I live each day.”

ONE LINE FOR ME TODAY

☐ Completed

REMINDER FOR CONTINUING

Loving with all of yourself

A daily practice for bringing love into the five pillars.

“Listen. Remember love and make it visible in your actions.”

In the morning · remember the intention

After a moment of silence, meditation or prayer, according to your own path, take a conscious breath and ask yourself: “Today, how can I love with all of myself?” Choose one quality to live: presence, kindness, courage or patience.

During the day · in the five pillars

- **Body** · take care of your body and give your energy to a concrete act of care or help.
- **Mind** · seek clarity; choose sincere, attentive and respectful thoughts and words.
- **Spirit** · make room for silence, prayer or contemplation, according to your own path.
- **Heart** · listen with presence and practice compassion toward others and toward yourself.
- **Light** · share what can be useful and serve without needing recognition.

When you need to choose · the Heart Practice

I feel what is happening. I observe my reaction. I accept the moment without judging myself. I remember the love I want to live. I ask: “What is the most loving and responsible act right now?”. I choose one concrete, possible and respectful step.

In the evening · recognize and begin again

Reflect kindly: “Where did I live love today? Where can I begin again tomorrow?” It is not a test of perfection: it is a return to the intention.

I REMEMBER LOVE · I LIVE IT WITH ALL OF MYSELF · I SHARE IT THROUGH MY ACTIONS

CONTINUE THE PATH

Thank you for giving this time to the practice.

On the website

Practices, programs and upcoming activities: **missioncdc.com**

One-to-one coaching in English, Italian and Spanish, online and in person. The first hours are free, depending on each person's needs.

Support the School

We are building the spaces of the School of Light. Voluntary donations help us complete them and create new guides, videos and events.

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