SCHOOL OF LIGHT

FREE PATH

7

Seven Days to Return to the Heart

Presence, listening and small acts of care in everyday life.

There is already an inner teacher within you. With daily practice, even a few minutes, you can awaken it.

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A WORD FROM MASSIMO

Why I offer this practice

Life has taught me that practice helps me be present and live from the heart. I keep up my practice every day, and today I feel freer, more centered and happier, in harmony with myself and with others.

After years of sharing and testing, I have seen more and more people understand that these simple steps help them feel better, live a fuller life and face life's trials with more love and peace.

This is the purpose of the mission: to remember who we are through practices of the heart, with love for ourselves and for others. In my experience, even difficulties can become chances to learn to live with more love, lighter, serving love, when we are ready.

With love,



Massimo Pizziol · founder of the School of Light

WELCOME

Living from the heart

Living from the heart means learning to inhabit the present, listening to what we feel and choosing how to respond to life's experiences.

This workbook offers a first step: seven days to get to know your way of feeling and acting a little better. You don't need to become someone else, feel calm all the time or do everything perfectly.

Becoming the protagonist of your own life means recognizing the choices available to you, even small ones. It doesn't mean controlling every event, being responsible for what was done to you, or having to find a lesson in every pain.

The teacher you are looking for is not far away: it is the part of you that knows how to listen, choose and love. These seven days are a simple way to give it room.

OUR COMPASS

“Does this choice make me more loving, present and free?”

A complete, free path

One written practice a day, one small act of care and a short evening reflection. You can use it without buying anything else and without audio or video.

An important distinction

Welcoming an emotion does not mean approving harmful behavior or staying in a situation that hurts you. An act of care can also be a boundary, a no, or a request for help.

BEFORE YOU BEGIN

A rhythm you can live with

How much time it takes

Give about 5 minutes to the day's practice and 2 minutes to the evening reflection. The small act of care fits into your day. Times are only a guide: you can shorten, stop or repeat a day.

How to use these pages

Read the practice, try it with curiosity and write a few words. If you miss a day, pick up where you left off. There's no need to start over or catch up.

If listening inward feels uncomfortable

You can keep your eyes open and turn your attention to the room, the colors or the feel of the chair. Don't force your breath and don't go looking for painful memories. Stop if the practice increases your distress.

The heart practice: six steps

1. **Feel** · your contact with the present.
2. **Observe** · your body and emotions.
3. **Accept** · recognizing what is here.
4. **Remember** · what matters to you.
5. **Ask** · what is needed now.
6. **Choose** · one small, possible gesture.

Over the coming days you will explore this sequence step by step.

These practices are for education and personal growth. They are not a treatment and do not replace medical or psychological care. If distress persists or gets in the way of daily life, seek support from a qualified professional.

DAY 1

1 Pausing and arriving

You don't have to solve everything to be present. You can begin right where you are.

BEFORE THE PRACTICE: HOW DO I FEEL? ONE WORD OR A SENTENCE.

THE PRACTICE · ABOUT 5 MINUTES

Place your feet on the floor or notice the support of the chair. Look around and name three things you see. Listen for two sounds. Notice one place where your body touches a surface. Let your breath be natural. Then ask yourself: “How do I feel right now?” One word, or “I don't know”, is enough.

IN YOUR LIFE TODAY

Before an ordinary activity, like drinking a glass of water, pause for a moment and do it with attention.

IN THE EVENING

When did I notice I was here? What helped me come back to the present?

THE ACT OF CARE I CHOOSE TODAY:

You don't need to feel better to have listened to something important.

DAY 2

2 Listening to the body

The body can offer information to listen to with curiosity, without interpreting every sensation.

BEFORE THE PRACTICE: HOW DO I FEEL? ONE WORD OR A SENTENCE.

THE PRACTICE · ABOUT 5 MINUTES

Sit comfortably. Notice your hands, shoulders and feet, without trying to relax them at all costs. Choose one sensation and describe it in simple words: warmth, pressure, movement, tiredness. Ask yourself: “Is there a concrete need I can take care of?” If focusing on the body is uncomfortable, look at an object in the room.

IN YOUR LIFE TODAY

Choose one ordinary, possible act of care: a break, a calm meal, some movement that suits you, or rest.

IN THE EVENING

What signal did I notice? How did I respond, and what is still asking to be heard?

THE ACT OF CARE I CHOOSE TODAY:

Your body brings you back to the present: listening to it is already care.

DAY 3

3 Observing without getting tangled

A thought is an experience you can notice; you don't have to treat it as a fact right away.

BEFORE THE PRACTICE: HOW DO I FEEL? ONE WORD OR A SENTENCE.

THE PRACTICE · ABOUT 5 MINUTES

Choose a mildly difficult everyday moment. Write down what happened, sticking to observable facts. Then write the thought that came and the emotion you noticed. Try the sentence: “I'm noticing the thought that...” Ask yourself: “What do I know, and what am I imagining?” There's no need to erase the thought or replace it with a positive one.

IN YOUR LIFE TODAY

When a judgment about yourself shows up, try describing the facts more precisely and more kindly.

IN THE EVENING

When did I tell a fact apart from an interpretation? What choice opened up?

THE ACT OF CARE I CHOOSE TODAY:

A thought is just a thought: you can look at it with kindness.

DAY 4

4 Making room for what I feel

Accepting means recognizing your present experience. It does not mean giving up.

BEFORE THE PRACTICE: HOW DO I FEEL? ONE WORD OR A SENTENCE.

THE PRACTICE · ABOUT 5 MINUTES

Take a manageable situation, not the most painful one. Ask yourself: “How do I feel?” Name the emotion if you can. Try telling yourself: “Right now this emotion is here; I can recognize it without judging myself.” Notice whether you need space, protection, listening or rest. If the emotion becomes too intense, look around the room again and stop.

IN YOUR LIFE TODAY

Respond to one of your mistakes as you would to someone you love: with respect and a concrete next step.

IN THE EVENING

What was I able to recognize? Which need or boundary deserves attention?

THE ACT OF CARE I CHOOSE TODAY:

Welcoming what you feel is an act of love toward yourself.

DAY 5

5 Remembering what matters

Values can guide a small gesture, even when your mood doesn't change.

BEFORE THE PRACTICE: HOW DO I FEEL? ONE WORD OR A SENTENCE.

THE PRACTICE · ABOUT 5 MINUTES

Write down three qualities you want to bring into your relationships and choices: for example honesty, care, courage or presence. Choose one. Remember a concrete moment when you lived it. Ask yourself: "How can I express it today, with the energy and limits I have?" If it is meaningful to you, you can also recall a prayer or a sentence that guides you.

IN YOUR LIFE TODAY

Spend a few minutes on an action that fits the value you chose, without needing to tell anyone or be approved.

IN THE EVENING

Which value did I live? What made that gesture easier or harder?

THE ACT OF CARE I CHOOSE TODAY:

What matters to you can guide you even on grey days.

DAY 6

6 Choosing an act of care

Between what happens and your response, you can look for a small space of choice.

BEFORE THE PRACTICE: HOW DO I FEEL? ONE WORD OR A SENTENCE.

THE PRACTICE · ABOUT 5 MINUTES

Think of a current, manageable situation. Walk through the six steps: feel your contact with the present; observe body, emotions and thoughts; accept recognizing them; remember a value; ask “What do I need right now?”; choose a possible gesture. Use the compass: “Is it more loving, present and free?” A loving choice respects you too.

IN YOUR LIFE TODAY

Do the gesture you chose: listen without interrupting, ask for help, set a respectful boundary or offer a small act of care.

IN THE EVENING

What did I choose? Which part depended on me, and which could I not control?

THE ACT OF CARE I CHOOSE TODAY:

Every small choice of care is a step toward freedom.

DAY 7

7 Learning and continuing

Growing also means noticing what works and adjusting the path.

BEFORE THE PRACTICE: HOW DO I FEEL? ONE WORD OR A SENTENCE.

THE PRACTICE · ABOUT 5 MINUTES

Reread your notes. Find one moment of presence, one difficulty and one act of care. Ask yourself what you have learned about yourself, without forcing a positive meaning onto everything. Choose just one practice to keep next week. Decide when you will do it and what minimum version you will use on hard days.

IN YOUR LIFE TODAY

Repeat the practice you chose at a set time. If you wish, offer someone your listening or company, without having to teach them anything.

IN THE EVENING

What do I want to keep? What is the next sustainable step?

THE ACT OF CARE I CHOOSE TODAY:

The inner teacher awakens one day at a time.

AFTER THE SEVEN DAYS

Bringing the heart into life

Choose a practice small enough to repeat. Link it to a moment that is already part of your day, like your first glass of water or the end of the day.

The practice I choose, and when I will do it:

On hard days, my minimum version will be:

A person or resource I can ask for support:

IF YOU WANT TO CONTINUE

The inner teacher awakens one day at a time, in small gestures. Keep giving it room.

Two minutes, whenever you like

The guided six-step practice, free and with no sign-up.

missioncdc.com

30 Days to Return to the Heart

The free path to keep your practice going.

missioncdc.com/30-day-practice/

You can also repeat this week. This workbook is complete on its own: there's nothing else you need to buy.

To go deeper, the School of Light offers a map of five pillars: Body, Mind, Spirit, Heart and Light.

LIVE THE PRESENT · LISTEN TO WHAT HAPPENS · CHOOSE AN ACT OF CARE

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