

# Embracing Our True Divine Self: Empowerment in Identity

## Healing Circle Reflection & Practices Guide

by Dr. Rabia Subhani

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## **Disclaimer**

**This material is for educational and informational purposes only and is not a substitute for professional psychological, medical, or mental health advice, diagnosis, or treatment. The practices and reflections in this guide are offered for self-exploration and spiritual support.**

**Use of this guide does not create a professional, clinical, or therapeutic relationship with Dr. Rabia Subhani.**

**If you are experiencing significant distress or have concerns about your mental or physical well-being, please seek support from a licensed healthcare or mental health professional in your area.**

**You deserve care that fully supports your well-being.**

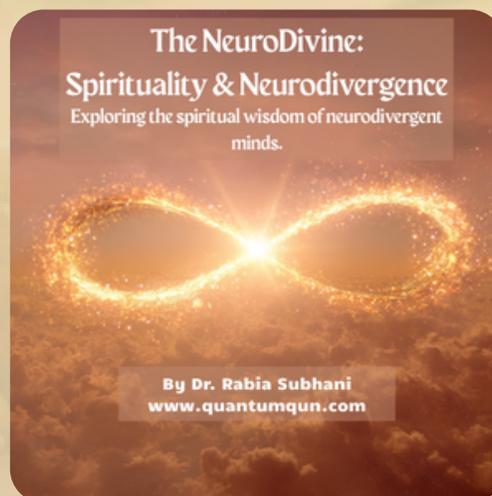


## About Dr. Rabia Subhani

Welcome to my world! I am an ADHDer clinical neuropsychologist and spiritual life coach. I offer neuro-affirming autism/ADHD assessments for adults at my professional site, [drrabia.com](http://drrabia.com) and spiritual/energetic coaching services at [quantumqun.com](http://quantumqun.com)

My true passion lies at the intersection of spirituality and neurodivergence!

You can follow this passion with my podcast:  
**The NeuroDivine: Spirituality & Neurodivergence**  
Exploring the Spiritual Wisdom of Neurodivergent Minds (click below).





# Welcome



## Welcome

This reflection guide is designed to support you during and after the Healing Circle.

There is no right way to move through these pages - take only what feels supportive and true for you.

You are invited to:

- Go at your own pace
- Skip anything that doesn't resonate
- Return to these practices whenever you need grounding or clarity



## Intention

Take a moment to pause.

You may silently reflect or write:

“What part of me is asking to be seen or cared for right now?”





## **GROUNDING PRACTICE**

### **Grounding & Arrival Practice**

Before reflecting, take a few moments to settle.

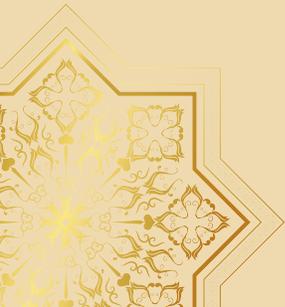
#### **Heart-Centered Breathing**

- Place one hand on your heart and one on your belly
- Inhale slowly, noticing sensation or warmth
- Exhale gently, allowing your body to soften
- Continue for 2–3 minutes

**You may repeat silently:**

I am safe enough in this moment.

I am allowed to arrive as I am.





## REFLECTION PROMPTS (IDENTITY)

**Reflecting on Identity & Experience**  
**Choose one or two prompts to explore.**



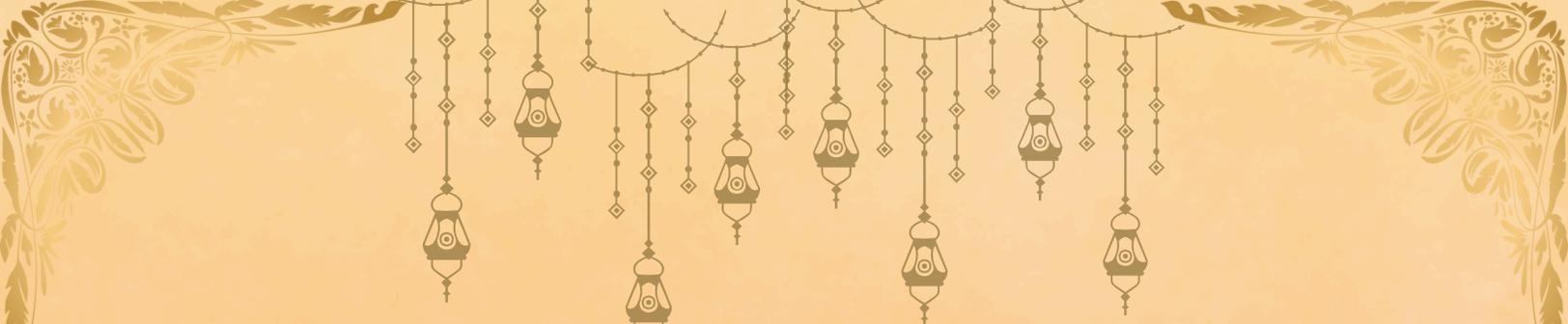
A part of my identity I have had to protect, soften, or hide is...



A moment when I felt unseen or misunderstood recently was...



What this experience stirred in me emotionally or physically was...



## REFLECTION PROMPTS (SELF-COMPASSION)

### Meeting Yourself with Compassion

Continue with any prompt that feels supportive:



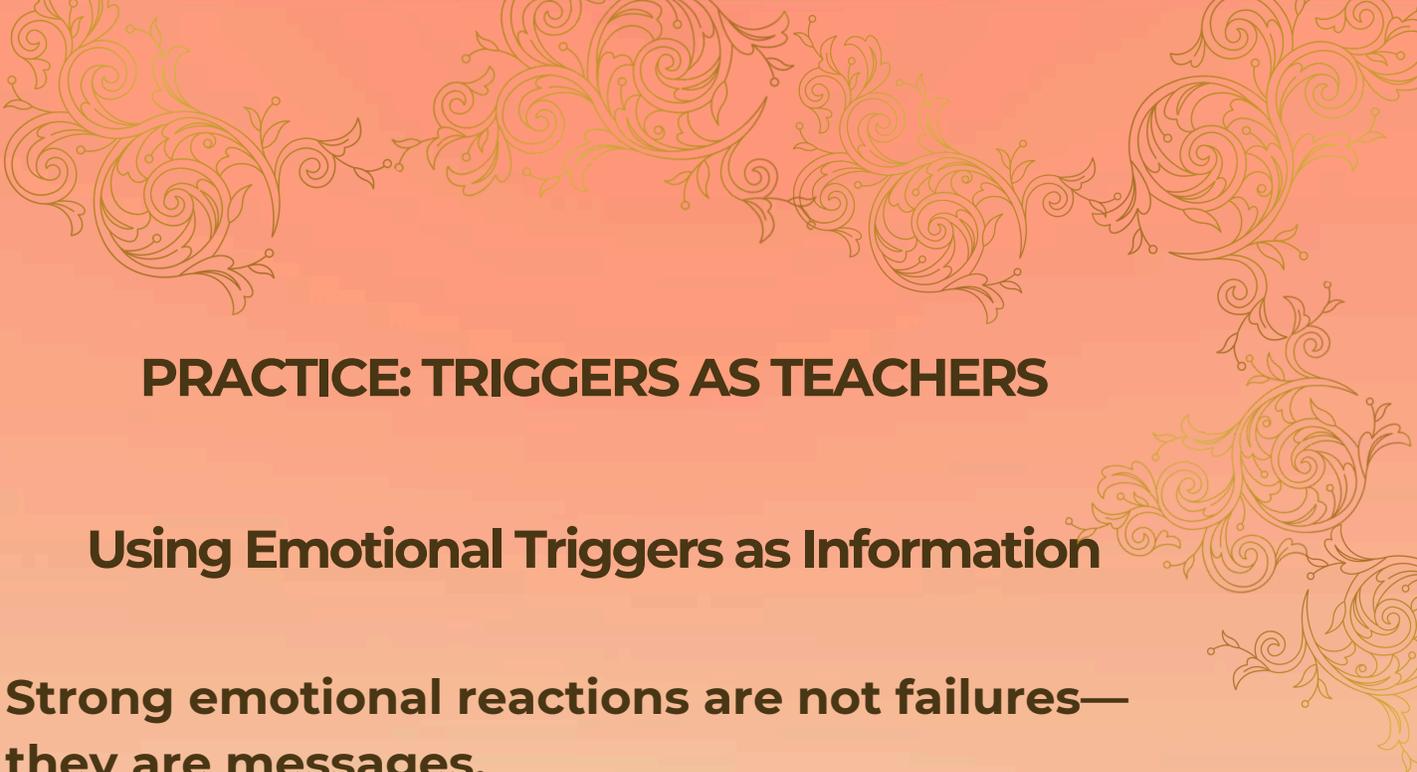
When I meet this part of myself with compassion instead of judgment, I notice...



When I feel truly seen, I feel...



What I am learning to offer myself more gently is...



## **PRACTICE: TRIGGERS AS TEACHERS**

### **Using Emotional Triggers as Information**

**Strong emotional reactions are not failures—  
they are messages.**

**When you feel activated, pause and gently ask:**

- **What might this reaction be trying to protect?**
- **What does this part of me need right now?**
- **Can I respond with curiosity instead of self-criticism?**

**You may place a hand on your heart as you ask these questions.**





## **PRACTICE: BELONGING & AFFIRMATION**

### **Reclaiming Belonging**

**Belonging begins within.**

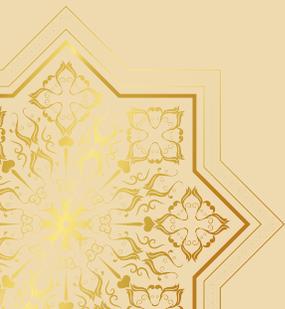
**You may repeat silently or aloud:**

I am worthy of belonging exactly as I am.

My identity is not a burden, it is meaningful.

I do not need to shrink to be accepted.

**Notice how your body responds as you affirm this.**



# GENTLE JOURNAL PRACTICE

## Free Writing for Integration

Set a timer for 5 minutes. Let the writing end naturally. Write continuously without editing, correcting, or censoring yourself. You might begin with:

Right now, what feels most alive for me is...

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Something I want to remember from this reflection is...

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# Additional Writing

Handwriting practice lines consisting of 20 horizontal dotted lines.



# CLOSING



## Closing Reflection

As you complete this guide, pause and reflect:

One truth or practice I want to carry forward is...

Gentle Reminder:

Healing unfolds in layers.

Return to these reflections whenever you need grounding, clarity, or reconnection.

You are allowed to grow at your own pace.





# **Thank you so much!**

**I was honor holding space for you in the healing circle.**

**Thank you for showing up and living your truth.**

**I would encourage you to continue to empower yourself in your true beautiful divine self.**

**Whether you are navigating emotional overwhelm, burnout, masking, identity shifts, or spiritual longing, you deserve support whether it's a supportive community of friends and family or a mental health practitioner.**

**You are not alone.**

**You are not too much.**

**You are a sensitive soul in a world that wasn't built for your depth and you deserve support that honors exactly who you are.**

