

The Soft Return

The Soft Return

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This is a work of creative nonfiction. The practices and insights offered are not intended as medical advice.

Always consult a qualified practitioner when addressing physical or mental health concerns.

The Soft Return

This book is part of the I AWAKE series
A sensual journey of reconnection in nine parts

Book 1 The Invisible Framework

Book 2 The Cost of Abandonment

Book 3 Wounds that speak

Book 4 The roots of pleasure

Book 5 Meet your Mind

Book 6 Secrets of the Heart

Book 7 Come Together

Book 8 Pleasure as practice

Book 9 Eros reclaimed

The Soft Return

*For the parts of you who disappeared...
and the parts that are finally ready to return.*

The Soft Return

The soft return
A sensual 7 day journal

Camilla Wellton

The Soft Return

You didn't come here for more information.

You've might have read a few or many self-help books.

Maybe you've gone to retreats, been to therapy?

Tried to meditate your way into wholeness, or perform your way into being enough.

But something still aches. Still hides.

Still edits itself, just a little, because somewhere along the way, you learned that being fully you wasn't safe.

That's what this journal touches.

Not your mindset.

Your original imprint.

Your survival design.

The Soft Return offers a way back not to who you were, but to the parts of you that went quiet when life asked you to be someone else. You may not remember when it happened.

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You might not have words for what's missing.
Only a sense that something tender got tucked away.
Something alive.
Something true.

This journal is the beginning of a different kind of listening.
One that happens through sensation, through breath,
through looking close at what you usually don't question.

Seven days inviting you to come close enough to hear what
you forgot how to feel.

This 7-day journal is part of the I AWAKE series: a nine-part
sensual hero's journey. Each book is a destination within
you, following the same arc as all the great stories (the hero's
journey).

Except this time, you're the hero and your own life is where
the plot unfolds.

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The first three books explore the places that still ache and the ways you learned to protect yourself.

The middle ones help you rebuild connection with your body, your mind, and your heart.

The final three invite you to live from aliveness where pleasure is natural, creativity flows easily and your desire becomes the compass that shapes a life that turns you on.

Book One The invisible framework, the one this journal was born from, is where it all begins.

The inherited and imposed rules that shaped your safety, identity, and worth without your consent.

The culture that told you what's lovable.

The family that rewarded the version of you that was easy to manage.

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The religion that defined your worth before you even found your voice.

This journal is a 7-day invitation to ask:
What parts of me were shaped by pressure?
What performances have become my personality?
And do they still fit the body I live in now?

You don't have to have the answers.

You don't have to fix yourself.

You just have to tell the truth. To yourself.

Because sometimes, the most radical thing you can do is name what never truly belonged to you.

Welcome in.

This is your soft return.

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Before
you
begin

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Before we begin, I want to tell you something important.
There's a place inside you that's always been listening.
Even when the world wasn't.
Even when the noise was too loud, or the silence too long.
Even when you didn't have words for what you were feeling.

That place inside you, quiet, instinctual, honest, is where we begin. But we don't start with logic.
We don't start by analyzing, fixing, or even understanding.
We start by entering a space that your nervous system already knows.
A space between memory and imagination.
A space where things become real the moment you feel them.

It's called the imaginal field. The term was coined by by French scholar Henry Corbin. While Corbin coined the term, his work is often discussed alongside that of C.G. Jung,

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who also emphasized the importance of imagination and the unconscious. Entering the imaginal field is not the same as daydreaming. It's not about escaping or pretending. It's actually the opposite.

It's about letting your body feel what's real, in a way that's safe enough to soften, shift, and finally integrate.

Because the truth is, your nervous system doesn't separate "real" from "imagined" the way your thinking mind does.

Have you ever woken from a dream with your heart racing? Or remembered a difficult moment so clearly it brought tears again, years later?

That's your body responding to felt experience, not facts.

The imaginal field uses that same capacity not to re-traumatize, but to reconnect.

Here, you can try things you've never dared in waking life.

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Speak truths you've never voiced out loud.
Meet parts of yourself you didn't even know were missing.
And your system gets to register those moments as real,
because, in a somatic sense, they are.

That's why in the I AWAKE system, the imaginal field isn't just poetic. It's practical.

It's where healing happens, not just as an idea, but as an embodied shift. And it allows that shift to happen gently, on your own terms, in your own rhythm.

We don't rush.

We don't perform.

We don't push through.

We listen.

We imagine.

We feel.

And slowly your inner world begins to reorganize itself

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around a new kind of safety. The kind that comes from presence, not performance.

So as you begin this seven-day journey, I'm inviting you to soften the edges of what you think is "real."

To let feeling be enough. To let symbol, sensation, and soul sit at the same table for a while.

There's a reason the mind sometimes resists this.

Because here, in the imaginal field, we stop running.

We stop explaining. We stop trying to be impressive.

And we begin something else entirely.

Something ancient.

Something sacred.

Something real.

You don't have to know how this works.

You don't have to "believe" in anything.

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You only have to let your breath slow.

And accept the invitation to enter your inner world from a softer angle not to fix, but to feel. Not to solve, but to see.

And that's where we're going at the end of these 7 days.

You'll be entering The Circle with me and from there straight into your imaginal field.

I'm guiding you there with my voice.

You'll find the QR code to access the recording (as well as all the audioguided body checks in this book) at the end of this book.

Let's begin.

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Day one

The mask
i mistook
for my face

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There was a time when you didn't know you were building a version of yourself. It just happened.

One glance that lingered too long when you were loud.

One teacher's smile when you were careful.

The silence that followed honesty.

The approval that followed compliance.

Bit by bit, something took shape.

Not fake. Not wrong. Just... practiced.

You got good at reading the room. Good at staying agreeable.

At being received. You learned how to not cause trouble.

How to feel things quietly.

And maybe only recently, you've started to wonder:

Where did the realest parts of you go?

Not the functioning ones.

The tender ones. The wild ones.

The ones that didn't ask for permission before arriving.

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This journal is about getting honest with yourself.

It's a space where you get to ask:

What parts of me got edited, so I could belong?

What became habit, not truth?

What still fits and what doesn't?

You're not wrong for building who you became.

You were adapting.

Protecting what was still growing underneath.

And maybe now, you're strong enough to come back for
those pieces.

Maybe that version you built still helps you get through the
day. Masks have their place.

But when a mask becomes a face, when the role begins to feel
like your only identity, something in you starts to ache.

That ache is not a flaw. It's an invitation.

An old layer, knocking. Asking to be seen. Asking to be felt.

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Sometimes the mask was so seamless, you didn't even know you were wearing one. It just felt like... being good.

Being easy. Being liked. Being strong.

Being low-maintenance. Being independent. Being okay.

Masks are not always about pretending.

Often, they're about protection. And they're clever.

They learn what gets rewarded. What keeps the peace.

What holds the room together.

They learn who you need to be to not be left.

But every mask has a cost. Because every time you put one on, you push something else away.

The softness that didn't feel safe.

The anger that wasn't allowed.

The truth that felt like too much.

The need that went unmet for so long, it eventually stopped knocking.

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This first day isn't about tearing anything off.

It's about seeing it.

The shapes you've had to hold.

The expressions you've mastered.

The roles that got you through.

That's what the next few pages are for.

Not to perform honesty, but to meet what you've been carrying without even realizing it.

Not because you've done something wrong.

But because now, maybe, you're ready to feel what's underneath. Let that be enough for today.

The simple act of looking.

Because the moment you see the mask, you're not trapped inside it anymore.

That's how it begins.

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What trait have you been celebrated for that wasn't really you?

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Where did it come from?

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Who taught you it was valuable?

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What would it mean to loosen your grip on it?

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Body Check

Before you begin, scan the QR code at the back of the book and follow the instructions to access the audio.

Find somewhere quiet. Somewhere you can exhale. You'll want about thirty minutes without interruption.

This first Body Check isn't about fixing or improving anything. It's about telling the truth softly.

You'll be invited to speak the trait you uncovered today out loud and then to notice what happens in your body when you do.

How does truth land when it's not dressed up, explained, or hidden?

Where does it live in you?

This is the beginning of re-establishing trust with your own system by letting your body know it's safe to feel what's real.

When the audio ends, don't rush away. Stay for a moment.

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Let your breath settle.

Then, on the next page, write down what stood out to you.

Any sensations, shifts, or emotions that linger.

Writing it down signals to your nervous system that
something meaningful happened.

It helps the experience become real, not just remembered.

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