

Finding the Refuge Inside

1. Breathe

- Take in a deep breath and slowly sigh out the exhale
- Inhale for 5 seconds, Exhale for 5 seconds
- Try making the exhales longer than the inhales (inhale 4, exhale 8)
- Close the eyes and simply notice the breath as it enters and exits the body

2. Visualize

- Imagine a healing light traveling through the body, opening and illuminating
- Imagine a place in nature where you feel safe and relaxed (on the shore of a sea or the banks of a river, in an open field filled with wildflowers, on the top of a mountain or on the soft floor of a forest)
- Imagine every muscle in the body letting go, melting. Start at the toes and move up through the legs to the very top of the head. Take your time. If there are areas of particular tension, use the breath to breathe into these areas.

3. Speak

- Repeat words of peace out loud and/or to yourself (“I am Love. I am Loved.” “I live my life in balance and Peace” “I embrace my true nature of bliss.”)

4. Acknowledge

- Express gratitude. Who are you thankful for? What are you thankful for? It may simply be the sun in the sky, a cup of coffee or tea, a smile from someone else. Acknowledge what you’re grateful for.
- Present Moment Awareness. Notice the sounds, smells, and sights around you. Allow yourself to be in the present.

Remember that we are already whole and balanced. Sometimes we lose sight of this and perceive ourselves as being disconnected or out of balance. Deep Peace is always with you, because it is you – it is your true nature.