

Week 6
Create the world you want at home: Build your sanctuary
Thoughts - Lisa Nathan

All the noises in your environment can be part of your meditation. They do not have to be perceived as irritations or undesirables.

If we're not settled in our minds, then we're not settled in whatever space we are in.

Freedom from the prisons of our mind.

We are a refuge to ourselves. The breath is our first refuge. Ability to find freedom from letting go of thoughts. Even for just a short time.

If you have expectations of what is going to happen in your sit, just be aware of that. The idea is to let go of expectation. You might find calm and you might not. Just let it be. Every time you sit, you have a greater chance of finding a longer moment of calm.

So many people get disconnected from their bodies due to past traumas. There are so many reasons. The healing is in coming back to the body. But to feel safe, you need to reconnect to your body, to your breath. Your body is one of the safest places we can ever inhabit.

The only true refuge that we can rely upon is within and that is home.

Rest, recuperate and inner strength. Nothing externally provides that reliably.

Letting go of external expectations of support. We all have this refuge and we can all access it. First stabilize the breath. Thoughts come to take us away. Come back to the anchor of your breath.