



A Moment's Refuge. Take a moment for yourself.

Read this over before you begin as it will require a bit of planning.

Choose a time and place where you can be alone, uninterrupted and in peaceful surroundings.



Choose a practice that helps you settle. You may already practice meditation, prayer, yoga, use a calming app or something similar. If you prefer to be active you might take a walk or run and then choose a place in nature to sit. If you rarely settle or relax, don't worry. Simply intending to sit still for a time to do this exercise is enough- just sit and breathe in a peaceful spot. Feel your body contact the ground.

Bring a piece of paper and pen or journal with you to your spot or print out this exercise.

After you are settled, answer these questions in writing:

What brought you here? What do you yearn for?

What is your current level of overwhelm? How rare is this moment of pausing for reflection?

Do you feel the connection between pausing and turning inward?

What do you appreciate about your inner self? Do you sense the possibility of true guidance coming from within?

Thank yourself for taking the time to pause and create a moment's refuge.