

## Safe House<sup>1</sup>

Close your eyes.

With eyes closed, look up, as high as you can. Take a deep breath, and hold it for a count of five.

Exhale. Let the closed eyes drop, down from the ceiling to the floor.

Let your body relax and your mind go deep; inside yourself, to the quiet centre.

Breathe normally. You might pay attention to it for a few minutes. You might not. You don't need to make it deeper or shallower or faster or slower. You don't even have to notice it.

Let your mind expand. Imagine yourself in the centre of a large room, infinitely wide, infinitely long, infinitely high. The floor that supports you goes infinitely down. You can go deeper if you want. You can rise back up with ease, open your eyes, and come back to where you were, any time you want to.

But don't, just yet. I want you to see that you have a safe house, inside of you. A safe place. A happy place. As you stand in the centre of this very large room, inside your mind, let it be filled with the colours and sounds and smells of your most favourite place. Let it be a place that fills you, restores you, renews you. Let it be your place of re-creation.

Mine is filled with tropical plants. There is sunlight streaming down from an open roof above me. A colourful macaw sits on a perch, saying the most unexpected things. An ocean is nearby. I can see dolphins, and whales. A monk seal rests on the beach. The surf crashes over the calls of the macaw. People are around me, smiling. All is well.

What's yours like?

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<sup>1</sup> Ephesians 3:16-19