

Adapted from the 16th century Mystic, St. Teresa of Avila

There is a secret place.

A radiant sanctuary.

This magnificent refuge is inside you.

Put away the incense and forget
the incantations they taught you.

Ask no permission from the authorities.

No one else controls access to this perfect place – radiant sanctuary.

Be brave and walk thru the country of your own wild heart.

Be humble... Be bold... be still.

Listen... know... and keep walking.

Give yourself your own unconditional permission to go there.

Close your eyes and follow your breath
to the still place that leads to the center of your own soul - home.