

Coming Home

Class Notes Week 1

Quotes to help set the path and intention for the next five weeks:

“You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level.” Eckhart Tolle

“Knowing yourself is the beginning of all wisdom.” Aristotle

“And you? When will you begin that long journey into yourself?” Rumi

“You being enough is not dependent upon anything, not even your own opinion of yourself.” — Jennifer Williamson

“She needs time, like we all do. Time to be ok with being ok. Because sometimes feeling right, after feeling so wrong for so long, is the hardest thing to get used to.” — Jim Storm

“Be yourself; everyone else is already taken.”

“Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind.”

Poem by Donna Faulds

BREATH OF LIFE

*I breathe in all That Is
Awareness expanding
to take everything in,
as if my heart beats
the world into being.*

*From the unnamed vastness beneath the
mind, I breathe my way to wholeness and healing.*

*Inhalation. Exhalation.
Each Breath a “yes,”
and a letting go, a journey, and a coming home.*

*Let's remember to take a pause,
take a breath,
come into the moment
and place awareness on our heart space.
Sip warm water all day long.
Stay well hydrated.*

*Take time each day to be quiet and still.
Home mission: finish one task that is left
undone. It could be something very simple.*

