

# Coming Home

Class notes Week 5  
Friday Practice 12/17/21

*“I am not looking to escape my darkness  
I am learning to love myself there.”* Rune Lazuli

*“I’m throwing away all of my masks now.  
to wear only my Soul.  
I think it’s about time to get back Home.”* -Naked Soul

*“Please tell me, how can I love you better.”* –Thich Nhat Hanh

## **Final Thoughts of this Program:**

There is no effort that goes to waste when we take the time to attune ourselves to a higher frequency and release the past.

True healing – change – transformation requires time and attention.  
It requires us turning our attention inward and touch the silence deep inside.  
We need to be willing to slow down and put in the time and do the practices.

**Freedom takes effort.**

**Our Sadhana is key.**

Tomorrow just get up.

I can. I will. I must.

Stay with it.

You won’t regret it.

We are the only one who can set our self free.

No one can do this work for us.

Find the community that speaks to you and stay close.



## **Practices:**

-Clarify the Subtle Body  
-2 Stroke Breath for Intuition  
Self Blessing with Ong Namō Guru Dev Namō

<https://www.youtube.com/watch?v=R6fkvaBtjuY>

*Peace and love to all.*

*May you know the truth of who you are.*

*May you be free of suffering.*

*May you live with your light shining brightly.*

Deb

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