



Makeovers Meditation Exercises. Safe Harbor.

A harbor is a place where boats dock and replenish their resources. They leave a harbor well stocked and prepared to finish their journey.

An emotional harbor is a safe place you can go in your imagination throughout your day to replenish your energy and recharge to finish your journey from sunrise to sunset.

A harbor in your imagination is a place that has to be created. It can look like an actual harbor or it can be a visual of something else. For example, it can be a famous painting-Picasso, Dali, Michelangelo, Botticelli. Another example would be of a famous place-Paris, Rome, London, New York, The Grand Canyon, and Niagara Falls. You may also opt for a place in nature, on the beach by the ocean, on a mountain top, in a green meadow, a field of flowers.

You may create one or numerous places in your imagination where your thoughts can go on a mini vacation throughout your day to restore your energy and leave you refreshed. Practicing this kind of mind wandering is healthy without the effort of physically having to go somewhere to get away from it all. Your brain begins to recognize the place you create for yourself as an oasis. It allows relaxation and peace to nurture your spirit.

The first time you sit down with yourself to create your safe harbor, pay attention to the details of the picture you are about to piece together. Let all your senses (sight, hearing, smell, taste, touch) participate in conjuring up your image. Notice colors shapes and the context of a painting. In a city like Paris, name the points of interest like the Eiffel Tower, Notre Dame, and the Champs Elysees. What you would do there...stop by at a café to eat lunch...what you would eat and drink...people watch on a park bench in the Rodin Gardens...how you would feel to be in Paris...go to the Louvre to see the Mona Lisa...etc.

Once you are satisfied with the detailed picture you've created in your imagination, return to this memory throughout your day. Give yourself plenty of time to sit with this beautiful new image. As you finish the stop into your safe harbor, let peace and unconditional love wash your troubles away. Say to yourself, "I am done now. Peace."

