

23 The Camp

Key words: pause, meditation

As the night is falling, it's time for us to find a place to spend the night. As we express our intention to rest, we enter a glade. A soft light is glowing on the other side. We discover a tent made of sheets and drapes, lit by several candles and a campfire. Its base is made by several colorful blankets and cushions. It looks both simple and cozy. A perfect place to make a pause.

We put our bag down, and decide to enjoy this heavenly place for a while. A small stream is running nearby and we can wash and cleanse if we want to. It also offers us fresh water to drink or to cook with. Once we took care of it, we enter the tent and sit on the cushions. The time has come to settle our thought a bit, and we chose to meditate for a while.

We start with focusing on the lights. Each of them anchors us while letting our mind wandering as freely as it wants to. Our breath is getting more peaceful, our whole body is relaxing. We are here and now, enjoying a nice evening in a perfect place.

We fill our bowl with warm tea and we sit in the entrance of the tent, looking at the glade, while the sun is setting. We then wrap ourselves in a soft blanket and lie down for the night. We are safe, protected by the lights, rocked by the stream, in a soft cocoon.

We are awoken by birds singing softly in the trees. Our dreams left us inspired and rested. We can enjoy the camp a bit more before resuming our journey. We decide to take the time to fully wake up, to fully come back to ourselves, to let this peace last a bit more.

Then we get up, grab our bag, and go on our path again.



You need to rest and take time to rejuvenate.

Life is spiraling and taking you away from your ground. You need to break the cycle and to anchor yourself back.

It's time for you to put you first. Place self care in your busy schedule and meditate, take care of your body, slow down, breathe, be in your company only.

Set a time in your week when you will only do things that bring you this inner peace you lost touch with. Focus on the now and here. Anchor you in your reality, who you are when nothing disrupt your inner peace. And spend time with yourself.

Be aware of the little things, engrave them in your memory as safety capsule you can pop when you feel overwhelmed.

Because you deserve it.