

THE CABIN

-This meditation is written and shared with love by Nadia Isabel.

Make sure your space is sacred and quiet. Find a comfortable seated or supine position. Take a gentle moment to smooth any creases in your clothing or have a little wriggle before you let the body naturally melt.

This meditation gently requires you to get in touch with your true authentic self. Softly place one hand on the heart and one hand on the stomach. This will help you to access your heart and your second heart; the gut. Begin to focus the mind on the breath. Notice where the breath is sitting in the body and find a curiosity in guiding the breath deeper into the stomach and away from the chest. There is no need to count the breath, or focus too much on deepening or lengthening the breath. Just focus on making the breath more nourishing, and more wholesome. Release the tip of the tongue from the roof of the mouth, allow the forehead to soften, the jaw to soften, and the body to become heavy into the floor. If the mind is busy, that's ok. Try to accept the state of the mind as it is, in this moment, and gently bring it back to that deep and nourishing belly breath.

** This section is suitable for those isolating with people during the Covid-19 pandemic. Please feel free to move past this section if it is not applicable.*

Right now, more than ever, it's important to create healthy boundaries for yourself. In a time where we can no longer create much physical space between the people around us it is such a fundamental practice to create some mental space. It is perhaps more difficult to express yourself, with hobbies and self-care routines harder to access and the limitations that have been enforced on our lives. No matter how much you love the people around you, creating space and boundaries is important. We all have an energy we must protect. If you are on your own in isolation, we can still take on the energy of others through social media, media and news. Perhaps you have rituals in place that keep you feeling grounded throughout the day that are interrupted by the bustling household around you, or maybe you are being inundated with social media pressure to do one hundred different things or and you see yourself feeling exhausted and starting to take on the energy from your twitter feed or the news.

Picture a cabin. It can be any size, any shape, and in any location you want it to be. All that I ask is that it feels like it is *your* cabin. Your space. A place that feels like you. A place that makes you feel most like yourself, and a space that is untouched by anything other than your true authenticity. It could be made of wood, brick, steel...located in the mountains, on a ship, by a waterfall, in the middle of a city, by a lake. As you open the door of the cabin you are greeted by a scent. A scent that you love and that calms and relaxes you and that resonates with you. It could be the scent of freshly baked banana bread, incense, lemongrass, freshly brewed coffee, fresh laundry, summer flowers. Let that scent fill your nostrils and flow into your body. Resetting yourself back to *you*. Feel the scent nourishing and encouraging that deep belly breath. As you step inside the cabin you take in the space that you have created. To your left there is a shelf filled with your favourite things. What books do you have? Do you have any games? Any ornaments or photographs? To your right is a cupboard, and inside the cupboard is food. What food do you see? What food makes you feel good physically but also mentally? Rich, delicate chocolates? Tins of hearty soup?

Make your way through the cabin. Opening the wardrobe and viewing your clothes? Are they designer clothes? Yoga clothes? Long dresses? Don't think about the clothes you feel you need. Picture the clothes that you want and that makes you feel authentically you. What furniture do you have? A hammock or a long rustic, comfy couch? Is there any music playing in the background? Any pictures on the wall?

Is there anyone in the cabin with you? A best friend, a partner, children? Why do they make you feel like yourself? If you are isolating alone then, right now for the purpose of this meditation, there is no one in your cabin. What physical feelings do they stir inside of you? Warmth, peace, ease, excitement, love? They can be in this cabin too. With you. You can be here together in harmony. Notice how it feels to have this person you love here with you, perhaps their stuff is here too. But you know that you always have a corner of your cabin for yourself. With your books, your guitar, your candles, your stuff.

Take a moment to reflect on your experience in this cabin. Is it far removed from your reality? Can you think of small steps that you can take to fill your real space with more of **YOU**, with more nourishment and things that make you feel grounded in yourself?

Returning-

Take a deep and nourishing breath, and begin to find some movement in your body. Allowing the first signs of life to appear. Start to come back into your surroundings, knowing that you can return here, to this safe cabin, whenever you need to.