

I too, find the need to retreat.

WE all need to step off the roller coaster and be still for a while. To stop completely. To spend some much needed reconnecting with yourself.

Retreating is a big part of my life and has been for the last 10 years. While I personally retreat even for a small moment every day, and a little more over a weekend or on a day off. My body and mind give me little reminders, gentle nudges, that it is time to release, let go and replenish on a deeper level.

I personally used to feel that it was quite self-indulgent, an absolute luxury for someone to retreat or go on a retreat. But, it didn't take long for my feelings to do an about face. To retreat is not a luxury as it once was or seen to be, but a necessity. To come back to that still place inside, to reconnect, to return "home" to your heart.

I don't need to tell you how fast and furious our lives are, you FEEL it.

When we are eating as a family, occasionally my husband and I find ourselves scoffing our dinner that has been lovingly made. We have nowhere to be, no appointment to get to, we catch ourselves saying "what are we doing? Just taste your food, breathe and enjoy it!" It is a timely reminder, of how we have all adjusted to this crazy pace.

So it is time..... I have booked time to retreat once again early in the New Year. While I certainly feel strongly that no-one can do our personal work for us, we can still choose to be in a healing space with others, teachers and guides to nurture US along our journey. We all give so much of ourselves, it is nice to also receive. To have healing bodywork, to have organic feasts lovingly prepared just for me, (I can be a little vampire, sucking in all the giving and healing energy). To have space to write, reflect, meditate or just be. In an uninterrupted time just for me. I choose, this time to also nurture my cherished mother daughter relationship with my mum. Yearning to share this sacred time with her. This time fills my well with nourishment, replenishes my spiritual tank, so to speak.

We all need nurturing time, deep sacred space, to re – unite and re- connect to peace, to just "be".

The world needs us to retreat, to reconnect to what is.

RITUAL

Give yourself the time to retreat, you need it and will benefit greatly.

Intend to retreat for 1 hour a week, we can all afford this time. Schedule it into your diary if needed. 1 hour a week! You can do it!

Ideas for retreating –

Book a massage, energy work or some form of body work.

Light a candle to remind you of your inner light within.

Have a bath, with some essential oils that lift your spirit. Light a candle and soak, gently allow the candle light to reignite your heart, connecting with your inner glow.

Journal, sit quietly and just write.....anything!

Read an uplifting or spiritual book, a chapter, or just open a page and use it as an oracle, it might be just what you need to hear at that time.

Do an oracle card reading for yourself.

Start to retreat for a half a day a month, just for you. Walk, find sanctuary in your garden, write, paint, bathe and soak, have body work.

Over time gradually build your time to retreat. Aim from a few days, to a week a year, removing yourself from your 'busy' life to connect with your spirit and nourish your soul, without any distractions. Your life will deepen in ways you can only imagine when you are able to listen to your heart song.

Much love Anna xx

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