

*Refuge
to the man
is the mind,
refuge
to the mind
is mindfulness.*

Buddha

We can find
true refuge
within our own
hearts and minds
– right here, right
now, in the midst of
our moment to
moment lives.

Tara Brach

This life will
never be
without storms.
Stop fearing
the storm.
BUILT
YOUR INNER
SHELTER.

Yasmin Mogahed

WITHIN YOU
there is a
stillness and
sanctuary
to which
you can **retreat**
at **any time** and
BE YOURSELF.

Hermann Hesse

I seek
refuge
in my
inner
self.

Remember...
the entrance
door
to the sanctuary
is inside you.

Rumi

Today
I go to my
inner temple,
not to pray
but rather
listen....

Do not look
for
a **sanctuary**
in anyone
except
your self.

Gautama Buddha

Peace comes
from **within.**
Do not seek it
without.

Buddha