

5 Castle

Key words: safe place, refuge, shelter, retreat, sanctuary

In the Grove, we find this place within, this castle we built as a sanctuary, where we can come back to retreat, to feel safe, to lay down our weapons and rejuvenate.

We all go through these moments when we need to step back from the noises of the world, to center and ground ourselves. We all need to retreat to feel safe again, when we are going through a storm that seems to blow everything around us. We all enjoy feeling safe, at peace, free to be vulnerable. And this is what our inner castle is made for.

The time has come to check our safe place, to make sure it offers us the asylum we meant it to be, to make it as comfortable as it can be. It needs to lay on a strong base, with walls able to protect our retreat and meditation. It can be as big or as small as we want, it just needs to fit our needs and will. It's our castle, our refuge, our sanctuary.

The time has come to accommodate it with what fills us with serenity, a library, a meditation terrasse, a spa, a creative room, whatever brings us this peace we came to find in there.

We can spend the time we need to make sure our shelter won't change into a sand castle, destroyed by a single wave or breeze. We have to be aware of our needs and desires, and to make sure they have their place within, so they can bring us this warmth we need to refill.

Our inner castle needs to stand strong, to reflect our will to be left in peace for a moment, or longer, to allow us to rejuvenate and come back to the world to resume our journey.



Our inner castle is the shelter we reach within to find the warmth we need when Life's cold bite is getting to us.

Within its strong walls reside our dreams, desires and needs, everything we can reach to refill, to relax, to rejuvenate. We may want to wander in its library, or look at the moon and stars on its terrasse roofs, enjoy the relaxing effects of a spa or truly whatever makes us feel good, safe and in peace.

It's a temporary retreat, a place we can go when we feel the need to step back, to get out of the storm, to feel safe.

We need to make sure we built it on strong foundations or else we end up with a sand castle, that can only offer us the illusion of safety before being destroyed by the elements.

The time has come to make sure we built a place where we can retreat in peace and safety within when needed, and that we can find there all we need to refill our soul and mind and come back with serenity, strength and determination, our eyes, arms and mind wide open.