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Key words: solitude, being by oneself, retreat

They rise as the guardians of our solitude. They will keep us safe during the retreat we will make.

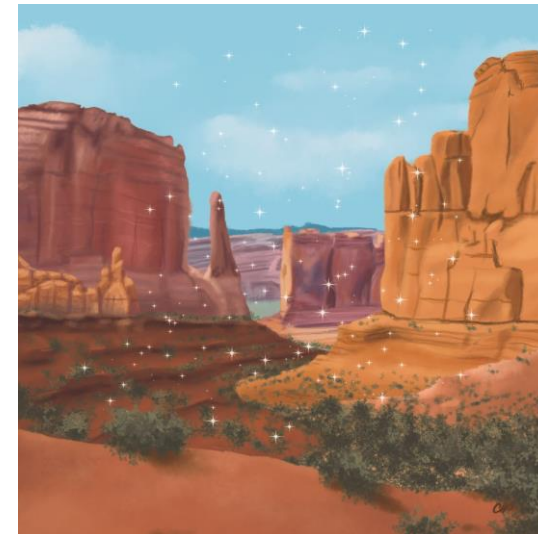
The time has come to face ourself, to be by ourself and to let the world play its games away from us. The time has come to embrace solitude, to get back in touch with the wonders we forgot about. The time has come to come back to the little things, to be amazed by the beauty and strength of what is surrounding us.

We can take the time to slow down, to go back to this primal state of mind. We can find some shadow to rest, and simply enjoy the fact to be alive. We can be ourself without restriction, and get back to this love we have for the unique, beautiful being we are. We can take the time to do what brings us happiness and peace. We can also make sure all of our needs are taken care of, or work on it as soon as possible.

As we are experimenting all these thoughts and actions, the sun is setting behind one of the rock structures, offering us a magnificent lesson on humility.

At night, we can see the stars at last, nothing can hide them from us anymore. The shadows of the giants around us are far from being frightening. They make us feel safe, we enjoy another peaceful night in the silence of the place, as it echoes the silence we have now reached within. We feel whole, we feel at peace, we feel in harmony with ourself.

In the morning, the sun rises again, illuminating this brand new day, this brand new opportunity for us to go on, to choose to go back to the world, knowing that we can come back to this healing silence simply by closing our eyes, anytime we need it.



You need to retreat.

You need to step back from the noises of the world and spend time with yourself.

You need to reconnect with your mind, your emotions and/or your body. Remember how to love yourself as the beautiful being you are.

Learn to truly enjoy time by yourself, taking care of your needs, as you would do for your closest friend.

Plan a date with yourself, and make it so you feel loved and respected, appreciated as the person you are.

Make plans to make sure you regularly check on yourself. And enjoy your own presence.

Because you deserve it.