##### **[00:00:00.00] - KES**

But yeah, I have lots of medications, I think. But it works. It works. It helps.

##### **[00:00:08.05] - KES**

And then meditating helps a lot because I can calm and breathe. And when I was really little, just a little aside. When I was really little, I had an allergy doctor who was like, well, we can put her in a room with no toys and no pets and hide everything, or we can deal with the asthma. And then my mom had to learn to be calm because the more calm you are when the kid is having an asthma attack, the better that everything goes. Yeah. So my mom had to... And she was not all that calm all the time.

##### **[00:00:48.24] - Jeremy**

I'll have to tell you something as a story with my sister. It revealed a whole bunch about our family in an instant of her dying. And It was like we all reacted in different ways, but it was pretty interesting with asthma. Anyway.

##### **[00:01:07.18] - KES**

Yeah, because it only takes 10 minutes. We can't breathe.

##### **[00:01:13.08] - Caren**

Anyway, so with that, With that. That was just so beautiful for you to acknowledge that and honor that. I love that. That's the beauty of this group, that we get to be this small, that we get to know each other like that so that It's a tiny little thing that somebody else would have just passed off. It's like, Okay, let me take you deep breath. We go, Oh, yes. Wow. And we can take joy in you. [inaudible]

##### **[00:01:47.11] - Caren**

So here's what I'd like to do. I have a couple of things I want to just make sure that we talk about. And it came up on Tuesday night's class because my nephew Dylan is in that class And he asks great questions. And for those of you in that class, I actually found the questions. He had sent them to me, and I'd actually put them into the curriculum. I just had to look at the curriculum that night, and there it was. Let's do a little side conversation here now about... We all learned Ahambrahmasmi. I did cover that phrase in this class. I am the creative principle.

##### **[00:02:35.24] - Caren**

Brahma is the, not bramin, but Brahma is the creative principle. It's that creation energy that many, many traditions will limit God to that in their image of that creation force, but it's a force of creation. And so this Brahma energy, aham, I am, brahmasmi, the creative principle, I am creating my life. I create my life. And what we've learned in different ways over these months is that it's the reality of your inner consciousness, your inner thoughts, that is creating this. It's the precipitation of matter. This has all been created on some other level. Subtly, it's in your thoughts. It's in the feeling, which is why, Jeremy, earlier, I asked you just use the word sense, because the feeling of of the fear, the terror, the joy. That feeling also has the power to create, right? And how many times have you had the experience where you created exactly what you were afraid of, and you didn't realize I said at the time, but it's because you were perseverating on it so much, you created exactly what you dreaded, right? So meditation is a tool that helps us, or it's not a tool, it's not called meditation, the tool, the techniques are the tools.

##### **[00:04:31.15] - Caren**

Meditation is a way to begin to... First, we calm the outer world, the outer body, the breath, and we become aware of the thoughts. Then as we become aware of the thoughts, we become aware of so much about who we are. It's like Jeremy said, he knows himself now in a way he didn't know before, right? And we come to know ourselves. We come to know the nature of our unique mind that is really not that different from other people's minds, but it's still our unique mind. I'm trying to decide how to say this.

##### **[00:05:27.20] - Caren**

Okay, let me start here first. So this Brahma principle of creation that every one of us has, you are. You are the center. You are the focal point. You are the genesis of your creation. And that place before it takes form, where it's just pure potentiality, that's known as Nirguna Brahma, N-I-R, without form. Creation without form, the potential of creation, Nirguna, without form. N-i-r-g-u-n-a. Thank you. There is something, another potentiality reality, right? Now, Nirguna Brahma is when we divide up all of it, we have Shiva and Shakti, which we've talked about before. Shiva Is that pure potential, pure potential with no form.

##### **[00:06:56.08] - Caren**

I'm trying to show you this now in a minute, but okay, I'm going to keep the mic there. Shiva consciousness, potential just is. Without matter, without Shakti, without that, it can't create. It takes the Shakti, the form, the matter to bring it into form. So Shiva is the pure potential. Shakti is the, is it coming into form? The other term for that is Saguna Brahma, S-A-G-U-N-A. So Nirguna Brahma is reality without form. Saguna Brahma is reality with form. And you have both within you, right? And so there are ways of looking at the world where it's a dualistic system, right? Potential and matter. And then there's ways that it's all one. It's all connected. And I don't see what I've just told you as being separate from oneness. It's just, let's take the big oneness, and now let's begin to break it down. How does this oneness become this? Where it is, there's duality. We incarnate into duality. Good, bad, right, wrong, matter, subtle. Are you following me? Okay, so let me show you this. So we're clear. Nirguna Brahma, Saguna Brahma, Ahambrahmasmi. You are the creative principle. You are working with... Yeah, KES.

##### **[00:08:55.11] - KES**

Could you just spell Ahambrahmasmi?

##### **[00:08:59.05] - Caren**

Oh, Let me put it in the chat. I'll put it in the chat. I didn't mean to- No, no, no. I want you to ask a question so that we Brahma. Brahma. And I'll do it that way. Okay, so it's aham, brahmasmi. It's one word. But if you break it down, it's aham, I am, brahma. Aham of the creative principle. I don't know what smi is. It's probably... But aham, aham, brahmasmi. Brahmasmi, the smi is probably that reflecting back on itself, the creative principle creating itself thing. Okay, so hang on here. Let me show you something.

##### **[00:09:59.05] - Caren**

This is where we lose a lot of people in meditation from Christianity because they think we're totally pagan. It's all about sex and tantra and that stuff. I want to show you this imagery. Because this is the imagery that reflects the Saguna Brahma. The blue is This is from the Buddhist tradition, but it's the same idea. The blue is the Shiva energy. The white is the Shakti energy. And it takes the two to create all of this. If you just have Shakti, it's just matter. It means the Shiva, the consciousness, the awareness underneath it.

##### **[00:11:01.02] - Caren**

So when people see these, they think that it's all about sex and tantra. But what it's about is this is about creation. This is about the pure potential of Shiva energy, with the Shakti, the the energy, the force, the matter that brings it into this. So just so you know that in the future. Our journey, I do believe, is being able to bring together these two in a way that we feel the incredible power and love that undergirds it all. And on that level, this whole path is a love affair with yourself. That's you. That's you. And you want to love yourself. That love affair is so intense that energy is calling the other, and they're calling each other into this most beautiful, beautiful union. This union. And this is going to sound so funny, maybe, to you, but this is, to me, the play, the game, is for us to integrate all the parts of our being and love them and just love them. And so how many of you have seen the movie Moulin Rouge? Okay, so Angela, you haven't yet seen it yet? Oh, I think she's frozen. Okay. There's a scene in Moulin Rouge where they're on an elephant, right?

##### **[00:13:14.20] - Caren**

And what is an elephant a symbol of? Does anybody know Ganesh, the symbol? Yeah, Mary.

##### **[00:13:23.16] - Mary B.**

It's the remover of obstacles or the purveyor of possibilities.

##### **[00:13:29.12] - Caren**

Jeremy, show that again, what was that?

##### **[00:13:31.24] - Mary B.**

It is Ganesh represents the remover of obstacles, but also it can represent the purveyor of possibilities.

##### **[00:13:40.05] - Caren**

Yes. Okay. And then, Jeremy, did you have a little Ganesh there?

##### **[00:13:45.06] - Jeremy**

Yeah, it's very important to me. This is actually, I bring it with me when we go on trips. It's my little altar in a way. I just feel better having it. So yes.

##### **[00:14:03.08] - Caren**

Yeah. Ganesh. Someday we'll do a whole thing on the symbolism of the elephant within the chakras. I mean, it's really powerful stuff. I think I want to just... Let me just see if I can find the song real fast. Because now I'm sitting here and the words are not coming to me because I'm I'm not exactly in my head. I mean, in my body right now. I'm not all in my body. So let me find it. Let's only go through the thousands of musicals Caren has in her iTunes. Oh, you know what? I just passed. Okay. Everybody who knows the King and I, I just passed, Hello Young Lovers, stuck to me, which is what we're talking about. Hello Young Lovers, wherever you are, right? This is the ultimate love affair is you with you. And here we are. Okay. Here we go. It's called the Elephant Love Medley. Let me see if I can... I wonder if it'd be better if I found the YouTube of it. Let me try and find YouTube of it.

##### **[00:15:30.23] - KES**

Squirrel.

##### **[00:15:33.04] - Caren**

Or what?

##### **[00:15:34.06] - KES**

You're squirreling, but that's okay.

##### **[00:15:36.13] - Caren**

I'm just thinking- No, I'm not squirreling. This is what I wanted to talk about. It just hit me that this might be a better way to demonstrate it. This is what I wanted to talk about. Hold on. Although it probably does seem like a squirrel to everybody, doesn't it?

##### **[00:15:54.14] - Jeremy**

I'm super interested in that. The elephant is my symbol in a lot of things. Not the symbol, symbol, but I collect them. It's the animal that I am drawn to. I'm really like, what is it?

##### **[00:16:16.15] - Caren**

Okay, so here, it's like four minutes. [inaudible] Okay, here we go. Let me figure out how to share this so you can hear the computer sound and everything. We'll share that. Share sound. Okay, so make sure. Let me know, can you see this? Yes? Okay, let's go big screen and let me know if you can hear it. Let's go back to the beginning.

##### **[00:17:00.01] - Audio**

Love is a many. Splendid thing love. Lift us up where we belong. All you need is love.

##### **[00:17:05.06] - Caren**

Where's the video?

##### **[00:17:06.14] - Audio**

All you need is love. Hold on. Hold on.

##### **[00:17:10.10] - Caren**

Hold on, you guys. I want to find the video clip. Not that one. We'll go back. Let's see if we can find this one.

##### **[00:17:21.08] - Audio**

Love is a man.

##### **[00:17:24.06] - Caren**

Oh, no, you guys. They've copyrighted it. It looks like maybe...

##### **[00:17:29.11] - KES**

Yeah, Right here, down here. Next one.

##### **[00:17:31.18] - Caren**

This one?

##### **[00:17:32.14] - KES**

No, next one down.

##### **[00:17:33.19] - Caren**

This one down? Yeah. Here we go. Let's try this. Okay.

##### **[00:17:43.16] - Audio**

Salue me. To think that you could fall in love with someone like me. I can't fall in love with anyone. Maybe he was the one about being in. But a life without love, that's terrible.

##### **[00:17:57.10] - Caren**

Okay, well, let's just listen to this.

##### **[00:17:58.17] - Audio**

Being on the street, that's terrible. No. Love is like oxygen. What? Love is a many splendid thing. Love lifts us up where we belong. All you need is love. Please don't start that again. All you need is love. A girl has got to eat. All you need is love. She'll end up on the street. All you need is love. Love is just a game. I was made for loving you, baby. You were made for loving me. The only way of loving me, baby, is to pay a lovely fee. Just one night, just one night. ♪ There's no way because you can't pay. ♪ In the name of love. ♪ One night in the name of love. ♪ You crazy fool. I won't give in to you. ♪ Don't. ♪ Leave me this way. ♪ I can't survive without your sweet love. ♪ Oh, baby, don't leave me this way. You think that people would have had enough of silly love songs? I look around me and I see it isn't so. No. Some people want to feel the world with silly love songs. Well, what's wrong with that? I'd like to know. Because here I go again. ♪ Oh, no. ♪ Love lets us up where we belong. ♪ Get down, get, get down. ♪ Where eagles fly on a mountain high. ♪ Love makes us act like we are fools. ♪ Throw our lives away for one a happy day. ♪ We can ♪ We should be heroes just for one day. ♪ You, you will be mean. No, I won't. And I, I'll drink all the time. ♪ We could be heroes, forever and ever. We could be heroes, forever and ever. We could be heroes, forever and ever. We could be heroes, just because I, I will always know. You're going to be bad for business, I can tell.

##### **[00:21:58.23] - Caren**

Okay. Not nearly as effective as if you could watch it happening. But here's the point of this. It's a seduction. And this world is seducing us into thinking, this is what it's all about. I truly love this song in this part of this musical because she's a dancer. She's a high-end prostitute, right? It's worldly, worldly, worldly. And then here comes this energy of this man that's about the reality. It's about love. It's about this. And it becomes a seduction. And it's seduction going two ways. The world is trying to seduce us here, and our consciousness, our memory of who we are, is trying to seduce us back. But it's about the two coming together. It's about the two coming together. It's this. It's this. Both come together. And when they both come together, when they both come together, that's the point. That's the union. That's the oneness. That's the remembering who we are. And there's so many layers for me that this works on. They're hard to describe, but it's so easy for us to get sidetracked and confused that this life, this, this, this, this is what's most important. And the thing is, it is important. If you remember, I think it was in this class. I hope it was here. We talked about it.

##### **[00:23:52.08] - Caren**

But it's like you have to have your Earth life balanced to be able to take this journey, or you're going to will be like, Shelly, and we'll be living in a little hovel in Florida with holes in the roof, blissed out. But that's not how you take care of a family. It's not how you take care of a family, right?

##### **[00:24:16.15] - Caren**

So what I'm trying to just open up to you is this possibility of looking at this path as the greatest love affair with yourself that has ever been. And if you can watch it, just download, get it from Netflix, fast forward to this section, it's not that far into the movie. But it is the world saying, no, I don't want that. I don't want that. This. And this saying, no, come on, come on. And eventually, the coming together, coming together, coming together. And this is all the parts of us coming together into this, into this, remembering, into this union, making peace with all the parts of ourselves. And so this idea of Nirguna, Saguna, Brahma, Ahambrahmasmi.

##### **[00:25:24.03] - Caren**

It's where I... That's to me one of the pieces I really want to leave us with at the end of this program because you've been walking this path. You've seen the changes. You've seen for yourself what works, right? And what's going to happen is after the intensity of this program, you're going to be back without this. I mean, there's a field of consciousness that we've all stepped into, and it's shaping the way we're functioning in our world. And it'll be really easy once we step out of this and this field starts to, as in all things, it created. It's been sustaining now for a solid seven months. Took us maybe a month to create it, although you guys were very, very fast in coming together as a group. But it will dissolve so that something else can be created. And what I want to put out there for all of you is to recognize that as this fades, it's to make room for something else. And if I could give you two thoughts to carry with you. One is that this love affair with yourself is the most important work to help you discover what's real.

##### **[00:26:45.03] - Caren**

And then the next thought would be to start to look at this. Look at all of this. This is a Kriyananda teaching. All of this is the Garden of God. All of this is the Garden of God, the garden of your creation. And you can show up and till and nurture and seed and harvest beautiful, beautiful, beautiful states of consciousness. Or you can feed and nurture fear, worry, anxiety, hate, division, separate, forgetting. What it changes, just, which one are you going to do? What changes is that your energy changes. Your energy changes, and it changes in a way that you're not afraid of the darker side, the heavy, challenging side of the Saturn chakra. You're not afraid of it anymore. You've been there. You know it. You're not afraid of the darker, heavy side of the Jupiter chakra, which is that overindulgence, that expansive, just the greed. I look at some of the people out there who have so much power, so much money, and all they want is more and more. It's that quote I told you from Rockefeller when somebody asked him, How much money is enough? And he said, just a little more.

##### **[00:28:55.13] - Caren**

It's that never enough consciousness. The darker side of the Mars chakra, which is the hate, the aggression, the violence, the hurting, whether you're hurting with words or you're hurting with a punch or whether you're hurting by massacring 45,000 Palestinians out of revenge. And sorry, but that's what's happening, right? And that is an imbalance in not just Netanyahu's Mars, but there's a cultural imbalance, at least within his cabinet, right? I know there's a lot of... It's not a comment on Israelis because there are a lot of Israelis who would be doing it differently. There's an imbalance, the darker side of the heart chakra, the Venus chakra, which is, let me possess you. Let me possess. And that's the stalker. That's the person in a relationship who wants to control every facet of somebody, right? That's the, let me just... There's a possessiveness there. I'm not coming up with other words, but there's envy for everybody else who's got all that, and there's just envy and jealousy It's like, that's the darker side of the Venus chakra. And then there's the darker side of the Mercury chakra, which is where we use the power of words to manipulate and influence people who aren't strong enough to stand on their own. And we manipulate and we influence for our own purposes, our own purposes.

##### **[00:31:08.12] - Caren**

But these aren't bad states of consciousness. I think it's like, I think Jeremy said this earlier. It's like, this is my state of consciousness, and it produced this. I was tilling the Garden of God with the cynic, with here with these things, and, Oh, this is what it was growing. And so we get to choose what states of consciousness we want to seed and fertilize and water and weed and nurture and grow in our Garden of God. Am I making sense? And there's nothing wrong with any of the gardens. They're all here as part of this experience. But one of the gardens is forgetting Ahambrahmasmi. It's forgetting Shiva Shakti, and another is remembering. And it's not good, it's not bad, it's not right. It's not wrong. We're all going to have all those experiences. One set causes suffering. One brings us into the lap of the Mother.

##### **[00:32:35.16] - Caren**

So that was a lot of talk, but did that make any sense at all? And I feel like it's like this is the... You can start meditation by simply just being present in your body with the sounds around you, learning how to be present.

##### **[00:33:02.19] - Caren**

Calm your heart rate, watch your thoughts. That's not easy, but watch our thoughts and eventually choose our thoughts. But the other end of this meditation path is the recognition, Ahambrahmasmi. I am creating in the Garden of God. What am I creating? What am I creating? I'm going to tell you a little story. You don't have to write this down. I'm going to tell you a story, and then we'll chat about it if you have any questions or thoughts. So when I first started studying with Kriyananda, I had a dream. And in this dream, I was in the middle of... It was like lava. It was just barren lava. And in the middle of it was a little wooden one-room empty... I wouldn't say it was a shack. It wasn't dilapidated, but it was just a one room made out of wood, very small, probably as big as this part of my office. So what? Maybe eight by twelve, eight by ten. And I'm in this place, there's a little porch, and I'm standing on it, and I see Kriyananda walking towards me with the long beard and the trident. I mean, not the trident, but the shepherd's hook, right?

##### **[00:34:31.24] - Caren**

And he's walking up, and I go, and I look, and I go, I have nothing to offer him. I have nothing. I have nothing. It was barren. It was empty. It was dark. It was ugh. Because that was the garden I had been feeding. I hadn't grown anything. What I'd grown was lonely, no gifts, nothing to give. Today, my garden is like a unicorn movie. It's like full color, and there's flowers, and grass, and vegetables, and there's a path, a clear path, and the house is filled with food and things that I can offer my teacher. 20 years later. And there's a field because there was a period where he was giving us a teaching or training, and someday we'll do it, where we were just planting, planting. And we were doing this training for eight weeks. By the seventh week, I'm like, It's time for question. This It was back, it was just all on the phone, right? But it was a group call. And I said, Okay, so my garden is overflowing. These things have grown really, really big. What do I do? And he was so surprised. And he goes, Well, then make bread. Feed people. And I was like, Oh, I get it. Make bread, make food, feed people. This, this, this. Feed, feed your fellow brothers brothers and sisters, your family. Reap the gifts that you've been given through these teachings and use them to feed your loved ones. Feed your friends. Feed, feed, feed. Or as he would say, the world is hungry, doesn't know what it wants. Okay?

##### **[00:36:58.04] - Caren**

So I have a few other little detail-y things we could talk about, but I wanted to make sure I got those. That was the main one I wanted to bring to us today. What? So thoughts, comments, questions? Yeah, Jeremy.

##### **[00:37:22.05] - Jeremy**

First of all, I'm very glad that you clarified that Ahambrahmasmi is one word because I intend to get to tattoo that on my arm. Yes.

##### **[00:37:33.22] - Caren**

Oh, good.

##### **[00:37:35.15] - Jeremy**

I'm very glad because when I was in that Moana period, I was using it as a mantra. I would walk around on dirt paths and in the woods just over and over, Ahambrahmasmi, Ahambrahmasmi.

##### **[00:37:57.10] - Caren**

Good. That's. You got it. You got it. You got it. No other thoughts or comments? Well, then here, let's go find your garden. Let's do a little meditation.

##### **[00:38:24.04] - Caren**

So find your seats. Find your seats. Find your seats. Take a moment to settle yourself, soften your body, Settle your mind. Let's do the Ritual for Sacred Space. If you know it and you can do it in just three breaths, then go for it, but I'll try and guide us through the three breaths. Let's begin by bringing your awareness to your... Put your palms of your hands so they're facing upwards so you can connect quickly with the chronic energy, the subtle energies. I said that like a demand. I meant it as an invitation. I invite you to turn your hands, palms upward. Can you feel it? Can you feel it to activate and let that awareness, now the subtle energies, follow it up through your forearms, up your upper arms, into your neck, your head. Allow it to wake up in your torso. Some of you may be especially noticing it in your Saturn chakra, heart chakra. Then down through the legs, into the feet, and see if you can sense the bottoms of your feet, the soles of your feet, those chakras there, waking up.

##### **[00:40:07.19] - Caren**

We're going to just play with doing this in just our two or three breaths. I'll talk us through it. We're going to inhale, and we're going to pull the energy from our fingers and our toes up through our limbs. And as we exhale, drop it into our torso. We're going to inhale. And as we exhale, we're going to squeeze everything, just compress it into the length of the sashumna. And then we're going to inhale and pull that energy from the tailbone up to the sun center. And then as we exhale, we're going to create three rings left, three rings right. Okay? So let's begin.

##### **[00:40:46.10] - Caren**

Inhale, pull the energy up from the limbs. Exhale, drop everything into the torso, and then inhale. Exhale, compressing everything along the spine. Let the spine activate and then inhale, pulling from the tailbone, beautiful ball of light, drawing everything up, up, up, up, up to the sun center. And then exhale, three rings, left, three rings, right, and then let the rings of light expand. And here you are, in your sacred space. Now, imagine yourself. Imagine yourself in a garden, your garden. As you gaze around this garden, what do you see?

##### **[00:42:00.08] - Caren**

Just what do you see? And take a few moments to gently look in all directions. And then noticing the ground beneath your feet, the sky above your head. So you're aware, 360 degrees of your awareness. I'm going to invite you to imagine that off to the right, there's a field. And that field is ready for planting. So this is your imagination. So you just create that field and just get it ready. Boom, boom. Just with a thought. Then the question is, what do you want to plant? What do you want to plant to the right in this physical world? What do you want to see that you will be harvesting in your physical world and plant that. Just imagine yourself planting the seeds of what you want to create and grow in your physical world. Now take a moment and make sure is everything needed to water it and tend it and take care of it. In your mind, set up what it needs to be nurtured, and fertilized, and tended. And now we're going to leave this little plot of land here, this field, and we're going to move. Just gently bring your attention somewhere to the left.

##### **[00:44:45.04] - Caren**

And here's another field. And this is the field of what we're going to plant in our inner world, in our subtle energies, in our awarenesses, in our heart spaces. And into this field now, plant the seeds of what you want to cultivate in your heart, in your mind, the qualities, the attributes, the feeling, and just spread the seeds of those into this field. And once again, set up what those seeds need to be watered and nurtured and fertilized and tended and put those in place, or at least become aware of what they are. Then bring yourself back to a place, to a view, where you can see, sense your garden, this beautiful garden of yours. As you gaze again at these two fields that you've planted, your inner world, your outer world, let's chant the mantra, Ahambrahmasmi, Ahambrahmasmi, Ahambrahmasmi, Ahambrahmasmi. As you gaze at this world, as you gaze at this garden, I am the creator. I am the creator of my world. Ahambrahmasmi. Ahambrahmasmi. Ahambrahmasmi. [chanting]

##### **[00:48:04.20] - Caren**

Keep chanting and allow the visualization, the garden to just simply, just simply, just gently, gently dissolve. But you keep the feeling. Let's keep chanting. We'll do it. We'll finish up the Mala. In your heart, the feeling, the awareness.

##### **[00:49:45.09] - Caren**

Ahambrahmasmi [chanting].

##### **[00:50:02.24] - Caren**

Hopefully, your heart, right now, you're settled in. This is the feeling. The feeling in your heart is the feeling you are creating and bringing into your world, into your reality. You have the power to create this within you, and it will ripple from you. It will ripple from you into your homes, your families, your neighborhoods, your workplaces, into your city, your state, your country, and into the world, and into the subtle realms. And for this moment, can you sense that you're not alone, that there are energies, energies in the physical realms, in the subtle realms that are also nurturing and feeding and creating this same reality. So connect with them. Join them. You're not alone. There's nothing wrong with you. You're not alone. You're not nuts. You're not crazy. Feel yourself as part of a vast web of beings who are waking up and remembering this web, everywhere this web connects with other pieces of this web, they call it the net, Indra's net. It's a little jewel, a jewel that reflects all of the other states of consciousness and beings here with us. As we're connected in this web, this net, we love and we hold without rancor or resistance the souls and minds of those who have forgotten.

##### **[00:52:44.18] - Caren**

There's nothing wrong with that. We have been just like them. All of it, all of it, all of it is part of the Garden of God. What's your commitment? What's your desire? What's your place to hold in the Garden of God? What is your place to hold in the Garden of God? I'm going to ask you to, when you're ready, to just gently open your eyes and write down in your journal, What is my place to hold in the Garden of God? And write that down. If there are any other notes or drawings you'd like to make about your garden, how it looked, what was in it.

##### **[00:53:49.20] - Caren**

And we'll take a break here. We'll give you about 10 minutes. You can write in your journal, but we'll come back in 10 minutes at quarter two and close out today's session.