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## Sacred Places: A Meditation

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Sacred places are where we feel safe and connected, they are places where we often say what is really on our minds and in our hearts, in prayer and/or meditation. When we live with dementia, whether that be our own cognitive change or the change being in someone for whom we support, it can be difficult to find space and places where we feel as if we are safe. Take a moment to think about, visualize, hear the sounds of, or feel what it feels like to be in a place that is sacred to you. What makes this place sacred? What are the sights, sounds, sensations of this place? Are there sacred symbols or sacred people to you in these places? Often, people affected by dementia stop going to these places for a variety of reasons. However, it is still very important that we have these sacred places in our lives. Is there a place either inside your home or outside where you can place or find a sacred sight, sound, or sensation that will help you focus and feel safe enough to say what is on your mind or in your heart?

Find a sacred space and take 5 minutes a day to take three deep breaths and say what is on your mind knowing that it will be heard and you will be embraced by the energetic force that calls all life into being, no matter what you call this. The purpose of this is to help you find peace in a time that can be very stressful. Peace starts in our hearts.

If there is to be peace in the world,  
There must be peace in the nations.

If there is to be peace in the nations,  
There must be peace in the cities.

If there is to be peace in the cities,  
There must be peace between neighbors.

If there is to be peace between neighbors,  
There must be peace in the home.

If there is to be peace in the home,  
There must be peace in the heart.

Lao Tse