

Come Back Home Again

A final practice for returning without turning the journey into another standard.



There will be days when you forget every practice.

You will rush.

Overgive.

Ignore the body.

Choose from fear.

Living from home does not mean never leaving.

It means knowing the way back.

Before You Begin

Think of one moment when you noticed you had moved away from yourself.

Begin there without shame.

The return can be small.



Notice Without Accusing

Say:

I have moved away from myself.

Do not add always, never, or what is wrong with me.

Noticing is already a return.



Choose the Nearest Door

What is the closest available practice?

One breath.

One no.

Water.

Rest.

A truthful sentence.

Choose the nearest door, not the perfect one.

I can return through what is available.



Resume from Here

Do not restart your whole life.

Do the one returning action and continue from this moment.

I do not have to begin from the beginning.



Carry It with You

This is the final Fireside Practice, but it is not a final arrival.

Home is not a place you reach once.

It is a relationship you keep returning to.

Use this whenever the journey feels lost.

Notice.

Choose the nearest door.

Resume from here.