

20220208 TEP “Guided Meditation – Cave of Safety”

Imagine yourself in a large, flower-strewn meadow. There thousands of wonderful flowers growing, with beautiful scent. On one side of you there’s a bubbling stream, about 70 feet wide moving over rocks. Across the way, on the other side is a dark woods. Here, a nice expanse – 70 yards or so – of meadow, sloping down to the water, and beyond the meadow, a steep hill rising up, pockmarked with caves.

You live in these caves. You are comfortable there. Now, you are sitting in the meadow, the scent of the flowers filling your nostrils. The sun is warming your body. Very near you a rabbit is nibbling on some grass. A short distance away, some deer are grazing. These animals have no cause to be afraid of you. They come right up to you. There are chipmunks. There are birds flying and singing. It’s an idyllic scene.

Some of your friends are cultivating vegetables in their garden; one is milking a cow or a goat, others are churning – making cheese or butter. Somebody is baking bread. A peaceful, loving scene.

All of a sudden, you hear shouting, screams.... You look toward the small river from where the sounds come and you see at the edge of the woods across the way VERY angry people, yelling. Some of them have weapons. Something to throw rocks. Maybe even some arrows and bow, but most important are the rocks flying at you.

You get up and run inside your cave. Your cave has a magic door. All you have to do is put your hands on either side and it closes, like a camera lens. It closes down to a very small hole. Closed. And as soon as the door of the cave closes, special internal lights come on.

This is a very advanced simple culture. Your cave has everything you need. There is a rock ledge, covered with a very soft mat for your rest. There is fresh water coming in. Most important, there is a place where you can put your hand and say, “I need, I wish for,” and a little window in which it appears. “I need a sandwich. I need an apple. I want a cup of coffee.

“I want music,” and beautiful music will fill the cave.

“I want books to read.”

Everything you need except the companionship of other beings is available within your cave. Everything....

The most exotic foods you could ask for – its all there.

“I invite... I want.”



The door is closed. You can hear the rocks pounding against the outside wall of the cave, but you know that you are safe. Hours pass, the rocks hitting the cave wall. Slowly the sound dies away. You have no watch, no way to tell time but you would guess the day is just about passed, and night is falling.

You want to go out but you feel, “Maybe they came across the river. Maybe they are out there with weapons.”

You stay inside. You stay within that cave.

It is soundproofed except for the rocks that would be hitting, which would hit with a thud. You can’t hear voices.

There is fresh air; there is food, there is water; there are music and books. No TV, no news. But plenty to hold your interest, plenty to enjoy; you are comfortable....

How long will you stay there?

Nothing can come in and harm you, but your beloved friends and family and all those dear animals and the flowers and the food crops... what has happened to them?

Only one person to a cave.

You cannot bring anyone else into your cave. You can always go out. Remember that this door opens like an aperture – you can open it just a small amount and peek out, hoping that nobody is outside and going to poke you in the eye. You can look out, or you can open it a bit more and put your head out.

So, you don’t have to step out. You can emerge gradually.

Silently find yourself in this situation. [Instructions to take about minimum ten minutes to do this.]

“What keeps me in my own cave, seemingly safe and yet isolated, losing the connection and the love that are my birthright as a human?”

“What invites me out?”

“How does it feel to come out?”

[Please don’t think too much about it, just quietly allow yourself to be in the cave – to experience the safety and the isolation – both. To experience not just the curiosity but the yearning for connection, for what which you love....]

“What allows you to open your heart and to come out?”

Be in your cave. [Spend some time with this over the next week.]



Maybe you will find that being in your cave is sufficient, that you find so much light and love and presence in your cave that you have no need for anything else. Maybe you find that you can both be in your cave and out of it, maybe not... Just explore it.