



Sacred Moments Retreat

A Self-led Guide to Creating Sacred Retreat Moments in your Life

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 **Future
Perfect
Coaching**

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WELCOME

I believe we all need a time of silence and solitude; a sacred retreat moment in our day when we can reconnect with our soul and awaken to the presence of the Divine in our life and being. These Sacred Retreat Moments are an essential need, like food, water, and shelter, because it is in these moments where meaning and inspiration are found. It is in these moments when we regain balance and perspective. It is in these moments when we hear the truth of our heart and soul.

We tend to focus on action and result, rather than our own experience and knowing. If you feel stressed, overwhelmed, rushed, and disconnected, then it is time to take a retreat and experience a sacred moment. We often think of a retreat as a half or full day event. It can seem like a huge commitment to go on retreat with everything else that is going on in our lives. We all feel the need to retreat at sometime or another, but very few of us actually act on it. Retreating is always something we mean to do at some time in the future. Sometimes we even manage to book off that spa day or golf day, but they are few and far between. I believe that retreating should be a part of our everyday living and I am here to tell you it doesn't have to take a lot of time. I want to share with you some ways to experience Sacred Retreat Moments that will only take minutes and will make a tremendous difference to your life.

Sacred Retreat Moments allow you to experience the world in a different way. They offer the opportunity to gain clarity on who you are and what you need to do. They enable you to be aware of the grace and love of God that is all around you. They help you to feel replenished and renewed, healed and grounded. They give you peace and a sense of being firmly rooted so that you are not blown over by the winds of life. The Sacred Retreat Moment allows you to reconnect and to enter that quiet, still place that resides within you.

Most of the Sacred Retreat Moments I am going to share with you today do not require a particular place in order to experience them. None of them require particular retreat tools (such as a journal, music, candles, or art supplies) although you may choose to include these things if you wish. Most can be done anywhere at anytime. You can take a Sacred Moment when you are at work, shopping, cleaning the house, or making dinner. They can be done once a day or many times a day. Each of the following Sacred Retreat Moments can be done in as little as one minute or can take as long as you choose to do them.

GETTING READY

An Opening Ceremony

Retreating is something we do with intent and attention. It is a conscious choice to experience the world in a different way. In order to support this process, I

begin any retreat, whether it is for one minute or for 3 days, with a spoken intent. This practice puts your body, soul, and mind on alert that you are entering a retreat space. You can set any intent you wish, depending on what it is you want to get out of the retreat. You may want to feel calm or peaceful or get insight into a situation. For a Sacred Retreat Moment it can be as simple as stating “I want to experience a Sacred Moment”.

COMING BACK

Making the Transition from your Sacred Moment to Everyday life

It is important to have some kind of closure for the retreat to help ease you back into the patterns of your everyday life. Each Sacred Retreat Moment will have its own Closing Ceremony. This ceremony is designed to help your body and soul and mind make the change back, to help you gain clarity on what may have come up for you during the retreat, and to help you bring the experience of the retreat into your daily living.

SACRED RETREAT MOMENTS

Today I want to give you three different Sacred Retreat Moments. Please be open to all of the practices and experiment with them. Then you can choose the ones that resonate for you the most or create your own Sacred Retreat Moment practices.

BREATH

A simple, quick, and powerful way to experience a Sacred Retreat Moment is through the breath. Breath is life. By focusing on the breath, we immediately bring our full attention into the present moment. When we focus on the breath we take ourselves out of our heads and into our body. Breathing is the body's way of thinking. We connect with Spirit and the Divine through the Breath.

You can do this practice sitting, lying down, walking – wherever you are. You may have your eyes open or closed. Begin by stating your intent. Then notice how you are breathing. You do not need to change anything about how you are breathing. Follow the path of the breath as it moves in and out of your body. Do this over the space of 1- 5 minutes.

Closing: When you are ready to stop, take one deep breath and then release it slowly. Repeat. Give thanks for this moment. Take a moment to check in with how you are feeling, both in your body and emotionally. What is your body telling you? Consider what it is you want to take away from this Sacred Retreat Moment. It may be a feeling or an action.

Coaching Questions:

What came up for you during this sacred moment?

What has changed for you as a result of having a Sacred retreat moment?

What do you need to give to yourself?

How can you bring this feeling into your everyday life?

I highly recommend doing this exercise when you are feeling really stressed or busy. Even just ONE deep breathe will serve to ground and center you and help you to feel more peaceful. It is a very effective way to achieve a sense of quiet on a crowded day.

IMAGINATION

I have always had an affinity with trees – a sense of connection and mindfulness of their presence. It is a deep love of, appreciation for, awareness of, and need for trees. They are part of my consciousness. This is why I love the following Sacred Retreat Moment.

You can do this practice anywhere or anytime. I like to sit in a straight backed chair. State your intent. Close your eyes. Imagine that you are a beautiful tree. Choose your favourite kind of tree – the one you feel most connected or familiar with. You are a strong and mighty tree that has stood for hundreds of years. Feel your roots delving deep into the warm black earth. You are deeply rooted and grounded. Feel the nurturing energy of water and nutrients rushing up from the earth through your roots nourishing your entire Self. Feel the heat and warmth of the sun as it streams into you from above, coursing through your leaves, giving you life and energy. Delight in the refreshing shower of rain that falls from a grey sky cleansing your bark and leaves and quenching your thirst. Be invigorated by the feel of the wind rushing through your branches blowing away all deadfall. Feel the love and grace of Spirit washing over you, surrounding, and uplifting you. Stand tall knowing that you are firmly rooted and grounded, green and growing.

Closing: Take a few deep breaths. Slowly open your eyes and continue to breathe normally for a few minutes, then stand up and stretch your arms and legs. Then give thanks for the moment.

Coaching Questions:

What came up for you during this visualization?

How do you feel?

When will a vision of “standing tall” like a tree support you best in your life?

What is it you wish to take away with you?

What is the most important thing you need to do today to honour your heart and soul?

REFLECTION

I grew up under a prairie sky. There is something unique and magical about the deep blue of a prairie sky. It is a sky that reaches endlessly from horizon to horizon. It is a vast space that conveys a sense of eternity. The deep blue of a prairie sky compels you to lose yourself in its midst. You feel as though you could fall into the sky and become one with all creation! I have spent a great many spring, summer, winter and fall days engaged in this Sacred Retreat Moment.

This practice needs to be done outside, preferably in a natural space with grass and trees. (In a pinch, you could make this a visualization practice and do it indoors, but you must have at least one experience of the real thing in order to do that). Lie on the grass (be sure to wear sunglasses and sunscreen) and gaze up at the sky. Breathe in the sky. Watch the clouds as they pass by. Lose yourself in the blue of the sky. Feel the earth supporting you. Listen to the sounds of birds; feel the wind as it blows over you. Smell the air. Let yourself fall into that great

sky and let your soul expand to fill that space. Become one with the sky. Breathe in and out and know that you are part of something bigger than yourself.

Closing: Close your eyes and breathe for a few minutes. When you are ready, open your eyes, give thanks, and then continue with your day.

Coaching Questions:

What cares and concerns were you able to let go of?

Did you find peace and beauty in this Sacred Moment?

Did using all of your senses help you feel more connected to all life?

What other simple acts can you think of that would allow you to experience a sense of presence in the moment and connection with the earth and all life?

What do you want to take away from this sacred retreat moment?

THANK YOU

Thank you for choosing to explore Sacred Retreat Moments with me. You now have some tools to create Sacred Retreat Moments and can experience the power of a simple retreat. As part of this process, I invite you to extend your sense of Self to include Spirit. Doing so will transform how you experience your life. I hope that these Sacred Retreat Moments have helped you to redefine your sense of Self and have given you insight and learning relevant to your intent and life. It is my sincere wish that you will continue to make retreating a part of your everyday living. No one can give to you what you cannot give to yourself. Give yourself the gift of self-care and time to connect with what is sacred. Consider what it is you can do to bring simple, sacred moments into your life. It could be as simple as arranging fresh cut flowers in a vase, saying a prayer, or listening to your child tell you about his day. The secret is to give these actions your full, undivided attention. When you bring intent, undivided attention, and love to all you do; when you include Spirit in all your actions and thoughts, then all of your moments are sacred.

Peace and Joy

Jan Hornford

Jan's Biography

Jan Hornford is a Life Coach, Author, and Retreat Leader whose passion is to help individuals re-connect with their own wisdom and power and to support them to create the life they want. Her coaching approach is to provide the support and structure necessary to empower you to move forward to greater success. Jan can help bring clarity, focus, and perspective to your life and career. Her retreats offer the opportunity to experience joyful self-care, connection, and possibility through reflective and renewing activities, one-on-one coaching and group coaching. Jan provides outdoor and customized coaching retreats for individuals and organizations. For more information on retreats, e-retreats, coaching services, and e-courses, visit her website at www.futureperfect.ca or contact her at 403-313-4064 or jan@futureperfect.ca.

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Resources & Acknowledgments

The concepts, actions, questions, and ideas in this course were derived in part from my own personal life experience, my work as a Life Coach and Retreat Leader, and from the coach training I received from CoachInc.com (Coach Training Program (CTP), Coach U, (www.coachinc.com) and from my Coaching Retreat Certification training (www.retreatcoaches.com).