
SESSION ONE

Safe Place

*You must feel safe to write into who you are
and what you love
and go deeper still.*



“I used to think that my safe place was a cocoon, a place with impenetrable walls, a nest for one. It had been like that for a long time. Then, I began the sessions of this book with a group. We met for two years.

Today my safe place looks different; there is more light and air. I can see further; the blue sky is immense. I breathe the smell of the ocean, the sap on a pine tree, and my mother’s freshly baked cinnamon buns. My painting and my sculptures surround me. I don’t need to think about showing them or selling the work; I am content just to be able to continue working uninterrupted, in peace.”

—Participant