

## Seven Homecomings Practice - Lama Rod Owens

Please take some time before our next class to try out Lama Rod Owens' Seven Homecomings Practice and generate your own list of homecomings or refuges. [Here is an example.](#)

*"Practicing the Seven Homecomings: The Seven Homecomings can be practiced formally or informally, individually or with a group. Often I evoke my homecomings as I move through the world. Sometimes I need certain kinds of support and find myself evoking some homecomings over others. Sometimes I need to experience connection to my ancestors more than to my guides, or I need to feel the earth more than my wisdom texts. Other times I need all the homecomings. However, the following practice is the basic formal practice in which we are evoking our homecoming circle. Sometimes in my teaching, I call it my circle of care as well."*

*– Love and Rage: The Path of Liberation through Anger by Lama Rod Owens*

*The Practice*

This meditation is a contemplation practice. It can be practiced on your own or in a group. The best way to begin the practice is by reading through the guiding instructions once, and informally evoking each homecoming. Do this a few times. Let the language and the process of the practice change to meet your needs. When this happens, it's easier to remember and internalize the practice in a way that makes sense for you. The guiding instructions are just a template. Allowing yourself to be creative with the practice is important for you to sustain the practice.

### 1. **Begin contemplating the first homecoming of the guide.**

*Reflect on any being who has been a guide, a teacher, a mentor, an adviser, or an elder for you. Reflect on the beings in your life whom you've gone to for guidance and support. Reflect on the beings who express love and compassion for you. Imagine that you're inviting all of those beings into the space with you. Invite them to gather around you in a circle and say welcome. Relax. Inhale.*

*Exhale and come home to being held by your guides.*

*Short pause*

### 2. **The second homecoming is your wisdom texts.**

*Begin reflecting on any text that has helped you to deepen your wisdom. These texts can include any writing, books, teachings, sacred scriptures, quotes, social media memes, or any form of artistic expression like music, dance, visual art, etc. Any texts that have helped you to experience clarity, openness, love, and compassion are your sacred texts. Invite the essence of these texts into this space. You can imagine that these texts are actually present, or you can have a sense that their essence is encircling you with your guides. Say welcome to your texts. Relax. Inhale.*

*Exhale and come home to being held by your wisdom texts.*

*Short pause*

**3. The third homecoming is community**

*Begin by reflecting about the communities, groups, and spaces where you experience love or the feeling of being accepted and supported in being happy. Moreover, what are the communities and groups not only where you feel loved but also where you feel as if you can love and return love back to others? Where do you feel safe to love? Where are you being loved? Invite those communities and groups into the space around you with your guides and wisdom texts. And if you don't feel as if there's a space like that for you, then you can invite the aspiration to be a part of a loving space into this space as well. Say welcome to your communities. Relax. Inhale.*

*Exhale and come home to being held by your communities.*

*Short pause*

**4. The fourth homecoming is your ancestors.**

*Begin by reflecting on those ancestors who have wanted the best for you, including wanting you to be happy and safe. You don't need to know who these ancestors are. All you have to do is contemplate that there have been those in your familial line who want you to be happy. Invite those beings into the circle as well. Also reflect on the lineages you feel connected to, like the lineage of your spiritual tradition, or tradition of art or activism. Invite your lineage into the circle as well. As you invite your ancestors, remember that you too are in the process of becoming an ancestor. As you invite your lineage, remember that you are in this moment a lineage holder. Say welcome to your ancestors and lineages. Relax. Inhale.*

*Exhale and come home to being held by your ancestors and lineages.*

*Short pause*

**5. The fifth homecoming is the earth.**

*Begin by reflecting on the importance of the earth under you and how it sustains your life and the lives of countless beings. Reflect on the energy of the earth, which is the energy of sustainability, stability, and foundation. The earth also represents the ground of your experience. So coming home to the earth means touching the earth, acknowledging the earth, surrendering to the earth, and allowing it to hold you and, as it holds you, understanding that it is loving you as well. Invite the energy of the earth into the circle. Say welcome to the earth. Relax. Inhale.*

*Exhale and come home to being held by the earth.*

*Short pause*

## **6. The sixth homecoming is silence.**

*Begin by reflecting on the generosity of silence as something that helps you to have the space to be with yourself. Reflect on how important it is to lean into silence, allowing it to hold you, and reflect on how you can embrace silence as a friend and/or lover invested in your health and well-being. Silence helps you to understand how to use your language to benefit yourself and others. Allow the silence to be present, and accept it. Invite silence into the circle. Say welcome to the silence. Relax. Inhale.*

*Exhale and come home to being held by the silence.*

*Short pause*

## **7. Finally, the seventh homecoming is yourself.**

*Begin by reflecting on your experiences of your mind and body. Consider how your experiences are valuable, important, and crucial. Invite all the parts of yourself into your awareness, including the parts of yourself that seem too ugly or overwhelming. Embracing yourself as a homecoming means you make sure that you are showing up to being held by the other homecomings. Allow yourself to be present. Accept that you are present. Say welcome to yourself. Relax. Inhale.*

*Exhale and come home to yourself.*

*Short pause*

Embrace all of your homecomings. You can see your guides, communities, ancestors, and lineages as your benefactors. You draw inspiration to open and be more vulnerable from your wisdom texts. You remember that the earth is under your feet and that there is silence offering you the space to be with yourself. And then finally there is yourself being held with this circle of care. Just sit in this circle and imagine that your benefactors are sending care and kindness into the circle. Try to feel that care in any way that feels appropriate. What does that care feel like? Just sit and connect to the care from your benefactors. Short pause Now imagine that your circle of benefactors begins to dissolve into white light, and gather that white light into your heart center. Rest your mind and relax. Finally, move through the ending practice sequence.

– Love and Rage: The Path of Liberation through Anger by Lama Rod Owens ([Listen to Interview w/Lama Rod](#))