

# Sacred Exhaustion

By Jeff Foster

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Your tiredness has dignity to it! Do not rush to pathologise it, or push it away, for it may contain great intelligence, even medicine.

5 You have been on a long journey from the stars, friend. Bow before your tiredness now; do not fight it any longer.

There is no shame in admitting that you cannot go on. Even the courageous need to rest.

10 For a great journey lies ahead. And you will need all of your resources.

Come, sit by the fire of Presence. Let the body unwind; drop into the silence here. Forget about tomorrow, let go of the journey to come, and sink into this evening's warmth.

15 Every great adventure is fuelled by rest at its heart.

Your tiredness is noble, friend, and contains healing power... if you would only listen...