

## **Meditation themes on Home/Security**

- The different aspects of Home: the golden-red light, the silence, the stillness, atmosphere of family and belonging, changeless, endless
- Home of peace and stability
- Home of eternity
- Home of infinite light
- Home of the family of souls
- Infinite expanse of light and silence
- Golden red light
- Home of stillness
- Home of purity
- Supreme Home
- Eternal belonging
- Atmosphere of welcome
- The dimension beyond
- Home of the Supreme Soul

Reflect on each theme for a while before using it in your meditation.

Only choose a theme that you understand and have some conviction about. No need to struggle in your meditation because of doubts, etc., about your theme.

[Audio link to meditation commentary](#)

**Experience the Home of Souls**

<https://soundcloud.com/brahmakumarismanhattan/03-the-home-wav>