

***Sanctuary: Exploring the Healing Path  
with James Finley and Alana Levandoski***

**“Where to Start”**

James Finley, speaking:

What all this is about is how important it is for you, if possible, to be set free from this suffering that is holding you in bondage. What makes it so difficult in doing this, why it takes so much courage to do it, is that what happens is it soaks into a person in a way in which they feel it isn't just what was done to them, but what was done to them did to them. And what it did to them is made them somehow inherently broken, which means inherently unlovable. That is, it's shame based. And so, to admit this at the feeling level in the presence of another person is a kind of act of trust in a life where it has become so hard to trust anybody, because the pain of betrayal went so deep. And so, we are here together.

Alana Levandoski, singing:

I don't know where to start.  
Or how to bare this heart.  
But I fear I've become what's been done to me.

**“Move Slowly”**

Alana Levandoski, singing:

Move slowly, move slowly,  
move slowly into deep water.

You are safe with me,  
no longer thrown out to sea.  
Now it's time to breathe.

James Finley, speaking:

It is necessary to go out into deep water 'cause that's where the pain is. But in order for it to be safe to do that, it's so important first to learn how to float in shallow water. Because to learn how to float in shallow water, is to learn to be vulnerable and safe at the same time. So once you have that feeling, it's what lets you move out into deeper water, knowing if it gets too deep, too fast, you know how to find your way back again and get re-grounded. Not to run in the other direction, but just to get restored to head back out where you need to go. And that willingness to do that over and over and over again is what sets you free; and that's really a lot of what this journey's all about.

Little, by little, by little, grace, by grace, by grace, you learn that floating in shallow water is the same as floating in deep water.

James Finley and Alana Levandoski, *Sanctuary: Exploring the Healing Path* (Cantus Productions: 2016), CD. Used with permission.