



Create your own Soul Sanctuary 12-day journey

Creating a Relationship with your Sanctuary

Your sanctuary is an incredible space. Over the past 10 days you have drawn together sacred objects to reflect various facets of you, the journey you are taking to embody your intention, and support you in embodying your vision.

Each item holds incredible significance and likely at levels you have only begun to recognize.

There is no coincidence to the collection of items that have come together in your space... they have come together because in some way they are harmonizing with you and aligning you with your intention.

Today you are going to spend some time in your sanctuary reflecting on what has come together, weaving a little magic into your life.

This activity is something I would encourage you to repeat with each item in your sanctuary, but do not do that all in one sitting. This is something to do over time, allowing yourself to integrate the wisdom and insights each item has to offer you. Integration does not happen over night, it takes time to receive the many layers of meaning each item holds for you. There is no reason to rush, no race to win or finish line to arrive at. Going faster will not get you at any destination any quicker than if you had taken your time. So take your time. Be lovingly present. And fully receive the wisdom each item shares with you.

Grab a cup of tea, light a candle, play some soft music, burn some incense, and dive in.

1. What is your intention:
2. Make a list of each of the items in your sanctuary. Next to each item, **briefly** write what you know about its significance.
3. In this moment, what 3 items are you most curious about?

With each of these 3 items, repeat this series of questions, one item at a time.

4. Item 1:

a. What ideas come to mind when holding this item? (if it were telling you a story...what would that story be?)

b. What emotions do you feel as you hold this item?

c. What does your body experience as you hold this item?

d. Engaging each of your senses (see, touch/feel, smell, taste, hear), what do you experience?

e. Is there a theme to how you answered the questions about your 1st item? What is that theme?

5. Item 2:

a. What ideas come to mind when holding this item? (if it were telling you a story...what would that story be?)

b. What emotions do you feel as you hold this item?

e. Is there a theme to how you answered the questions about your 1st item? What is that theme?

7. Reflect on each theme. How do they thread together and support your intention?

8. Is there an action you can take in your daily life to begin integrating these themes? Give yourself one concrete action...something that is simple and easy for you to work into your everyday life.