



## Create your own Soul Sanctuary 12-day journey

Today you are going to spend some time with the items you are bringing into your sanctuary. On day 4, when you began gathering items for your sanctuary, you were invited to bring together items that reflect what you hold sacred, what inspires you, and what/who you love. Yesterday you adorned your intention and placed it in your space and then began arranging some of your items.

Today you are going to honor and celebrate the part of yourself that is expanding and growing into your intention. Let's begin in your sanctuary. Spend a little time in there with this reflection journey. As you move through the questions, you will be invited to bring items into your space to symbolize or reflect the part of yourself that is growing and expanding as you discover what it means to step into your intention.

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

1. What is your intention:
2. What part of yourself is ready to expand and grow as you step into this intention? (for example your health and well-being, your intuitive nature, your trust, your vision, your inner wisdom, your creativity, etc)
3. What will it feel like to expand into this part of yourself? Describe this expansion using all of your senses.
4. Do you have any items for your sanctuary to symbolize and honor this part of yourself and its expansion? Only you know what your items symbolize...today it is important to make sure you have items that reflect the part of you that is taking a journey to grow and expand. (for example...if my intention was "I am in tune with Divine Guidance" it may be very important that I have a meditation cushion or perhaps angels cards would represent trusting my intuition, or maybe it means opening my heart)

a. If you answered yes, write down what some of those items are.

b. If you answered no, bring at least 1 item into your space to symbolize your growth and expansion into this part of yourself.

7. Take some notes on the personal significance of the items that symbolize the expansion and growth of this part of yourself.

8. Where do they want to be placed within your space? Go ahead and place them. Make sure they are prominent, or in a spot where you will easily see them.