



Create your own Soul Sanctuary 12-day journey

Keeping your Sanctuary Active

Your Soul Sanctuary is a living space, alive with your intention and vision life. Over the past 11 days you created a space that is nourishing, supportive, and inspiring for you...and it will continue to nourish, support and inspire you as you spend time with it and keep it active.

Below are 14 ways you can keep your space active (and I'm certain there are many more). Enjoy your journey in this space.

14 ways to keep your space active:

1. Spend time in your sanctuary every day.
2. Keep a journal. This is probably one of the most powerful ways to connect in with what is happening in your life and to reflect back on how your life is evolving.
3. Check in with your intention. How is it feeling? How are you living your intention? Living our intentions is something that unfolds over time. When we check in with it regularly, we keep the vision alive and fresh in our consciousness.
4. Take inspired action. When you receive guidance and new ideas and inspiration...respond, don't wait. The idea came through because there are steps you can take now to bring it to life. Trust that your sanctuary will support you in taking action.
5. Keep the energy fresh with space clearing....burning a smudge such as palo santo wood or sage in your sanctuary keeps the energy clean and fresh. This is a ritual I do every day as I sit down in my own sanctuary.
6. Let go of items that no longer match your vision.
7. Re-arrange the items in your space. Even just slightly repositioning one item can make a significant impact on how your space feels.
8. Welcome in new items as you expand in your knowing of self.
9. Celebrate the ways you are growing and changing.
10. Honor challenges as they pop up.
11. Visit with your council of elders.
12. Keep candles burning. Light brings awareness and inspires action.
13. Fresh flowers or living plants bring a sense of new life and freshness to your space.
14. Be present in your space with all of your senses.

