



## Create your own Soul Sanctuary 12-day journey

Hello, I am Lori A Andrus and welcome to Day 2 of your 12-day journey to create your own soul sanctuary.

Yesterday you really dove in, creating an intention, exploring what this journey is really about for you, why your soul is not only desiring but ready to create a soul sanctuary. I am sure that the energy this space is going to hold for you and how it is going to support you in your sacred journey is becoming more and more clear.

Today we are going to begin by re-visiting your intention.

I would like to invite you to find a comfortable position, to close your eyes, and take a couple deep breathes. Feel yourself fully present today. Your mind may be wandering a bit, so I would like to invite you to call it back, to bring your awareness to this moment. Take a nice full inhale, filling your lungs, filling your heart space, filling every cell of your body with new life. Then, exhale letting go, surrendering to this moment.

Now bring into your awareness your intention for this journey. Say it to yourself silently, repeating it several times. Next say it aloud. Feel it; physically, emotionally, spiritually. Repeat it. Say it aloud three times.

Tune into how it resonates for you today.

How does it feel within your body?

Do you feel empowered when you express it?

Does it feel clear and concise?

Is it focused?

Does it inspire you to take action?

What is the power of the words that have come together for your intention?

How do you experience them as you express them out loud?

Has your intention become a clear and concise phrase that just rolls off your tongue?

Does it begin with the words 'I Am'?

If you are not able to answer yes to the last two questions...take time today to re-visit the reflection journey from day 1.

Are there any questions you overlooked, did not complete, rushed through, or skipped all together? If that is the case, take time today to answer them more completely and refine your intention to bring it into a really clear 'I Am' phrase.

Sometimes we think we know the answers to certain questions, so we don't take the time to write down the answer...but the truth is that when we begin to actually put the words to paper that is when the answers gain their own truth, their own power, and their real clarity.

I am a person who thinks deeply about a lot of things. And typically before I sit down to write something, my mind has been wandering through a dialog to answer the question in my heart and I think I already have the answers all worked out or clear in my mind. But it never fails, when I begin to put words to paper, they become something different, something more powerful, and something I did not anticipate begins to show up. This is where the magic is! This is where we discover our deepest truths and get to the very core of what our soul most needs to express at this time.

If we do not take the time to actually give our answers a voice, to give them clear words, they never have the opportunity to bloom into their fullest potential. And the part of our sacred self that is desperately waiting and wanting to bloom in our life remains a tight bud of untapped potential.

I would like to share with you some very wise words from Anais Nin.

*"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." - Anais Nin*

In creating your Soul Sanctuary, you are creating a space for your soul to blossom. But you will only blossom if you are willing to explore the places within that have been in one way or another veiled or hidden, from the world and even from yourself.

To blossom a plant needs to be illuminated. It needs light. It needs love. It needs nurturing. It needs to be cared for and regarded as sacred. When we create a sanctuary for what we most desire to blossom in our lives, we need to go all in, This is not a time to hold anything back. Be courageous. Be real. Be authentic. Be vulnerable. Be true to you.

So, if you're listening to this right now, and thinking to yourself...oooh...this is me. I really did hold myself back when creating my intention. Or I ignored something my heart wanted to share. Take time now, go back to those questions. Dive deeper into them. Re-visit your intention and write it in a way that is wildly empowering and deeply soulful. Make it clear, concise, focused, and something that just rolls off your tongue with grace, ease, and the power of the person you were born to be.

So, if you're going to dive back into your intention, pause this audio and go do that right now.

Once you have completed that, return here and we will dive into our next step.

Wonderful! Welcome back!

Now that you have spent a little more time with your intention, I want to celebrate you and the vision you are creating and bringing to life. Changing your world begins with your intention. It creates a context within which your sacred self is going to begin revealing itself to you, opening you to new channels of expression and understanding of your purpose and the transformational journey that your sanctuary is activating.

When we step on a spiritual path we are never done healing, growing, evolving, and getting to know our sacred self. It is continuously revealing itself in new ways. It is continuously inviting us to embody new aspects of who we are. The part of yourself that is longing to be revealed within your sanctuary is one part of your whole, and it is only when that part is fully embodied that the next part will be ready to be revealed. Today, I invite you to trust. To trust the process. To trust your natural rhythm. To trust that you can create a space to support you in your journey to embody this next part of yourself. And to trust that the next pieces will continue to reveal themselves.

Remember there is no finite place or destination that we arrive where or when everything is perfect. That is probably one of the grandest illusions of a spiritual path.

We are infinite beings with infinite potential. We are here to experience all of life in as much fullness and depth as possible. This looks and feels differently for each of us. But regardless

of how differently we each experience our sacred path, know that you are already whole and complete and at the same time you are continuously expanding into your understanding of your wholeness.

The sanctuary you are creating will support you in this process.

Your intention is the foundation for your sanctuary and your sanctuary is the foundation for your next level of expansion and understanding of your wholeness.

Now that you have a solid, clear, concise, inspiring, and empowering intention we are now going to get creative with your intention. Let's begin by grabbing some of your favorite creative supplies because we are going to create a visual expression of your intention that will become a part of your sanctuary.

This expression of your intention is going to become a part of your sanctuary.

Let yourself play and be creative. Let your sacred self begin expressing the part that is being nourished within your soul sanctuary. You may want to turn on some music. Light a candle. Make some tea. Dance. Move. Walk. Lay in the grass. Do what is natural for you to get your creative juices flowing, then let your intention guide you.

Creativity (regardless of how we've experienced it in the past, or how we have been taught to look at it) is a natural part of every person. We are created and we create. Everything present in your life is present because in some way, on some level, you have created it . . . whether it is through the creation of resources to purchase it or actually creating the art on your wall. Humans are, by nature, creative. We not only have the ability to create life, we have the ability to create our lives. In the process of creating our soul sanctuary we are empowering ourselves to become conscious creators of our lives. Creating a sanctuary for your dreams is consciously creating your reality. So this is an opportunity to activate your creative nature and creative power. Embrace it. Have fun. Let the energy flow! Create in a way that feels natural for you!

That may mean creating digitally or with natural or other found objects. Just be sure to include the written (or typed) words of your intention when creating this visual expression.

Once you have completed your creative process, I invite you to share it with someone close to you, or even more publicly like on facebook or instagram, or even on the Lori A Andrus -

Journey Jewels facebook page. Celebrate your vision and what you are committing to at this time in your life. The more consciously you bring loved ones into this step, the more support you gather for your vision, and the more powerfully you move towards it.

I celebrate you and I wish you a wonderful journey of creative expression today!  
Have a beautiful day, Shine Brightly!