



Create your own Soul Sanctuary 12-day journey

Hello, I am Lori A Andrus and welcome to day 3 of your 12-day journey to create your own soul sanctuary.

Today you will be selecting your space for your soul sanctuary!

As we begin, I would like to invite you to reflect upon your intention for this journey. It will be your guiding force as you select your space.

Within our homes, there are spaces that we naturally gravitate towards, that we feel drawn to without logic or reason, that call us into them, spaces where upon entering we already feel at ease and in a state of naturalness.

Today as you explore your home in search of your soul sanctuary space you are also going to tuning into how different areas of your home affect you . . . emotionally, spiritually, and physically. Let yourself just be open to the experience rather than just diving into an already chosen space. There is much you can learn from your environment. It is a wonderful teacher . . . and this is a great opportunity to learn.

In creating your soul sanctuary, you will want to select a space that will mirror the energetic feeling of your intention. You will want it to tap into the energy of your vision, align with it, and support the natural momentum towards your highest vision.

As we begin today, I would like to share a story with you.

Several years ago I was looking to rent a space to my grow business. I was looking for something that would allow me to be creative (creating jewelry, painting, and other sacred objects), where I could see clients in person, and where I could offer in person classes. In my heart was the vision of creating a healing arts center and a desire for my soul to expand.

As I looked from one space to the next I experienced a lot of different possibilities for my business. As I stepped into each space I could feel the different ways it would support my vision. Each time I stepped into the space I asked myself if this was the space that would support my vision. I wondered if it would allow me to grow and expand into my vision. I wondered how it would support me, how it would nurture me, and how it would strengthen me. I was ready to begin sharing all that I had studied and learned, and I wanted a space that would support me in doing this.

Over several weeks I looked at many different spaces, but then I stepped into the space where every cell in my body expanded. It was the space that attracted me to the development, and it was perfect, yet it was far out of my budget. As I began talking with the developer and he walked me through the space, I was enchanted. I could see my vision coming to life in this space. I could feel my body excited and ready to grow. There was so much light and open space. It was a completely blank slate...the walls were not even painted, the trim had not yet been put on the windows, there was no flooring, but in that space I felt connected with my vision.

As we began our negotiations I kept my vision at the forefront of my thoughts. I knew I wanted to expand beyond what was familiar and safe and I knew this space was going to support me in doing that. As everything unfolded it came together in a way that supported me in being able to rent the space that reflected my vision and supported the feeling of expansion I most desired.

The same happens when we begin to create a sanctuary for our soul. When we set our intention and become clear about what we desire to experience, the universe will literally move mountains to support us.

Selecting your space is a very creative process. You will need to stretch your mind to see your space arranged differently than it currently is, to see what is possible for you. You will need to listen to the voice of your home and allow it to call you into the space that is meant to support you right now. It may not initially look in the way you would imagine your space to look, but let go of your judgements and open your heart to what is possible. Within your home, there is a space that will make a perfect sanctuary for you. Let it reveal itself.

One of my clients had taken a personal retreat. While she was gone, she realized just how important it was for her to have a sanctuary she could enter to connect with herself. But she felt incredibly conflicted because she could not see how it would be possible to create such a space when she returned home.

She has a family and every inch of her home was utilized. As she traveled home, this was weighing heavily on her mind. She just didn't know how she was going to create the home sanctuary she knew she desperately needed.

When she arrived home, it was late in the evening. She spent some time with her family, catching up, talking about everything that happened while she was gone and then out of nowhere one of her children asked “Can we show her the surprise?”

She had no idea what kind of surprise they put together for her. So they guided her upstairs into an area where there was once a tv and game area for her children....it was now a sanctuary for her. They had completely rearranged the space and removed the games, tv and any thing else that would distract her. They brought in all of her sacred items and set it up just for her.

She was elated! And not only that, it was her perfect space!

Yes, this sort of thing can happen for you. Give yourself the opportunity to be pleasantly surprised with this journey.

So today, as you move throughout your spaces, let go of any how's and just tune into what you are experiencing.

You may already have a sense of where you want to be, but for the moment, indulge yourself and just simply experience every space in your home. For today, move throughout your spaces with fresh eyes, a fresh mind, and a willingness to simply experience what your space is longing to share with you.

Let's begin.

Reflect on yesterday's reflection questions about how you would like to feel in your soul sanctuary. Draw that feeling into your awareness. Let yourself expand into that feeling. Experience it as though it is already here and you are present within it. Let every cell of your body be washed with this expansive feeling. Soak it in. Fully receive it. This is the feeling you are looking to experience in your soul sanctuary.

Before you begin moving throughout your home in search of such a space, trust that

1. such a space does exist in your home.
2. you are going to find that space today and it will be available to you with grace and ease.

So, with that said, I would like to invite you to move through your home, room by room. Even through you may have rooms designated as space for other family members or people you live

with, be respectful of their space of course, but also let yourself tune into how you feel in different parts of your home.

Right now you are exploring and experiencing how you feel within the many spaces of your home. Notice how you feel as you enter each space. Notice how you feel as you move throughout each room. Let yourself pause, looking out the windows. Viewing and experiencing the rooms from each corner, each angle and each perspective. No judgement of the space, just experiencing it.

Notice what it signals within your body.

How does your body feel physically and emotionally as you move throughout the spaces?

Are there any aha's or insights that pop in for you?

Do you feel at ease? Are you comfortable or uncomfortable?

Do you want to rush in and out or do you want to linger within a space?

Does it feel congested?

Do you tighten up and feel contracted?

Do you enter and exhale in release?

Does your body expand? Does it feel expansive?

Do you enter into a mess, but instead see the beauty of a sanctuary . . . kind of like the room is revealing itself to you regardless of its current status?

Do you enter into a space that is perfectly organized yet it feels like complete chaos?

Every space carries its own energy. Whether it is something lingering from another person, a guest, a previous inhabitant of the space, a little residue from an argument or the most decadent feeling you've ever experienced . . . the space's energy is mirroring back to you a part of yourself, whether conscious or unconscious.

Creating a sanctuary for your soul means working with and honoring the energy of all spaces bringing them into harmony with one another.

For today, we are looking for the space that will support you in expanding into the wholeness of your intention. As you bring that space into alignment with your intention, other people will naturally follow suit without you needing to make a big project of it. So just exhale, let go, and trust that you will find your magical spot!

Once you have found your space, the space may or may not be currently available to you. If it is then just spend a little time sitting within the space. Be present with it. Feel into it.

If the space is not currently available to you, what do you need to do in order to make it available to you? Do you need to ask permission from someone? Does it need to be cleared out? Spend some time in this space checking in on what needs to be done in order for you to use it to create your soul sanctuary. Just be sure to take action today...don't linger in trying to make something else work until or just be ok with something different. As you expand into your potential, so do others in your life and so does your home as a whole. If you choose to hold back here, you are also consciously choosing to hold back others. Now is your time to expand.

Enjoy the magic of this journey!
I wish you a beautiful day! Shine Brightly!