



Create your own Soul Sanctuary 12-day journey

Activate

Welcome to day 10 of your 12 day journey to create your soul Sanctuary. Over the past 9 days, you have set a solid intention, chosen your space, cleared the clutter, began gathering items to reflect what inspires you, to reflect your intention, to honor your greatest challenges, to honor your ancestors, and to call together your council of elders.

Today, you are going to activate your space.

Each of the items you have gathered over the past week represents a different part of you, different aspects of your journey, and different aspects of what you hold to be sacred and true. As they come together in your space, they will begin to share with you a story of how and why they are present in your life right now. They will begin to reveal how they will support you in bringing your intention to life. Each piece has a desired placement. You may find yourself feeling like you want to rearrange parts of your space as each piece shares with you where it needs to be. This is a natural part of the process of creating harmony within your space.

So once again, let's begin with your intention. Draw it into your awareness. Take several deep cleansing breathes. In through your nose, exhaling through your mouth. Let yourself root into your space, to ground and connect with your sanctuary.

Hold your adorned intention within your hands. As you do, allow its essence to flow through you...to infuse every cell of your body. Then visualize the essence of that intention infusing the objects within your sanctuary. With each exhale, imagine your intention flowing through your space, to each item. As your intention flows through each item, it is activating your space with your intention. It is activating the vision you hold for your life. It is activating your destiny.

Let yourself feel into it, to experience it, to flow with it. Feel yourself expand into your vision.

Keep breathing. Just experiencing your space. Experiencing your sacred objects. Experiencing how this space wants to support you. Allow all that has been energetically sent out be returned, creating a flow of energy between you, your objects, and all of creation. Weaving your intention into the universal tapestry.

Sit lovingly in this space, in this supportive energy. For right now, all you need to do is be. Over the upcoming days you may receive insights and wisdom that call you to take inspired action...and when they do, it is your responsibility to take that action. But for right now, let yourself energetically connect with this space. Let yourself just be. Breathing. Experiencing. Feeling. Energetically flowing. Receiving. Loving. Trusting.

Allow this energy to continue to flow as I play my flute and ring a bell. Allow the music to be a part of your activation. If you have a drum, chime, singing bowl, flute, bell, or other musical

item, I would encourage you to play that as well. Allow the music to flow through you, activating your intention and activating your space.

When you feel ready, open your eyes and allow yourself to visually explore your space. Sit with it, enjoy the sacred work you have done over the past 10 days. Allow it to work its magic.

I wish you a beautiful day!
Shine Brightly!