



Create your own Soul Sanctuary 12-day journey

Hello, I am Lori Andrus and welcome to Day 5 of your 12-day journey to create your soul sanctuary.

Today we are going to dive into gathering items that reflect and support your intention . . . items that create an energetic match for the way of being you long to experience.

Yesterday, you let go of all of the things that do not match. You cleared your space, getting rid of the clutter and items that do not match your intention. This may have been challenging for you. And that is ok. It can be difficult to close the door to a way of being, a way of seeing ourselves, old relationships, old ideas, etc. When we meet with difficulty around closing the doors to what once was and opening the door to our becoming, we can ease that journey by honoring what we are letting go of. Below I am including a link to the "Taking a Leap Ritual." You may find this very helpful and supportive at this time.

As we move forward today, we are going to begin bringing together items that fill you with all kinds of yummy, exciting, and wonderful energy.

There is a very brief reflection ritual with today's class to support you in clarifying what you identify as sacred, who and what inspires you, and who and what you love (to do, experience, people, etc). There is also a video where I share some of what is on my altar and a link to pinterest board where I have gathered lots and lots of different items. Both are sure to get your creative juices flowing.

You are creating your sanctuary . . . and this space is intended to support you in bringing your intention to life. There is absolutely no right or wrong way to create, arrange, or adorn this space. It is your space. The only right way is to create a space that is a sacred match for you.

This process of gathering and arranging your space is going to unfold over the next five days. You will be guided to explore and honor this journey of growth and transformation, any fears and doubts that arise, your ancestors, and to create a council of elders and spiritual guides.

I know you may feel eager to jump ahead here, but I encourage you to stay with the process. Let each day unfold naturally. Let yourself open to deeper and deeper layers of wisdom. Take this opportunity to really discover just how powerful and amazing you are!

So, as we close this audio, I invite you to begin. Dive in. Get creative. Have fun!