

# QUICK START TO SANCTUARY

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Enjoy this quick start to creating a sanctuary, a luminous space where your life will begin unfolding in the most magical of ways. Ready?

## 1: Find The Stillness Within

Ground yourself: Close your eyes, take a few deep breaths, quiet your mind, by feeling where you are—in your body.

SET AN INTENTION

“I want to feel better.”

“I want to be connected, or to re-connect.”

And...“I’m going to do something about it.”

## 2: Walk Around Your Home, Ask The Sanctuary That’s Hiding There To Reveal Itself To You.

Look for whatever sparkles or winks at you, listen to the whisper of the room, allow it to choose you.

Is there a glimmer of light?

Is there a little movement in the corner that’s caught your attention?

IS THERE A FEELING OF RESONANCE

WHEN YOU STAND IN A PARTICULAR

PART OF THE ROOM?

You can also be quite practical:

No one else is there?

Stake your claim: I own this space!

## 3: You’ve Chosen Your Space Now... Sit Down On The Floor And Breathe.

Then, look around and bless it.

WITH A PRAYER.

WITH A WHISPER OF THANKS.

WITH THE LIGHT OF A CANDLE.

And sit there for a moment, relaxing, breathing, noticing....showing up.

It’s so important!

## 4: Make A List Of Pursuits & Activities That Nurture You, The Ones You’d Like To Do In Your Space.

Identify the tools you’ll need to support you in each individual pursuit or activity.

THINK ON THIS: Turn this list into a treasure hunt. Search your home, go shopping, share your list with family and friends so they can support you! Be Abundant. Go There. Spoil Yourself.

## 5: Move In.

Rejoice and appoint your space with all the fun stuff, the goodies.

Open a bottle of champagne, brew your favorite tea.

This is a day of days:

Celebrate accordingly!

“Treating myself like a precious object will make me strong.”

~Julia Cameron

## 6: Use It.

Bookend your days, starting and ending them in your new space, even if it’s just for a bit.

Develop your own set of rituals, you are building a sanctuary framework for your life.

Do things that support your well-being, using your space in this intentional way will help you develop new habits that keep you balanced and happy.

**You’ve Taken The First Steps Towards This Amazing Journey. Sign Up To Our Blog For More!**

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