

Create a Vibrant Sanctuary to Raise Your State

3 *Energy Tips for Health,
Vitality & Balance*



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Raise Your State

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"Imagine new choices today designing the energy field that is yours tomorrow."

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Everything is Alive and Connected

Most everyone knows how fantastic it feels to walk into an environment that is alive and vibrant. As you soak up the refined energy of these vital spaces, you take deeper breaths and your body relaxes into greater ease. Everything is connected.

An environment that is balanced, clean, current, and filled with heightened energy has the power to raise your inner state. Body tensions unwind, you feel calmer and more alive at the same time. These beautiful spaces support you in being grounded, clear and focused. You'll feel your creativity heighten while noticing that you flow more easily with life. When deadened, chaotic and unbalanced energy create your environment it dims your mood and sense of well-being. You may feel churned up, depressed, sick or trapped in familiar survival patterns.

Making your home a vibrant sanctuary is integral to health, vitality and balance. If you want to boost your energy and raise your state, creating a home environment that is clear and energized with balanced chi is essential.

Daily stress takes a big toll on our well-being. With busy lives, we mingle with harsh energies in the world every day. We drive next to stressed out angry tigers on the freeway, meet grouches in the supermarket, or pick up the phone to hear a friend who is distraught. Adding our own responsibilities and challenges to the mix, we become weighted down by daily stress.

Stress impacts us in many ways. 77% of people experience physical symptoms and 73% experience psychological symptoms caused by stress. Fatigue, irritability, lying awake at night, teeth grinding, anxiety, decreased libido and discontent are some of the ways that stress affects us everyday.

One potent remedy to deal with an overload of stress is to refine and raise the energetic vibration in your home. By paying attention to placement and balance, you create a sacred sanctuary to revitalize your physical and energy bodies on a daily basis.

All energies lie on a spectrum from dense to highly refined. Walking into an environment saturated with heavy vibrations infects you in a negative way. As you step into these

spaces you might feel agitated, overwhelmed, unable to relax or numbed-out. With sluggish energy in your living space, your life force diminishes and habitual mental-emotional habits stay deeply rooted. Your home can be a trap where you feel stuck in routine with no ability to break out, find new direction or grow.

Refined energies create a field of light that resonates with peace and well-being. Everyone who walks in to a home filled with these vibrations feels uplifted. They are alive, balanced and attended to. You feel buoyed up and restored just from being in the space.

Attending to your home with care and conscious awareness is a spiritual practice. You infuse presence, consciousness, flow and harmony into your environment and you raise the state of your life. Attending to your outer environment shifts your beliefs and habitual patterns; it is a potent way to stimulate change and growth.

Here are 3 Energy Tips that will make a big impact as you begin designing your home as a vibrant sanctuary. Be ready for magical transformation!



1. Give Your Home A Master Cleanse

Are you ready to feel fresh, get clear and attract new possibilities into your life?

Giving your home a master cleanse is a potent way to remove toxins, waste and stagnation in your life. As you release unused, unwanted, and unhappy items in your home, you make space to meet life in the present moment with clarity and peace of mind.

Everything is alive and connected. The material energy of the objects in your home is connected to the ethereal energy that arises from your mind, emotions, beliefs, values and dreams. Every object in every room has a message or memory for you. You receive these messages consciously as well as unconsciously.

Consider these questions to determine the state of your environment:

- ◇ If your home could speak, what would it be saying to you?
- ◇ Is your home reflecting the values, dreams and beliefs you hold today?
- ◇ Do you see a clutter of outdated and unused objects that are still telling a story from 10 years ago?
- ◇ Does chaos in your home emphasize how overwhelmed you feel?

Vitality and fresh perspective arise from being present to you. If dead dreams are staring you in the face and fueling your mind with “*would’a, could’a, shoud’a,*” it’s time to get current. Letting go of old, worn out, or bad memory messages in your home releases constricted energy.

Commit to a total house cleanse. Pick up each object in your home. Then ask yourself:

1. Do I love this?
2. Do I need this?
3. Does it uplift my spirit?

If you say no to all three, let it go. Offer it to a friend or a local charity. Your junk is another person’s treasure. Recycle!



Feelings are often trapped in our environment. As you let go of the past relationship, the high school trophies, or your over-bearing great grandmother's flower vase, you might notice a tinge of uneasiness or some deep unfelt emotion. Let it flow! Allow the release of the old to carve out space for the new current messages you want to connect to everyday. The thoughts you have today design the energy field that is yours tomorrow.

And, while you are cleansing, remember closets, garages and storage units. They often hold that 'someday' message. Ask yourself, "Do I truly plan to use that tennis racket someday? Will I ever use that valuable silver tea service my aunt Mabel left me? Will I ever really wear that expensive sweater that is 2 sizes too small?"

Thoroughly cleaning and de-cluttering your home allows you to truly let go of the past. Inspiration, motivation and new possibilities arise as you give your home a total master cleanse.



2. Balance The Elements

All of creation is made up of the elements of nature. Our body, too, is composed of these elements. As earth, water, fire, metal and wood coordinate to energize a space, the whole atmosphere is infused with balanced chi. The combined elements co-create a symphony to energize a space. When in harmony, they hold a sacred space.

Blending the five elements in every room is like adding all five flavors to a delicious meal. When you add a little sweet, sour, bitter, pungent and salty, your food satisfies you. Imagine all five elements gracing your home, adding nourishment and dimension.



Each element has a specific potency to tweak your mental and emotional body. They are medicine to shift long held patterns or short-term moods. Imagine feeling a little funky, depressed even, and adding a little of the fire element to get you moving. Or, when you feel weighted down or you are taking things too seriously, you knew how to add the water element to your home to create more flow. Implementing these changes gives you the power to create health, vitality and balance to enhance the quality of your life.

Here is an overview of the elements, their influences and properties. A deeper in-depth teaching of this knowledge is covered in my study course “Enliven Your Home ~ Wake Up Your Life”

EARTH ~ The earth element supports the physical, to include the qualities of practicality, stability, grounding and organization. Too much earth causes us to be overly disciplined, serious and conservative. Too little earth creates a feeling of being

spacey, ungrounded, disconnected or lacking stability.

* **Earth elements ~ earth tones, squares, rectangles, soil & brick**

WATER ~ The water element translates as spiritual, and encourages our mystical, meditative, flowing, relaxed, trusting nature. Too much water creates a lack of structure, passivity, inconsistency and being “wishy-washy”. Too little water is experienced as anxiety, an inability to handle stress, a need to dominate and an inability to flow.

* **Water elements ~ mirrors, water features, fluid shapes**

METAL ~ The metal element is connected to our mental body and supports clarity, determination, concentration and perseverance. Too much metal creates rigidity, an inability to compromise or change course. Too little metal creates weakness, indecision, procrastination and dullness.

***Metal elements ~ rocks, metal objects, pastels, white**

WOOD ~ The wood element encourages our intuition. It stimulates trust, flexibility and growth. Too much wood creates over expansion or overwhelm. Too little wood allows our fear to keep us playing small.

***Wood elements ~ plants, wood, greens and blues**

FIRE ~ The fire element stimulates emotion, creativity, enthusiasm and leadership. Too much fire creates aggression, impatience, impulsivity or overly ambitious behavior. Too little fire creates a lack of motivation, excitement, creativity or warmth.

***Fire elements ~ lights, people, animals, sunset tones**



3. Tend To Your Atmosphere

The atmosphere of your home is greatly affected by the thoughts and emotions of the people who live there. Little children are great barometers of this atmosphere. They are sensitive sponges and a great reflection of conscious and unconscious emotional energy of the people around them.



All mental-emotional energy carries vibration. Our light filled thoughts of gratitude and compassion open the heart of the home. Kindness and impeccability are actions that create a clear and refined space. As we infuse our atmosphere with happiness we are the blessing, not only to our home, but to the world.

Just as our refined thoughts and actions create well-being, mental and emotional energy that arise from fear and discontent create tension in our home.

Everyone has days when frustrations mount or overwhelm throws you off balance. When

you bring complaint, worry and irritability to your home, these dense vibrations impact the energy field and drag everyone down. Relationship disharmony and chronic depression deaden the chi. It is hard to relax in these spaces, health and vitality are challenging at best.

The most effective way to tend to your atmosphere is to be conscious of how you use your energy. Make a commitment to be impeccable with your thoughts and actions. Challenge beliefs that may be trapping you in old outdated ways of operating. Cultivate a self-care routine that allows you to still your mind and open your body. Tending to your atmosphere is about taking care of your life force, the most important mission you have.

There are many specific tools that clear the atmosphere of dense, harsh energies within you and your home. Here are 5 things you can do to get started today:

1. Cleanse the atmosphere once a week by burning white sage. This is as important as dusting the furniture or doing the dishes. Sage effectively clears stagnant, negative emotional energy that lurks around from a bad mood or a difficult conversation with a family member. Walk to each corner of every room and raise the sage smoke up to the corner. Bless each room with gratitude. Sage as a weekly ritual!
2. Make time to soak in a tub bath filled with 1 cup of epsom salts, 10 drops of lavender and ½ cup of baking soda regularly to keep your energy field clear. Epsom salts pull toxins out of body. Water is a de-charging element. It clears the heavier energies you pick up in your everyday world. It also neutralizes the negative energy from stressful thoughts. You'll feel better after this bath!
3. Remove day-time distractions like television and exercise equipment from your bedroom.
4. Bring fresh plants into your home and nurture these plants as they give off fresh oxygen to nurture you.
5. Change up your environment by re-arranging furniture, adding a coat of paint to one wall or buying fresh towels.

Daily affirmation to Raise Your State:

“I am responsible for keeping my life-force strong.”

Create a Vibrant Sanctuary

Creating a vibrant sanctuary is paramount to re-balancing your life force on a daily basis. Coming home to a beautifully balance space that nourishes you is one of the most loving gifts you can give yourself.

As you tend to elemental balance, clear clutter and release the past, your mental and emotional body will also let go of what is no longer useful. Outer change stimulates inner change, so be ready to Raise Your State.

"We begin to see, therefore, the importance of selecting our environment with the greatest of care, because environment is the mental feeding ground out of which the food that goes into our minds is extracted." -Napoleon Hill

