

A FREE GUIDE

Create Your Sacred Healing Space

INSIDE YOUR SUBCONSCIOUS MIND



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WELCOME

I created this guide to help you create a Sacred Healing Space that you can enter no matter where you are. No one will even know you left the space you're in. Close your eyes and use your subconscious mind to enter your safe healing space. This can be used for many reasons. You may be triggered and need a quick escape. Let's get started!

Lisa Gallarini

How to use this GUIDE

This guide will help you create a sacred space inside your mind to help when triggered. The triggers could be from different things. You will learn how to design your room to help you with different triggers you may experience such as sugar addiction, smoking, stress, anxiety, and much more.

Use the different sections to create the room that is best for you. This will come from your imagination.

Make changes anytime you need. No money is needed to redesign the room inside your mind.

Questions?

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Before We Start

This is part of the 13 Days of Rituals Course which includes an mp3. I help you go deeper into your subconscious mind to create the sacred space you need for healing. We are creating your healing atmosphere.

Your room is going to be unique to you. I will give you prompts and then you will start creating.

Some people draw or paint their room and some just allow it to live in their mind. The great thing is, you can take this healing space wherever you are and access it at any time.

You may be in a crowd and wonder how this is possible. It may take some practice but it is a lot like taking deep breaths. I will suggest tools to use that you can easily keep on hand. This may be a song on a special playlist (earbuds in your handbag.) A certain smell from an essential oil (kept in a charm, or vial of carrier oil with the scent.) It could be a picture on your phone or in your pocket. You may not need anything, just your mind.

Let's Get Started





Your Room

Let's start with your room. Imagine what it looks like. Don't worry about the objects in the space, just the physical location. Is it a bedroom, living room, kitchen, studio, office, or library? It can honestly be anything you imagine and create in your mind. It could be outside. It just has to feel safe to you. It may be inside a coffee shop at a table surrounded by chatter and coffee house music. It could be a bench at a park. You will just have to adapt the things you need for different triggers.

Imagine the size of the space that makes you feel calm and happy.

Once you've imagined what your space looks like you can move on to the next part.

I invite you to look up images of cozy spaces for inspiration.

Example: A small cottage living room.

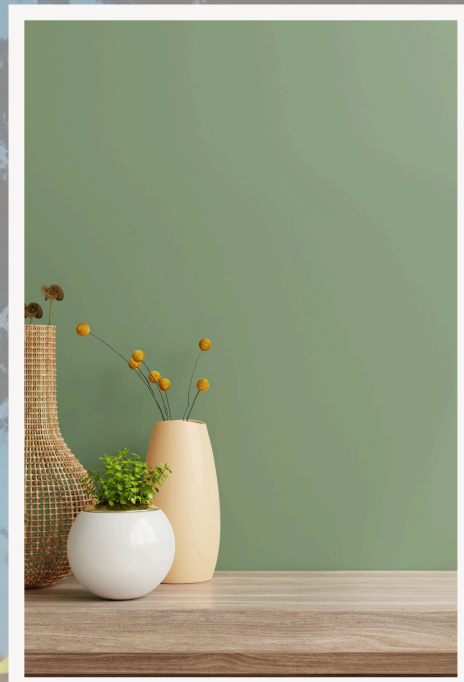


Colors



Think about the color of your walls. If you are outside are there trees, or what does the landscape look like? Take as long as you need. Don't overthink it. You can come back and change it anytime until it feels just right for you. You can also have multiple spaces for different needs. I suggest only working on one special room at a time and practice using it.

What colors speak to your soul?



Lighting

I love creating healing atmospheres with warm lighting. I use a lot of fairy lights in my space. Now, think of the lighting that makes you feel at peace. What makes you feel safe? Do you want lamps? Do you have warm string lights across the room like a coffee shop? Are you in a place that has amazing lighting? If you're outside where is the sun? Are you under moonlight? Are there garden lights? How about candles. Are they made of beeswax, or scented?



Decorations

Now let's decorate. What's on your walls in this special place? Is it art, pictures of loved ones or places, or anything that creates happiness in your heart. You can always visit places for inspiration. Search up things on Pinterest that speak to you and create an Inspiration Board

You want things around you that speak to your heart. Things you can look at to calm you. This is for YOU! You do not need to impress anyone. Just yourself.



Furniture

What type of furniture is in the room. Is it a bed, chair, couch, or a swing. It can be whatever you want. Remember, this is YOUR imagination. I needed a chair with a thick, fluffy blanket. You can go here and rest.

There is no cost, so put whatever you want in your room.

Are there blankets, pillows, or any other items you want on your furniture.



Okay, you can have a cat or a dog.



Special Items

This is where you have special items in your room. You could have a chest with different drawers. Maybe one drawer contains a love letter to yourself when you need to read it and remind yourself to be kind to yourself. Maybe it's letter from others that you need support from.

Maybe one drawer has stones, gems, or something you can hold in your hand that helps you calm your mind. Is it jewelry that is special to you?

What else do you need? Do you need a table with healthy, healing foods for that moment you need to nourish yourself to feel satiated to keep you from self-sabotaging. Possibly a coffee maker to make coffee with heavy whipping cream and stevia to offer a warm sweet treat to your heart. Get creative, make it healthy and nourishing.

What about a diffuser with essential oils that help you feel at peace? What scents speak to you?



Letters



If you've never written a love letter to yourself, now's the time.

Write the letter and read it to yourself as often as you need to. This will store it into the subconscious mind. Then when you need to visit your sacred room, you can get cozy and read it in your mind to calm yourself. This is great when you find yourself being negative.

Letters from other do not have to be real. Maybe there's someone you need an apology from to heal. Read a letter from them as you need it to be. This can be a powerful tool for forgiveness.



Gem Stones or Jewels



You can keep gems or stones that have special meanings to you in your drawer. You can in reality, place one in your bag or pocket and when you need it you can hold it in your hand and go to your sacred room. This helps with calming the mind and placing intentions. You can also use jewelry that has special meaning to you.

Example: I have a moonstone necklace I use.



Healthy Food

For people who are triggered when trying to eat healthy, you may want to envision a tray of healthy food in your room. When you feel tempted, you can sit down and imagine eating foods that feed you in a nourishing way. You have to decide what these foods are for you.

As a sugar addict, I sit down to a warm cup of coffee with heavy cream and stevia. It may be lemon water for you. You may have a tray of salmon bites with sauce. You deserve to heal your soul.

Always use a special cup or bowl to eat from and allow it to be a spiritual experience like I offer in [One Bowl](#).

Diffuser & Scents

Smells can offers calming effects if used correctly. Play around with synergies or buy one already made. Test them on a cotton swab and see how you feel emotionally. You can buy charms that you drop essential oils into to wear. You can also keep a vial with carrier oil and essential oils to rub on your wrist. Keep a diffuser at home. But most of all, add something to your healing space. You can use the scent to help escape to your sacred space.



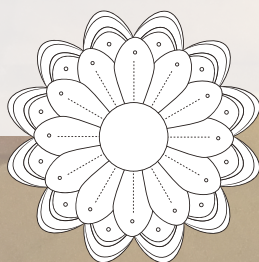
Anything Else

Sunshine and fresh air. You may want to add a couple of windows to your room. That way you can open them both to create cross ventilation. This will help with deep breathing and moving the stagnant parts of emotion out of the body. Just imagine blowing out negative thoughts and having them carried away out of the window. Fresh air is moving in and allowing you to breath in positive energy.

You may have your sacred space on the beach and have a door that opens allowing the salty air in.

I would advise keeping a journal of your thoughts and ideas for your room. Remember, you can change it as needed. You may find something you need to add in or take out. Let your imagination take you where you need to be.

I have several courses on my site [Moonfirewellness](#). Some are for weight-loss being that I am a sugar addict. Some are just to realize you are worthy of good things and to also help deal with stress. I would love to support you with creating a healing atmosphere



Conclusion

Now that you've created your sacred healing space you can imagine going there anytime you need. Sometimes these rituals turn into real life manifestations of sacred healing spaces. The amazing thing about his one is that it lives FREE inside of your imagination and you can enter quickly as needed.

Thank you for using my guide. It makes me happy to know you found me on our little planet that's spinning around the sun.



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DATE

MOOD

Daily Journal

YOUR THOUGHTS

GOALS

TO DO