

Inner Feng Shui – the Sanctuary Within

When was the last time you happily sat beneath fluorescent lights or on a cold metal chair? Feng Shui, the study of how to create human-friendly environments, observes that our surroundings are constantly making an impact on us. When you're open and sensitive to energy, you are often the first to wilt in an unpleasant place. Your energetic sensitivity emphasizes the importance of knowing how to maintain your balance, especially in an environment that could cause you stress. When you cannot change your outer surroundings and there is nothing you can do about the discomfort of your body, it's vital to have an *inner* sanctuary that holds your balance in place

A sanctuary, whether it exists within or without, has an archetypically pleasing and inspiring atmosphere. While a sanctuary in your home may be constrained by budget, square footage, or the design preferences of others, a sanctuary within has no such constraints. In fact, you can truly have it be *exactly* the way you wish!

To build your inner sanctuary, begin by visualizing a place composed entirely of the colors, images, aromas, sounds, and textures that *you* love. You are the creator here. What would you include in your sanctuary that peeks your senses, nurtures your heart, and honors your connection with spirit? You may wish to include a place where you could meet with your inner helpers and guides. Take time to construct a space with all its details, knowing that you can change it whenever you wish!

One of my most favorite qualities in the world is iridescence. I associate it with the ethereal beauty that glimmers in hummingbirds and butterfly wings. In the physical world, such iridescent materials are often expensive or impractical, but in my inner sanctuary I have it everywhere. I envision an outdoor pavilion with spectacular iridescent silk couches and pillows in every jewel-tone. There is a light jasmine-scented breeze that is animated with birds, butterflies, and nature spirits. Cheetahs (my totem friends) lounge peacefully, while my inner guides infuse the space with love and wisdom. Crystals catch the sun and throw rainbows across every surface.

Low, round, intricately carved tables hold fruit in hand-hewn bowls, and a vibrant abundance of flowering plants adorn the space. Colorful tropical gardens surround the pavilion while a waterfall pours its music into a natural swimming pool... As I breathe life into my inner sanctuary, it takes on a life of its own and breathes life into me.

This “make-believe” place soothes my heart and restores my connection with the unseen levels of life, especially when outer circumstances are challenging. For instance, during a recent trip I shared several uncomfortable hours with others waiting in a crowded terminal for airplane repairs. While many people paced and complained, I “hung out” in my inner sanctuary, feeling the presence of my guides and absorbing all the inner beauty I was surrounded with. When I arrived home, I realized I felt completely different than I usually do after travel delays. Instead of being drained to the marrow, I felt grateful and blessed. My inner sanctuary had provided me with an oasis when my outer environment wasn’t able to do so. My sensitivity to my surroundings had been assuaged in the only way possible during that time – from within.

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