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Create a Haven at Home that Supports Life's Blessings

Start with intention. What are you seeking to accomplish? Do you hope to express your innermost self, honor a significant relationship, accommodate children, or comfort one who is suffering?

Eliminate clutter. To create a sense of tranquility, limit the sensory input to a comfortable level. Surround yourself with things you love, including things with age, cultural artifacts, objects crafted by hand and heart, and symbols of significance.

Honor your past. Sift through old letters and photographs to document your life.

Frame a love letter. Surround a missing loved one's photo with flowers.

Revere your dreams. Consider creating an "altar" on which to place a symbolic representation of what you wish in your life.

Create a ritual. Frame your day. Monks in monasteries bless each time of day with prayer. Ritual can be used to transcend both time and distance.

Strive for transcendence. With whatever means possible, try to imbue your home with a physical representation of a higher or deeper level of reality.

Include music. Find the music that best speaks to you and make it the background of your life.

Incorporate nature. Whether it's the serenity of a beautiful orchid, the joy of a canary's song, the lush growth of a fern or the purring of a cat. Nature, plants, or animals soothe us by placing us in the larger context of the natural world.

Make your art healing art. Select art that speaks to you and affirms your deepest longings.

Bless your home. Bless yourself. Your life is sacred and deserves to be framed lovingly and with intention. You deserve a healing environment, a healing home, and a haven. Give thanks.