

# Create Your Own Sanctuary

Having a place to retreat to when we want respite from the hectic world outside can be invaluable, and restore us to a sense of peace and wellbeing. We can set a certain area aside, perhaps a particular room in our house that becomes like a sacred place to us. Having this refuge can help us to journey inwards and make us feel more spiritually connected. Transform your room into a place that brings you a sense of tranquillity and calm.

I would suggest furnishing this space with things that nourish your soul, inspire thought and reflection, and which represent who you are. These may be favourite pictures or ornaments for example. And cushions and other soft fabrics can make the space feel comfortable and homely; we want something which we can nestle in to. This need not involve heavy expenditure, just a little imagination. Use your favourite colours - those that bring you a sense of serenity. Soft lighting such as candles can bring a warm flickering glow, as opposed to harsh artificial lighting. You may wish to incorporate things which bring sustenance to all the senses, including scented oils, soft music, and tactile objects. Create your sanctuary in such a way that you gain a warm sense of peace whenever you enter it.

In our rushed lives, having our own special room can offer a sense of protection, and help heal a soul which feels battered by life's continual demands. Given that the external world can feel a very complex place, we may wish our sanctuary to reflect simplicity in direct contrast to this. Try to make a little time each day to spend in it, and soak up the feelings of tranquillity until you feel you have regained your equilibrium. You may in turn gain a sense of having a sanctuary within yourself too - a place where you truly belong. You may find that you get in touch with your own inner rhythms and that deep unique source which is you.

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