



TIPS TO CREATE YOUR PERSONAL SANCTUARY

By Pat Heydlauff

the quiet retreat

Women are workaholics! They tend to over-commit their time and over-extend personal energy but never take time for themselves to relax, regenerate or re-connect. They are constantly on the run, whether it is to work, help a child or spouse, assist a friend, do volunteer work, or run errands.

You do not need to have a full-time job or work out of the house to be faced with the onslaught of overwhelming fatigue, plus mental and spiritual exhaustion. You may work out, have regular medical check-ups and feed your body the best food and nutritional supplements, yet those are no replacement for truly relaxing and regenerating downtime. What you need is your own personal sanctuary for your downtime.

While you may agree that downtime is important for women, you might already be thinking: "I have no place to go! There simply isn't a good spot for a personal sanctuary in my house." That's where you are wrong. Whether you are at home, work or even traveling, you can always create a personal sanctuary or a "Quiet Retreat" area.

PLAN FOR DOWNTIME

What do you have to do to achieve pure, unadulterated, regenerating downtime? This is a period where you can rest your racing thoughts and restless body in the safety and calm of your personal sanctuary. Start by setting an appointment for your Quiet Retreat on a regular basis and treat them as if you were visiting your doctor or heading to an important client meeting.

If you are wondering, "How much time do I need?" The answer depends on how depleted your energy is. Decide when you are going to give yourself this much-deserved downtime, then do it. Schedule at least one hour per week for re-energizing downtime in the beginning and monthly thereafter.

SELECT AN AREA FOR YOUR PERSONAL SANCTUARY

Choose a quiet, peaceful space or area in your home where you can be totally alone. It can be the corner of a bedroom, the patio, a loft or wherever your heart leads you in your home. It must be a place where you feel safe and secure. If your space is inside, make sure there is a comfortable chair for sitting, perhaps a pad and paper to jot down your thoughts, and a candle in a safe container.

You may add a couple of other personal items, and play quiet meditative music. If the space is outside, such as your patio, be sure to have a comfortable and secluded place that is quiet and in the shade—away from traffic, noise and people. Make sure your family, friends, roommates or others living with you understand you are not to be disturbed for this one hour while in your sanctuary.

USE YOUR DOWNTIME TO RE-CHARGE AND GROW

During your downtime, the goal is to do absolutely nothing. The more nothing you can do, the better it will be for re-energizing your mind, body and spirit. If your mind wanders, gently bring it back to nothing. If you hear noises or music, that's OK. Just keep your mind focused on nothing. Let it daydream or visualize pretty things, or remember very peaceful times in your life, but nothing in particular.

When you are ready to leave your retreat, take a deep breath and blow it out slowly, extinguish your candle and jot down a sentence or two about what you experienced or what enlightened thoughts came to you.

MAKE YOUR RETREAT PART OF YOUR SCHEDULE

Each time you visit your sanctuary, everything must be very quiet so you can hear yourself think and let your subconscious mind communicate with you. It can be hard at first, to be so still and to have your thoughts flow quietly and freely, but soon you will relax and enjoy this time alone.

It is so very important for women to create a Quiet Retreat. Downtime means no work, no thinking and no interaction with others. It is complete and utter absorption in doing nothing but letting your body and mind completely rest, regenerate and re-energize. Creating your retreat and spending ample time there is the best form of uplifting, positive energy you can give yourself. 🌿

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