

Fill the **Emotional Gaps** Create Your **Personal Sanctuary**

By Pat Heyllauff



Women are overstressed and frustrated with little or no time left for themselves. Research shows they are plagued with financial burdens and emotional fulfillment gaps. They tend to over-commit their time and over-extend personal energy but never take time for themselves to relax, regenerate or re-connect.

Many women complain about always being tired, having little or no resistance to the latest flu bug or simply running low on energy. They may work out, have regular medical checkups and feed their body properly, yet those are not replacements for truly relaxing and regenerating downtime. What women need, based on the Feng Shui principle of surrounding yourself with positive energy, is their own personal mini-sanctuary for 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 space for a sanctuary in my house." Think again. Whether you are at home, work or even traveling, you can always create a personal sanctuary area. The following will help you create a personal space for downtime, no matter how hectic life gets.

plan for downtime

What is downtime and how do you achieve pure, unadulterated, regenerating downtime? Downtime is quiet time when you can rest your racing thoughts and tired body in the safety and calm of your personal sanctuary. Start by setting an appointment for your mini-retreat on a regular basis. Don't miss your appointments with yourself—treat them as if you were visiting your doctor, meeting a friend or heading to an important client meeting.

You can plan for as little as an hour per week, or you could require several hours per month. Decide when you are going to give yourself this much-deserved downtime, and then do it.

create your personal sanctuary

Choose a quiet, peaceful space or area in your home where you can be totally alone in the corner of a bedroom, the patio, a loft or wherever your heart leads you. You must feel safe and secure there. If your space is inside, make sure you have a comfortable chair, perhaps a pad and paper to jot down your thoughts, and a candle in a safe container. If you choose to use a candle, light it every time you enter your sanctuary for downtime.

If the space is outside, such as your patio, choose a comfortable and secluded area 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 while in your sanctuary.

use your downtime to re-charge

During your downtime, the objective is to do absolutely nothing. Yes, that's right, nothing. The more nothing you can do, the better it will be for re-energizing your mind, body and spirit. Daydream, visualize pretty things, or remember very peaceful times in your life, but do nothing in particular. This will be the best part of your week once you get the hang of it.

When you are ready to leave your mini-retreat, take a deep breath and blow it out slowly, then extinguish your candle and jot down a sentence or two about what you experienced, any ideas that are filled with positive energy that you should act on or enlightened thoughts that came to you. Then follow through. Those very thoughts will lead you to making every day count.

Use your sanctuary weekly. Each time you visit, everything must be very quiet so you can hear yourself think and let your subconscious mind communicate with you.

It is so very important for women to create and use a personal sanctuary to fill the emotional gaps. 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. The result — you will feel refreshed, relaxed and re-connected.