

FIND YOUR SANCTUARY

With

KAYLA WOO

*31 Days of Self
love practises*

To support you to

Find Your

Sanctuary

GUIDEBOOK



CREATE YOUR ALTER



Alters can be used to bring attention and intention to objects for healing and transformation. We may use it to celebrate and work with different deities or whatever totems in nature resonate with you and offer you comfort and a change to raise your energy for the highest good of yourself and others.

It is a place to dream, contemplate and plant metaphorical seeds of what we wish for in our lives.

Find a place within your home which you can dedicate to your special sacred space. It would be as simple as a windowsill or shelf. If you have the space to offer a table top somewhere this would also be a wonderful way to bring peace and sanctuary to the space.

DRESSING YOUR ALTER

First choose a cloth that will go on your alter. Whichever colour you feel drawn to. The colours of Samhain are purple, brown and black. Next Gather totems and symbols to honour and celebrate the 5 elements of nature: Earth, Air, Fire, Water and spirit.

North- Earth- Winter
Stones, soil, labyrinths

East- Air- Spring
Feathers, bells, incense

South- Fire-Summer
Fire- incense

West-Water-Autumn
Bowl of water

Centre-Spirit-Ether

Flowers, nature totems, goddess, something that you find magical.

Once you have collected the 5 totems objects to celebrate and honour the 5 elements of nature you can place them on your alter. You may wish to use a compass to mark which direction to put each element.

Once you have added the 5 elements with the spirit in the centre, enjoy spending time sitting and blessing your alter for the sanctuary it will offer you over the coming months.

You may like to interact with your alter touching each element and lighting the candle/incense. Thank each element for the gifts it offers you.

Enjoy and immerse yourself in the process of creating your magical sacred space. Take a moment, breath and give thanks to yourself for your creation.



A BLESSING FOR YOUR ALTAR

I BLESS THIS ALTAR
MAY IT BE USED FOR THE GREATER GOOD FOR MYSELF
MAY IT BRING ME CALM, SPACIOUSNESS WITHIN MY HEART,
TO LISTEN TO MY INNER WISDOM
AND MAY IT BRING ME A SENSE OF ONENESS WITH WHAT RESONATES
WITHIN MY SOUL
TO FEEL AT ONE
IT IS DONE
BLESSED BE



IMBOLC BLESSING

May u feel the stiring of renewal from within your heart. Take a moment to place your hands on your heart and stand with your feet on the earth.

Take 3 breaths and enjoy feeling still, held, supported by the Earth.

You may like to get up early to see the sunrise and enjoy this mindful moment as we celebrate the beginning of the lighter days.

Filling us with the light and fire energy to keep our spirits bright during the winter time.

Sending you all love and light Wild Sisters,

Imbolc Blessings and love
Kayla x



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NATURE CONNECTION INVITATION- WORKING WITH THE ENERGIES OF THE SEASON

I invite you to go for a mindful walk in nature.

As you walk notice what feels present within you as you take one slow step at a time.

Thank whatever comes to you...

Now stand still and connect with the ground, taking in the smells, sounds, sights all around. Take a few deep breaths in and out allowing your shoulders to drop, and feeling more connected with the earth beneath your feet.

Notice a sense of peace and presence that comes with this stillness.

Continue your slow walk, stopping with each new step and taking a breath in and out connecting to your space.

With Each step allow yourself to feel more and more connected with your environment and mother nature.

What can you see in nature that reflects this sense of peaceful stillness you felt/feel within you?

Ask nature to offer you a totem (nature treasure) to symbolise this inner stillness that helps you create a peaceful sanctuary within your own heart.

You may like to place this totem on your alter.

NATURE CONNECTION

INVITATION

SUNRISE

Greet the sunrise in the morning, stand outside and place your feet (barefoot if you wish) onto the earth.

Take 3 deep loving breaths in and out enjoying the expansion and release it offers you. With each breath imagine your feet are roots of a tree grounding you to the earth.

As you witness the sunrise give thanks and blessings for this brand new day of possibilities and dreams of new beginnings. Allow time to receive any messages, feelings to arise within you.. Welcome them all as part of your wholeness. Send yourself love for this moment you have spent with yourself and nature.

SUNSET

Greet the sunset in the evening, stand outside and place your feet (barefoot if you wish) onto the earth.

Take 3 deep loving breaths in and out enjoying the expansion and release it offers you. With each breath imagine your feet are roots of a tree grounding you to the earth.

As you witness the sunset give thanks and blessings for the gifts of the day and any messages you have received.

Welcome them all as part of your wholeness. Let yourself come to a place of peace and presence, letting go of anything that you no longer need in this moment. Enjoying this feeling of letting go and surrender into the earth as you witness the sun's descent.

Send yourself love for this moment you have spent with yourself and nature.

Journal Prompt

I find my inner calm when

Journal Prompt

What can I let go of today to make space for the new?

Journal Prompt

I feel grounded in my body when

Visions & Musings

Use these pages for new seeds of ideas, visions or inspirations you gather from nature and your intuitive wisdom.

Visions & Musings