

HAPPY HOUSE

M A S H A M

An introduction to **Developing a calm space in your life**

Suffering caused by stress, anxiety and low mood can be reduced by creating calm spaces within your life, your physical environment, mind and body. Reducing sensory stimulation and input are beneficial for calming the nervous system and brain activity, therefore improving health and well-being.

YOU'LL NEED

- A bundle of dried sage
 - Matches
 - Candle
 - A small area in your home with a table/ windowsill and chair.
 - Ethically sourced Palo Santo wood is a great alternative to sage
- Your favourite: blanket, picture, music, essential oils or scented candle, tea, plant or



THINGS TO TRY

CREATE A SACRED SPACE IN YOUR HOME

Choose one area of the house which has a table or windowsill and chair in it which you are going to reclaim for a calm space. Remove all clutter from that area. Clean it thoroughly and then 'smudge' the space burning Sage or Palo Santo, setting the intention for calm. On the table or windowsill place a candle and your favourite picture, plant or flowers, objects of beauty and essential oils or scented candle.



THINGS TO TRY

DEVELOP CALM SPACES WITHIN YOUR LIFE THROUGH RITUAL

Each day set aside 20-30 minutes to spend at the sacred space you have created in your home repeating the following ritual for one month. Make yourself a pot of your favourite tea, put on soothing music and go and sit in this space. Take 3 deep breaths to ground yourself, light a candle and invite in calm. Use your essential oils and then wrap yourself in your blanket. Enjoy your tea, look at your beautiful picture and keep breathing.



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TRY THIS...

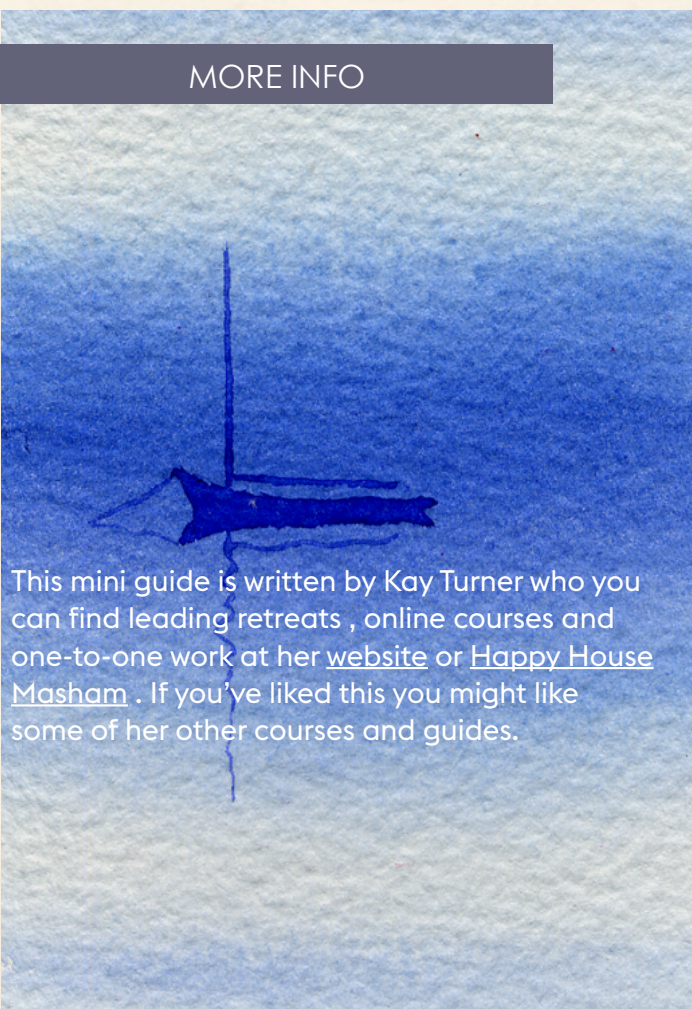
TECHNOLOGY DETOX.

For one month either turn off all media at 9pm daily or for a full day each week. Notice the impact on your mind, body and mood.

TOP TIPS

- Ground your energy daily: bring your awareness frequently to your pelvis, your feet on the ground and, if you are sitting, your bottom on the chair.
- Write your own mantra and say it three times, twice daily, for one month – perhaps when you are brushing your teeth! Think of something you'd like to develop. Create an 'I am' mantra. For example, if you'd like to develop confidence your mantra becomes 'I trust my confidence is growing more and more' or if you'd like to be gentle with yourself your mantra could be 'I choose to be gentle and loving with myself'.
- Become aware of what disturbs your peace. Take action to set boundaries to reduce this. Ask yourself ... if I say yes to this what am I saying no to?

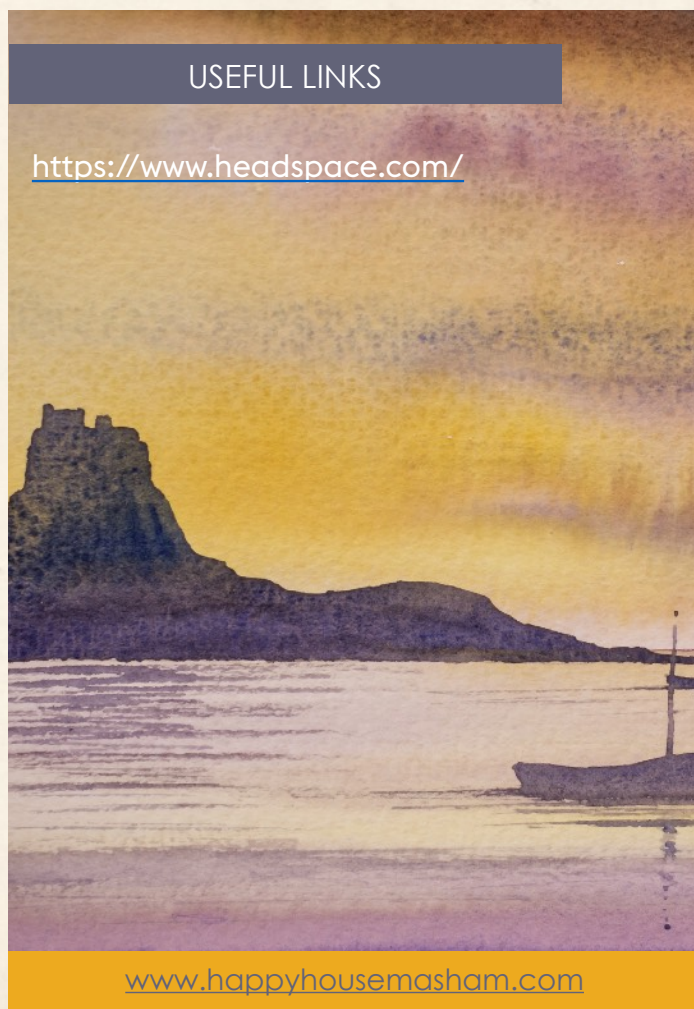
MORE INFO



This mini guide is written by Kay Turner who you can find leading retreats , online courses and one-to-one work at her [website](#) or [Happy House Masham](#) . If you've liked this you might like some of her other courses and guides.

USEFUL LINKS

<https://www.headspace.com/>



www.happyhousemasham.com