

10 TIPS FOR LIVING IN ALIGNMENT

A Quick Reference Guide

1 **LIVE WITH WHAT YOU LOVE!**
Surround yourself with what brings you joy.

2 **CHANGE IT UP!**
Release the old and celebrate the new.

3 **CREATE SACRED 'ME' SPACE**
Create a nourishing space within your home that renews your spirit.

4 **CREATE A HOME THAT HONORS YOU**
Honor your needs by establishing healthy boundaries.

5 **INVITE NATURE IN!**
When we choose to bring nature into our home, we soothe our soul.

10

SHARE YOUR HOME WITH ANIMALS
Animals can enrich your life in profound ways and turn your house into a true home.

6 **ORIENT YOURSELF WITHIN THE LANDSCAPE**
Locate yourself in place and time to deepen your sense of belonging to where you live.

7 **OBSERVE ~ CONNECT ~ RELATE**
Relate on a deeper level with your home and learn what is important, what feels good and what needs changing.

8 **DESIGN FOR RESONANCE**
Determine the dominant energetic quality of your space and decorate in ways that complement it and balance it out.

9 **CELEBRATE SPECIAL MOMENTS**
Moments of joy bring vibrations of peace, love and happiness that will nurture you over time.