

RELAXING & WELLNESS

'Noticing what feels good and what doesn't is radical these days, because it is wisdom that can only be unlocked from within.'

—Wendy Havlir Cherry, *The Mistress of Longing*

A PERSONAL SANCTUARY

Most homes offer activity-specific rooms, but what about sanctuaries and relaxation spaces? Given the way that most of us are living, we really need to prioritise relaxation spaces if we want to achieve mental and physical wellness!

The dictionary defines relaxing as: 'To become less active, and more calm and happy', but our 24/7/365 lifestyles aren't exactly conducive to that, are they? How many of us *really* relax on a regular basis? Even on weekends and holidays, we're constantly connected to everything and everyone, so how can our minds and bodies get the break they desperately need to heal?

As authority on the spiritual side of Chinese medicine, Jean Haner, says: 'Our Western culture doesn't value just *being*, and that's a real problem. Instead we're taught to value *doing*: constantly busy working, chasing more money, or racing towards the next goal. When you ask someone what they do during their downtime, they'll probably laugh and say: "Downtime? What's *that*?" But it shouldn't be a mark of pride to always be busy. We need to balance time spent "doing" with time devoted to "being": regular downtime for periods of deep

replenishment.’ Unfortunately, zoning out in front of the television at the end of a long day is all too often our definition of relaxing.

Bernadette Pleasant, somatic healer and founder of The Emotional Institute, recommends having a space in your home that’s yours alone. Somewhere you can go to truly relax and be yourself. It doesn’t matter how small it is – it’s the knowing that it’s *your* space – to do as you please in – that counts. Bernadette points out that men have always claimed a space in the home that’s uniquely theirs: whether a study, man cave or Dad’s chair. Everyone in the household understands that the man’s space is to be respected, and not disturbed.

‘Batman has a Bat Cave. Superman a phone booth,’ Bernadette says. ‘But Cat Woman – or any other female superhero – I can’t think of a room for her! Similarly, I don’t know that women *claim* a space of their own – a Mom’s room or chair – a place that’s just *her* sanctuary. Even if she has a space that’s carved out for herself – like a sewing room – it’s often perceived as more of a utility room where everyone can come and go as they please. But how can you take care of others and *not* have a space for you to just *be* as a woman? The ability to close a door, and have that boundary respected by the family is essential. A woman has to say “yes” to herself and claim the alone time she needs to refuel and get nourished personally, in private.

‘Women in particular need ritual to ground, and remind them of who they are – even if it’s only 10 minutes a day. Having a sanctuary allows them to drop into the feminine body, become still and quiet (even if they have to use headphones). It’s important that they’re very clear with other household members that they need this time in their sanctuary, and it’s non-negotiable. With time and practice, others will learn to accept it.

‘Your private space needs to be a creative space, a womb where you can *grow*, and learn to create internal safety. If you don’t feel at home within yourself, then you can’t feel truly at home anywhere.’ Bernadette emphasises that people of colour have a very strong need to feel safe at home because they don’t always feel safe in the outside world.

EMOTIONAL OVERLOAD

Most of us are running on emotional overload, which plays havoc with our hormones, and consequently our health. Grief and stress are two of the biggest issues that we deal with on a regular basis, and our homes need to offer us safe harbour to process.

Grief

We often associate grief with bereavement, but there are many other losses throughout life that cause us to grieve, including infidelity, divorce, job or home loss, relocating, retirement, empty nest, health challenges etc. These 'little griefs' can be just as crippling as the death of a loved one – often because we grieve in silence.

In her book, *It's Grief*, therapist Edy Nathan says: 'The disappointments carried within our souls are all part of a grief phenomena. We are grieving all of the time. Depression, anxiety, and even obesity can be in response to a loss, and at the same time can cause a grief reaction. The funny thing is that no one talks about how present grief is in our daily lives. The silence occurs because few people know how to talk about the life cycle of grief. The subject of grief is taboo! Much like the conversation about mental illness. Avoidance seems to be the best coping mechanism. It is the inherent need to deny that prevents this important conversation. The disappointments and rejections are the little "g's" (griefs), while the loss of a limb and the death of a loved one is a big "G".'

Stress

According to the World Health Organization (WHO), stress is the health epidemic of the twenty-first century. Living with stress – or dealing with stressful life events – can cause a drop in our body's dopamine and serotonin production. This can have a negative impact on our health and mood, which makes it even harder to deal with stress. Research has shown that experiencing stress over an extended

period of time can turn into chronic stress, which negatively affects our physical and mental health. In *The Body Keeps the Score*, Bessel van der Kolk shows how traumatic stress literally rearranges our brain's wiring (particularly the areas dedicated to pleasure, engagement, control and trust). He explores some of the many ways to deal effectively with traumatic stress, including neurofeedback, mindfulness techniques, play and yoga.

Stress throws the body out of balance, increases cortisol levels, and keeps us in fight or flight mode. In this state, the body's natural healing mechanism isn't switched on, which makes it vulnerable to germs that can – if the body remains out of balance – lead to disease. This is why it's so important to create a space where you feel comfortable enough to really rest and do nothing.

Because our lives are so fast-paced, we mistakenly believe that, if we just relax or catch up on sleep, we will instantly feel better. Instead we often feel worse after relaxing, but we need to ride it out and trust our body's innate wisdom, which knows how to heal – *if* we allow it to. It's a process, not the flip of a switch. The symptoms we may experience are just the toxicity leaving our system.

'Allow stuff to come up, and don't resist it,' Davyd Farrell, co-founder of Quantum Plant Healing, says. 'It might be anger, grief, exhaustion – just go with it. It's your body processing and releasing. Surround yourself with plants that are going to assist in the process. Plants show us how to listen to our own inner physician. A large part of my work as a plant alchemist is encouraging people to work with plants, letting them show us what's going on in our energetic and physical fields.'

Davyd recommends paying close attention to what we call resting. Ask yourself: am I really resting when I'm watching TV? Or when I'm watching TV *and* reading a book, or playing a game? How often do I sit and do nothing, and don't feel pressured to go and *do* something?

STRESS MANAGEMENT

Our homes can help with stress management – especially if we have a sanctuary of our own to retreat to.

Sensory thresholds

We're all different in terms of what stresses us because we have different thresholds for sensory input: we each sit somewhere on the spectrum between hypersensitive and hyposensitive. Hypersensitive people have a strong reaction to sensory input and startle easily at loud noises or unexpected touch. Hyposensitive people have minimal reaction to sensory input, don't hear when their name is called, don't react when touched, and crave stimulation. Knowing our sensitivity to sensory input and how best to manage it – along with understanding the sensitivities of others who share our home – helps to make life much easier for everyone.

Empowerment and relationship expert, Terri Cole, recommends discovering and sharing your soothing language: 'Dive into the enquiry of what soothes you. It can be so helpful to share your soothing preferences with your loved ones, partner and friends, and to ask them to share with you in return! We are all so different, and what soothes you might not soothe another. Think of it almost like the five love languages. Each of us has a unique way of feeling and receiving love, and I find it to be the same with soothing. Have these conversations when you are both in a calm state, so, when things get rough, you will know how to help soothe one another.'²

Watchful stillness

In an age where we're constantly bombarded with information, and feel driven to connect and be productive 24/7, slowing down and just observing – without the need to *do* – is essential to our mental and physical health. As Jenny Odell says in *How to Do Nothing*: 'To do nothing is to hold yourself still so that you can perceive what is actually there.' Being

still is difficult for most of us. Practising stillness is akin to first going to the gym when we're out of shape: we instantly want to quit because it feels so hard and uncomfortable. Plus we feel guilty because everyone else is so busy, and we automatically think that we're shirking if we're not keeping pace. But the more we practise, the easier it gets. Finding an activity that allows us to slow down and observe – like birdwatching or field sketching – can be helpful in honing our watchful stillness skills. It's highly effective at making us relax and unwind.

Octavia F. Raheem's *Pause, Rest, Be* offers a fresh take on being rather than doing all of the time. The book includes yoga practices but, even if you're not a yoga fan, Octavia's wisdom and advice are restorative and empowering.

Me time

Photographer and creative coach, Carla Coulson believes that creating time for yourself is possibly one of the most valuable uses of your time. 'When you're relaxed, happy and rested, you have the energy and enthusiasm you need to be able to create what you want in life. Exhaustion is the killer of creativity, joy and enthusiasm. If you're procrastinating, or not getting things done, the best thing you can do is look at how you can rest and recuperate. As women, we've been taught that if we do the things we love, we're selfish – but it's actually the opposite. When you're in a vibration of enthusiasm is when you're creating from a place of pure alignment with your soul, and that's where the magic happens.'

Retreating to a sanctuary where you can regenerate, create, meditate, play and connect to your inner desires allows you to be in the present moment – no matter what's happening in the world outside.

SONIA CHOQUETTE SUGGESTS

Do you feel as if you're *expected* to take care of everybody else first, and you last? Are you exhausted and resentful because of

it? Taking care of you isn't wrong or selfish! It's your responsibility to address your needs with the same love as you do anyone else's. Here's how:

- 1.** Let others know that you have a need and ask for their support. Get comfortable with saying: 'I need to do this for me. This is really important to me.'
- 2.** Practise being okay with their disappointment. When you start changing your behaviour, people get insecure and think you don't love them anymore because they equate you prioritising them as love. So end your request for support with: 'I love you. I'm doing this for me.'
- 3.** Learn *not* to volunteer to help all the time. Just breathe through it. Don't offer or do more for others than they're willing to do for themselves. If someone comes to you with a problem, respond differently: listen with interest and compassion, keep breathing, then ask: 'Have you thought how you're going to handle that?' Put the responsibility back into their hands. Affirm your trust and confidence that they'll come up with a good solution.
- 4.** If others refuse to hear and honour your needs, say: 'I'm not going to change you, but I'm going to respond to the choices you're making. If your choice lets me know that what's important to me doesn't matter, I'll bear that in mind when I'm making my choices about *our* relationship.' Don't say about 'you' (that's mean-spirited) and don't try to get the other person to be different: *you* be different.

You're going to be tested, but don't be pushed into getting angry. As soon as you start yelling, you've lost your power. Instead remain calm and remove yourself. Screaming matches hurt and exhaust everyone and achieve nothing. When we're in an ego vibration, we try to control one another and it never

succeeds. Instead, go to a higher frequency, and be sure you breathe. People are used to a certain behaviour from you and, when you change it by treating yourself better, there'll be an adjustment period. So you can also end by saying: 'You'll get used to this. I know it's a change and disruptive but, in the long run, we'll both be happier.'

These techniques get easier the more you practise them!

FIRST IMPRESSIONS

Finding your sanctuary

According to geographer Jay Appleton's prospect-refuge theory, outlined in his 1975 book *The Experience of Landscape*, we all have an inborn desire for opportunity (prospect), and safety (refuge). And as biophilic architectural and interior designer Oliver Heath explains: 'We usually feel the sense of refuge in places that are sheltered, covered from behind and have a view. We feel most relaxed when we can observe our surroundings without being seen by others.'

Where in your current home can you create a safe space that you can retreat to whenever you want – without being interrupted?

Few have the luxury of allocating an entire room to their sanctuary, so thinking outside the box may be necessary: a bathroom not shared with others; a balcony that nobody else uses (although this can have seasonal drawbacks); a window seat that can be screened off to give a sense of privacy.

- Wander around your home with your Book of Inspiration and jot down the areas where you feel most relaxed and safe. Add notes as to what inspires this feeling. Chances are these are spaces where no one else spends much time.
- Choose the space that feels the very best to you, inspires and makes you feel hopeful.

- Decide what might make it feel even safer and more relaxing: screening it off with plants, fabric panels, sheers or a screen? Adding somewhere to sit comfortably? Including a sound conditioner to block out household noise? Adding music?
- Having natural elements in your sanctuary is very calming: plants; a water feature; fire; candles; pebbles to hold; a container of beach sand to dig your fingers into or trace patterns on the surface.
- Make it clear to other family members that it's *your* safe space and has to be respected. If you keep being interrupted, you won't feel safe, and relax. Maintaining boundaries can be challenging if you live with a narcissist. If your sanctuary is a yoga mat, or anywhere that doesn't have a door to close (and, ideally, lock!), intrusions are almost inevitable, which can be very stressful. Unfortunately, many empaths and highly sensitive people (HSPs) are drawn to narcissists – energy vampires, as Dr Christiane Northrup, calls them. In her book, *Dodging Energy Vampires*, she gives excellent advice on how to handle the emotional and mental health consequences – not to mention inevitable health challenges – if the exposure is ongoing.

What you do in your sanctuary should be what feels right to you in the moment: napping; daydreaming; reading for pleasure (not work); meditating; creative activity; dancing, etc. Unlike the rest of your life, there's no set agenda: it's a mini holiday where daily concerns and responsibilities are left outside and you get to do what you want without feeling guilty – which takes some getting used to, I'll admit!

Even if you live alone, it's important – from an energetic standpoint – to have a space in your home that's just for you, where nobody else goes. Try to keep your space free from electronic devices if possible – or have them on silent – and don't be tempted to check social media, emails and messages when you're in your safe space.

The importance of movement

Moving your body daily in your sanctuary is healing. I highly recommend the Non-Linear Movement Method (NLMM), a powerful somatic release modality which requires minimal space (a mat or blanket) and can be practised at any age, fitness level and mobility. NLMM was developed by Michaela Boehm, clinical counsellor and author of *The Wild Woman's Way*, which explores how to free your body from stress and trauma and tap into your inherent creativity.

'The key in NLMM,' Michaela explains, 'is that it "unfreezes" you, and with that, the body's natural genius can release and attend to whatever needs to be let go. Stress, tension, overwhelm and trauma of all kinds tend to put us into fight, flight, or freeze mode. Of those three responses, freeze is the hardest to detect and work with, as you are frozen, which creates a numbness that makes you "feel fine". With this gentle, non-forcing method, stored tension and emotion – as well as programmed coping patterns – can be loosened; and as the body moves it can facilitate its own release and restoration.'³

The movements are designed to be self-regulating and can be done in any position, including lying down, although NLMM is traditionally done on hands and knees as it's the most grounding. You practise with your eyes closed, and keep one part of your body moving at all times as this is what breaks up trauma into flow. There's a comprehensive, 17-minute 'Non-Linear Movement Method Introduction' on YouTube, and live online classes are offered four times a month (michaelaboehm.com).

An expert on intimacy and relationships, Michaela also advocates that couples should have separate spaces to retreat to where they can surround themselves with things they love. This has a positive effect on the relationship because a shared life and all its incumbent responsibilities can kill the spark between two people. Not being together 24/7 is important for the health of the relationship and recreates some of the essential tension present at the beginning when you were first dating.

Music and sound

Einstein said: 'If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music.'⁴ Consider including music in your sanctuary, whether it's through a home sound system, portable speaker, headphones, or ear pods: play whatever makes you happy!

Music is one of the best healing tools for our physical and mental health. Research has shown that dopamine (the happy hormone) is released in the brain when we listen to music, while cortisol (the stress hormone) levels drop.⁵ Studies have found that music therapy reduces stress and anxiety in critically ill patients in intensive care; positively affects depression symptoms (classical, jazz and upbeat songs are the most effective); lowers blood pressure; and helps reduce acute and chronic pain post-operatively and for conditions like fibromyalgia.⁶

Another wonderful option that we'll explore in depth in Chapter 8 is listening to the Schumann Resonances (SR), a set of spectrum peaks in the extremely low frequency portion of the earth's electromagnetic field spectrum. When you tune in to SR, your nervous system and body synchronises with the frequency of the earth and you move out of the beta brain waves associated with stress. Your breathing becomes more relaxed, your heart rate slows, and you enter the alpha brain wave state associated with relaxation. If I'm stuck indoors, my quick fix is listening to 'Pure Schumann Resonance' by Biosfera Relax; there's no music, just SR. It resets my nervous system in 10 minutes!

Light, texture and scent

Harsh, bright lighting doesn't belong in a sanctuary. Natural light, soft mood lighting and candles all enhance relaxation and create ambiance.

Surround yourself with as many natural elements as possible: these reminders of being in nature are calming to the nervous system.

Plants, stones, crystals and driftwood introduce soothing textures and natural fractals, which have a restorative effect and can reduce stress by 60 per cent. Make sure soft furnishings are pleasing to touch and invite you to linger. Have a luxurious blanket or throw in case you get chilly.

A view of nature is always restorative, whether watching birds at a window feeder, or looking out on trees or the sky. Non-rhythmic sensory stimuli (NRSS) improve relaxation, restore energy and reduce anger, aggressiveness and fear.

Diffuse pure essential oils in your sanctuary to bring calm and serenity (please see Chapter 6, page 141) and have flowers you love around you.

EXPRESS YOURSELF

If space is tight in your home and you're having trouble finding an ideal location for your sanctuary, you may have to think laterally! Here are three suggestions to get you started:

1. Hiding in plain sight

If silence and being able to close a door are essential for you in a sanctuary, but you can't have a room of your own, consider investing in a soundproof pod (also known as a telephone booth). Granted, it's a micro space, but it shuts out all noise and distractions. Furnish your pod to *your* taste with things that inspire you. Sheers offer additional privacy while still allowing daylight through. Ideally, try to site your pod in a lower traffic area, like your bedroom. While a pod can dominate a room, you can transform it into an intriguing focal point, especially with clever mood lighting.

Budget tip

A cost-effective alternative to the soundproof pod is to turn a corner in a quiet room into your sanctuary with a cotton or

muslin bed canopy, suspended from the ceiling and draped around a comfy chair or pile of floor cushions (pillows). It's amazing how fabric that can be pulled closed not only makes you feel safer, but deters intrusions. Bed canopies are available in a wide range of colours and dimensions and can range from plain to decorative. Furnishing the space inside your canopy depends on how you plan to use your sanctuary (a space for gentle movement, reading or daydreaming in comfort). Making it sound-proof requires noise-cancelling ear pods or headphones. However, a bed canopy is more of a boho-chic look, so it may not work with all interiors.

2. Repurposing a cupboard (closet)

A home filled with more people and activities than we could stand was the norm during the pandemic, and many of us were so desperate for peace and quiet that we resorted to extreme measures: a large, underused cupboard suddenly became *very* appealing! My sanctuary was my shoe cupboard: a long, narrow space that was surprisingly peaceful once I'd made it cosy (please see Plan 6, page 91). One of my Jack Russells agreed, so his bed had to be added to the set-up! From a historical point of view, closets in large houses in seventeenth-century England were small rooms reserved for the exclusive use of the master or mistress to retreat to for solitude and prayer. How things come full circle!

Look for an underused cupboard that could be reinvented. Ideally, it needs to be one that nobody else in the household uses, and offering enough space for you to stand up and move reasonably freely (hanging garments are a potential issue if you can't push them aside). If it's currently used as a broom cupboard, consider relocating its contents to another area of your home as being surrounded by cleaning tools and products isn't conducive to relaxation!

If the cupboard has an overhead light, you may need to either change

it, or add a fitting that appeals to you – a bare lightbulb casts a harsh light. Alternatively, consider a wireless, portable light, many of which are dimmable, colour-changing and offer a diffused lighting effect. A wireless speaker with good sound quality makes a great addition.

While a repurposed cupboard's lack of daylight and cramped space won't appeal to the Visionary or Warrior personality types (please see page 8), the Free Spirit will probably enjoy its quirky aspect, and the Nurturer will find it cosy – especially if a furry companion joins them.

3. A shamanic retreat

Using a room solely as a sanctuary (playing music, drumming, carrying out spiritual practices etc. and never arguing in the space) contributes to the build-up of positive energy over time. Whenever you step into the room, you'll instantly feel the higher frequency vibration. Author and speaker Anita Moorjani says that she often goes into her sanctuary room at home to recharge for a few minutes when she's having a stressful moment.

Caitlín Matthews, renowned shamanic teacher and author of over 80 books (including *Singing the Soul Back Home*), has a small studio at the bottom of her garden in Oxford which takes your breath away when you cross the threshold. While it's a cosy and very comfortable space with plenty of light, the energy that greets you is palpably different: it's like stepping into another world!

If you have an outdoor space, consider converting – or adding – a shed as your sanctuary. Or if you're hankering after a circular space, invest in a small yurt. When it comes to furnishing your sanctuary, *African Nomadic Architecture* by architect and scholar Labelle Prussin is worth reading. It explores how the nomadic tent's interior space is organised around human need, not objects and appearance; is crafted emotively, not logically; and is rich in colour, pattern, texture and symbolism.

MAKING YOUR SANCTUARY WORK

No sanctuary

You can create a space of your own in a room shared with others as long as you have ear pods or headphones, and good boundaries that are respected by others. If you're struggling with interruptions, try bringing the Japanese custom of *kuuki wo yomu*, 'reading the air', into your household. It requires that people be situationally aware, and attentive to the needs and feelings of others around them – without having to verbally communicate it.

The amount of space required for your sanctuary depends on how you plan to use it:

- Doing yoga, NLMM or creative projects requires more room to move without restriction. Make sure you prioritise your comfort, and that the allotted space – however small – is reserved for your use only. Having some form of screen gives you a sense of privacy and safety: create your perfect nook in a corner with the help of a movable partition; folding screen; curtains; plants; a bookcase set perpendicular to a wall etc.
- For meditating, reading and daydreaming, consider upholstered seating with high back and sides to attenuate noise, comfortably cocoon you and give you a sense of privacy. Position it where nobody is likely to walk in front of you and angle it away from doors and natural corridors. Siting it close to a window not only gives you a view but creates the sense of being in a separate space from the rest of the room.

Small sanctuary

It doesn't matter if the room is a complete contrast to the rest of your home, as long as it feels like a sanctuary to you, and you can completely unwind there. Play to your personality type in Chinese medicine

(please see page 8) with furnishings, colours and layout; for example, flowing lines, water, luxurious fabrics and touches of black for the Dreamer, and no clutter, plants, plenty of green and wood for the Warrior.

For mindfulness, try a tabletop Zen sand garden. If you miss being barefoot on the beach, consider a shaped adult sandbox to ground you. While sunken sandpits are more streamline, you can still create the illusion by gathering low seating or deep floor cushions around the edges. Fill the box with play sand that's 100 per cent dust and silica free.

Soundproofing a small sanctuary makes it feel cosy and safe. (Please see Chapter 1, page 16.)

Large sanctuary

For the Visionary personality type – who'll love having a spacious sanctuary all to themselves – the room should ideally be light-filled, minimalist, with lots of white and metallics, and have a good view. Consider a labyrinth rug for walking meditations – these can calm the mind, relieve stress, anxiety and PTSD.

The Free Spirit wants to share with others, so having a sanctuary that doubles as a music room for instance – with splashes of red and lots of fun, quirky touches – will bring them joy. The Nurturer might love a creative project room with a central 'work island' unit with a generous sized worksurface and a base made up of maximum practical storage – perfect for craft making. If the room is brightened with yellows or warm pastels, has very comfortable seating, and showcases the Nurturer's collections, it will be a wonderful sanctuary.

A movable acoustic partition to divide a large sanctuary whenever you need is handy – especially if it can be folded away to free the room up for other activities.

A FINAL NOTE

You'll always find a sanctuary in nature; sitting under a tree and just 'being' is one of the most grounding, relaxing and healing things you can do – as we'll discover in Chapter 8.

If, like me, you dislike going to the gym, consider volunteering with an organisation like The Conservation Volunteers: you get to work out in nature, *and* contribute to its protection.

CHAPTER SUMMARY

- Having a personal sanctuary or relaxation space – no matter how small – in your home to just 'be' rather than 'do' is vital to mental and physical health.
- Women need to claim a space of their own where the boundary is respected and they have private time for ritual and to recharge – even if it's on a yoga mat.
- Home needs to be safe harbour from grief and stress, which negatively affect our mental and physical health, and make us vulnerable to disease.
- Pay close attention to what you call resting: zoning out in front of the TV doesn't facilitate the healing mechanism. Allowing yourself to do nothing in a space where you feel comfortable lets your body process and release.
- Identify your sensitivity threshold and soothing preferences. Share these with other household members.
- Practise watchful stillness: slow down and observe.
- Have 'me time' in your sanctuary without feeling guilty and do whatever makes you happy there.
- Be sure your sanctuary caters to your innate need for prospect and refuge. Think laterally to find the optimal place – even if it's a bath, balcony, window seat etc.

- Incorporate movement (like the Non-Linear Movement Method); music; healing sound (like the Schumann Resonances); soothing lighting and textures; non-rhythmic sensory stimuli (NRSS); aromatherapy.
- For privacy, consider a soundproof pod or bed canopy, or repurpose a cupboard or outdoor space.
- Create a private nook in a shared room with the following: a movable partition; folding screen; curtains; plants; a bookcase set perpendicular to a wall.
- Take into account your personality type in Chinese medicine when choosing and furnishing your sanctuary.
- To instantly restore: go outside, sit under a tree and just *be!*



Plan 6: Re-purposing a cupboard (closet) into a sanctuary