



THE SOUL SANCTUARY STARTER KIT

**Your Guide to Creating a Healing Space
for Mind, Body & Soul**





Hello and Welcome!

You are here because some part of you is ready to slow down, soften, and create a space that feels safe, nourishing, and truly yours.

This guide is an invitation—not a prescription. There is no right way to build a Soul Sanctuary, only your way. Whether your sanctuary is a quiet corner of a room, a place in nature, or an energetic container you carry within yourself, this work honors your intuition, your pace, and your lived experience.

At **Sophia Reiki & Wellness**, we believe healing is not something given to you by another—it is something that unfolds from within when you feel safe enough to listen to yourself. This starter kit exists to gently support that remembering.

You are encouraged to take what resonates, leave what does not, and trust your inner guidance above all else.

You are the authority of your own healing journey. This space is yours.

Safety & Sovereignty Disclaimer

Your well-being, autonomy, and sense of safety matter deeply.
Here, healing unfolds in safety, compassion, and trust.

The practices, reflections, and suggestions shared in this guide are offered for educational and supportive purposes only. They are not a substitute for medical, psychological, or professional care. If you are experiencing physical health concerns, mental health challenges, or emotional distress that feels overwhelming or unsafe, please seek support from a qualified healthcare or mental health professional.

This guide is designed to be gentle and self-directed. You are always in control of how, when, and whether you engage with any practice. If something feels activating, uncomfortable, or not supportive for you at this time, it is perfectly okay to pause, modify, or set it aside entirely. Listening to your body and nervous system is an act of wisdom, not resistance.

**Above all, please remember:
You do not need
to push, prove, or fix yourself.**

Sophia Reiki & Wellness does not claim to heal, diagnose, predict, or remove conditions, entities, or experiences. Any energetic or spiritual language used is symbolic and experiential, intended to support self-awareness and personal reflection—not to define your reality or override your discernment.

By using this guide, you affirm your own sovereignty and take full responsibility for your experience. You are encouraged to ground yourself, move slowly, and reach out for additional support whenever needed.



GETTING STARTED

Choosing a Space

You can create a sanctuary wherever you are, even when away from home.

Have a look around, do you already have a favorite physical space for sitting in the sun, reading, meditating or praying?

This space merely needs to be one that encourages you to nurture yourself with gentle soothing thoughts and activities that help you be your most creative and expressive.

Give yourself a moment to daydream about enhancements you could make to your intended space to create an environment free of distractions and disturbances.



WHY CREATE YOUR OWN SPACE?

A Soul Sanctuary is any peaceful space that you have dedicated to serve as your personal haven for deep nurturing self-care. Even if you are just visiting this space and cannot develop a long-term practice there, having your own private space allows for your most powerful inner and outer transformations.

CREATE & AMPLIFY

The Intended Space

- Spend some time thinking about why you want a dedicated sanctuary space.
- As your intentions begin to form, ponder how you might benefit from having a private space for your inner self-care.
- How would you like the space to be treated by others who share the space? Boundaries and rules help maintain your sanctuary.



My intention for this sacred sanctuary is:

[Blank space for writing intentions]

At any given time, our powerful minds can create their own blissful realities with just a single intention...

In creating this sacred space, I seek to:

[Blank space for writing goals]

Rules for use of my sanctuary space:

[Blank space for writing rules]

CLEANING & CLEARING

Your Sacred Sanctuary

STEP 1: CLEAN & PREPARE

- Remove all trash or items you can donate.
- Gather up all dirty linens, dishes or clothing.
- Neaten and organize anything out of place.
- Prepare a non-toxic cleaning spray (see below).
- Pair a clean rag with spray on all surfaces and the air.
- Sweep/vacuum floors. Mop with the cleaning spray.



STEP 2: CLEAR & AMPLIFY

- Start by saying aloud the intentions you created for your sanctuary
- Light a candle and burn incense or sage
- Say aloud: “ *May divine love and light clear this space of all energies that do not serve its highest good.*”



CREATE YOUR OWN DIY CLEANING SPRAY

1. Start with an empty spray bottle.
2. Mix 1 part hydrogen peroxide/vinegar with 4 parts filtered/distilled water (1:4).
3. Add in 7-10 drops of your favorite essential oil (tea tree, orange, rosemary, or thyme work best for cleaning).

MAXIMIZE COMFORT

Enhance Your Sanctuary

- Plants**--Fill your space with indoor plants to clean the air and protect the energy of the space.
- Candles**--Protective yet gentle, candles may provide the perfect lighting for your safe space.
- Journal & Pen**--Create a safe visual space to vent, record pearls of wisdom and set goals for your soul care.
- Blankets/Mats**--Ensure a sense of safety, warmth and ease with floor mats, blankets and heating pads.
- Crystals**--Crystals vibrate at frequencies much greater than our own and can support the healing process.
- Tissues/Handkerchief**--Prepare in advance for tears to avoid disrupting your self care session.
- Cushions/Pillows**--Use pillows, cushions and stuffed animals to create a comfortable environment for your soul healing.
- Essential oils/Incense**--Calm your senses with relaxing scents diffused as essential oils or burned as incense.
- Refreshments**--Stabilize your blood sugar levels with juice/tea and healthy snacks (e.g. sliced vegetables, raw/dried fruit, nuts/seeds.)



**GROUNDING
EXERCISE**

Soulful Journaling

In your favorite journal, write out each prompt and record your answers. You may find it helpful to use a timer and set for 5-10 minutes for each prompt.

- **What is my soul's origin mission, its purpose and specific calling for this lifetime?**

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- **What does my soul need me to know right now about my purpose here on earth?**

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- **What actions do I need to take to align to my soul's purpose and achieve a sense of deep fulfillment in my life?**

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GUIDED MEDITATION

For Self-Healing

Come with an open mind. Release expectations. There is nothing to achieve—only space to listen.

This meditation is meant to unfold gently over time—through short, consistent sessions that grow with you.

Deep soul healing is not meant to be rushed or completed in a single sitting. Trust the pace of your body and spirit.

Begin with 5 minutes, then gradually increase by 5-minute increments as feels supportive. Your ideal meditation length may shift from day to day. Use a gentle or vibrational timer to avoid startling the nervous system.



OPENING BREATHWORK

- Bring awareness to your natural breath, observing without judgment.
- Begin by slowly lengthening your exhale. As the breath softens, allow the inhale to deepen naturally.
- Place your right hand on your belly and left hand on your heart. Exhale fully. As you inhale, gently expand the belly like a balloon, pausing briefly at the top.
- Exhale slowly, guiding the belly inward. Repeat 3–5 times at a pace that feels easeful.

GUIDED MEDITATION

Connecting with Your Higher Self

You are meant to live connected—to your intuition, inner wisdom, and guiding presence. This practice is a reunion between your conscious awareness and your Higher Self. You may speak freely from the heart, or softly repeat:

“My dear Soul, thank you for allowing me to nurture, heal, and grow within the loving care of my highest self”.

ALLOWING GUIDANCE TO FLOW

Close your eyes and breathe deeply.

Imagine yourself in a place of peace—perhaps near water, on a mountain, or somewhere entirely your own. As you breathe, your body grows lighter. The sky shifts into a radiant sunset of pinks, purples, and gold, surrounding you completely.

You soften into this light, feeling safe, warm, and at ease. Concerns gently dissolve. Your body realigns. Your mind releases old patterns. In your heart, you recognize this feeling—you are home.

Rest here in quiet connection, smiling as you sense your soul’s presence with you.

CLOSING BREATHS

Return your attention to the breath. Inhale for 4, hold for 4, exhale for 4. Repeat with counts of 5, then 6, moving only as feels comfortable.

CONTINUING YOUR PRACTICE

As you return to this meditation, invite self-love and self-compassion to guide your journey. Healing unfolds through gentleness, patience, and trust. Let this practice support you—again and again—as you deepen your connection to yourself.

NEXT STEPS

From Sanctuary to Success

Hi! I am Sophia- a compassionate Healer with with a Master's Degree in Humane Education, Reiki Master certification, and credentials as a Spiritual & Transformational Life Coach and Yoga Teacher.

For over a decade, I've been guiding others to awaken their healing power and reclaim soul sovereignty with intention and grace.

My approach prioritizes:

- Empowerment over Dependency--Discover self-trust and self-healing
- Soul Sovereignty: Your autonomy, intuition, and inner connection
- Gentle Care: Nurturing, nonjudgmental support for your unique journey



I designed this starter kit to help you create safety anywhere and transform any space into a healing chamber where you can access your own inner healing abilities!

THE WORLD NEEDS YOU...

To unleash the gifts within.

Now is the perfect time to nurture your journey.

You'll know you're ready for support when the longing for deeper connection, healing, and soulful growth becomes impossible to ignore—and you feel called to **reclaim your inner guidance and authentic self.**

[Schedule a FREE Call](#)

