

# Eight Tips for a More Nurturing Home

Have you ever thought about what a Nurturing Home might be for you? We nurture our families, our gardens, our jobs, our pets. Why can't we set up our homes to nurture us more - to be more of a place of refuge for us? What does this mean for you? Consider the powerful eight-step formula below that you could use to decide what nurtures you most. Also, experiment with using Essential Oils to enhance this process.

## Define Your Nurturing Home...

First, sit quietly and contemplate what feels good to you in your home. Maybe use an essential oil that you are attracted to, such as Inspiration, Clarity, or White Angelica from Young Living as a way to focus. Think about what qualities a Nurturing Home would have.

## Write Down What You Want...

Describe qualities that would be in your Nurturing Space. The more specific you are here, the easier it is to focus on and achieve.

## Discuss Your Ideas...

Share with others your notions of what qualities a Nurturing Home would have. Listen to others' ideas. Add to your own list.

## Where Are These Qualities...

Write down where these qualities already exist in your home. Do this inside and out.

## Transfer the Qualities to a Feng Shui Abstraction of your Home...

Using the Feng Shui Nine-Square Grid (Bagua) over your floor plan, note which qualities are present and in which sectors of your home they are located. Which places feel good? Which feel bad? Realize that many Nurturing qualities you seek already exist..

## Are the Qualities for a Nurturing Home Where You Spend Time...

It should be fairly easy to look at a Bagua and figure out where nurturing qualities already exist in your home. Which “good feeling” places are unused or seem to be in the wrong place? Sit with the feeling of being nurtured to figure out how to use nurturing spaces more.

## Should There Be Nurturing Qualities in Other Areas...

Are there any spaces that have the ambiance of nurturing that you aren't spending enough time in? This could include places of rest, places where people gather, dining spaces, outside spaces, work and play areas.

## Essential Oils Raise the Vibration in a Space...

Find at least one essential oil you like that could create a more nurturing space and use it to raise the vibration in your home.