

CREATING
Sacred Soul Space[™]
for Abundance



Dr. Lisa Thompson

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Creating Sacred Soul Space™ for Abundance

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Creating Sacred Soul Space for Abundance

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Published by Dr. Lisa Thompson and Mystic Manta Publishing, LLC

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Dr. Lisa Thompson offers a variety of spiritual and transformational services to women who are a match for her message, mission and the global audience of awakened women she serves.



**Creating Sacred Soul Space™
for Abundance**

About Dr. Lisa Thompson



**Best-selling Author
Speaker
Intuitive Transformational Coach**

Consciously merging her practical tools as a scientist and interior designer with her intuitive and spiritual gifts, Dr. Lisa Thompson empowers, inspires, and supports women to create Sacred Soul Space within and around them. She works with clients to create environments that support them physically, emotionally, and spiritually, to release blockages and limitations, and to access self-love, worthiness, and inner wisdom.

Lisa is the best-selling author of ***Sacred Soul Love: Manifesting True Love and Happiness by Revealing and Healing Blockages and Limitations*** and ***Sacred Soul Spaces: Designing Your Personal Oasis***. She is a contributing author of the international best-selling books, ***Inspirations: 101 Uplifting Stories for Daily Happiness*** and ***Manifestations: True Stories of Bringing the Imagined Into Reality*** (As You Wish Publishing).

Lisa is a soul-inspiring speaker for Celebrate Your Life and Inspired LIFE! Women's Event, as well as an expert faculty member of Inspired Living University. She is a contributing author for Aspire Magazine.

Lisa earned a PhD in Organismal Biology and Anatomy from the University of Chicago and was a professor of Biology specializing in anatomy, physiology and evolution of animals. After leaving academia, she followed her passion for interior design and began her award-winning business, Design Smart. In her 11 years in the industry, she has worked with thousands of clients to design and stage their homes and offices. She is an Advanced Certified Past Life Regression Coach and uses additional metaphysical tools, including Human Design, in her work.

Let's continue the connection on social media.

Facebook: [Lisa Thompson - Author](#)

Facebook Group: [Sacred Soul Spaces: Designing Your Personal Oasis](#)

Creating Sacred Soul Space™ for Abundance

“Environment is stronger than willpower.”

- Buckminster Fuller

A Sacred Soul Space includes the physical, emotional, and spiritual aspects of the environment we are surrounded by. On a physical level, it is a personal sanctuary where you are able to immerse yourself into a multi-sensory environment that supports and strengthens your dreams and desires. On an emotional level, it is doing activities that keep you balanced. On a spiritual level, it is connecting to your higher self and tapping into Universal Consciousness.

Below, I share strategies you can use to create Sacred Soul Space for Abundance.

Physical Environment

Clutter Clearing – Clutter stifles the energy flowing through a room, so that the energy is stagnant and feels heavy and oppressive/claustrophobic. This blocks new opportunities and experiences, including abundance, from coming your way. It can cause you to spend more money than you would otherwise because you don't know what you have in your home already. When a room is clutter free, it feels open and expansive. It creates possibility and uplifts the spirit. It allows new opportunities to enter your life. When you are clearing out your spaces, ask yourself: Do I love this? Do I use this? Have I used it or worn it in the last two years? If the answer is no, it's time to let it go.

Power Position – When you are arranging the furniture in your room, you want to keep your main piece of furniture in the power position when possible. This means that when you are sitting at your desk in your office, sitting in your living room, or sleeping in your bed, you are able to see the main entry door from your position. You can see who and what is coming into the room. Energetically, you can feel the abundance flowing in. Do not block the entry doorway with furniture pieces, as it will stifle the energy flow.

Colors – Incorporating colors into your physical space that carry the frequency of abundance is highly beneficial. These colors include green, purple, gold, silver, and brown. You can introduce the colors into your space in a variety of ways such as in fabrics, artwork, décor pieces, and crystals.

Greenery – Similar to colors, certain plants carry the energy of abundance. These include the Jasmine, Bamboo, Money Plant, Basil, and Honeysuckle.

Emotional Environment

Pre-emptive Gratitude List – At some point in your day, write out a pre-emptive gratitude list. These are the things you want to create in your life. Write them as if they have already happened and you are thankful for them. For instance, if you want to create abundance in your life, you might write out: I am grateful for the abundance and prosperity that flows continuously into my life.

Essential Oils – Different scents and smells can trigger unique emotions and feelings within us, as well as memories within our brains. Smells can affect our physiology. Choosing essential oils, fragrant plants, and fragrant candles specifically based on their own unique properties will enhance how we respond to our emotional environment. Use oils that elicit the feeling of abundance.

Spiritual Environment

Abundance Vision Board – Creating a vision board helps you visualize your goals and dreams daily and is a powerful tool of manifestation. Having a vision board energizes the space with your intentions even more powerfully. When you are in your space looking at your board, you are able to generate more energy toward your dreams, so they become reality. When creating a vision board, choose imagery and words that elicit feelings of abundance and prosperity.

Mantras & Affirmations – An effective practice that can help you connect to your spiritual self and rewire your brain is saying mantras or affirmations. A mantra can be a single word or sound repeated over and over to aid in concentration for meditation. Affirmations are motivational statements or slogans written or spoken in present tense using positive words. It is imperative to make it a daily practice to repeat the affirmation to yourself throughout the day. You might want to write it on a piece of paper that you put in a place that you see frequently such as in your car, on your bathroom mirror or at your office.

Meditation and Visualization – There are many different ways to do meditation. For creating abundance, you can focus on your specific dreams and goals. You can say mantras or affirmations while meditating to enhance your experience. Visualize what it is you want to call forth, and feel it as if it already exists in your reality. With meditation, the more you do it, the easier it gets.

Creating *Sacred Soul Space*TM for **Abundance** Cheat Sheet

Affirmation:

*"I am grateful for the abundance and prosperity
that flows continuously into my life."*

Crystals:

Amber, Aventurine, Cinnabar, Citrine, Diamond, Herkimer Diamond, Jade, Malachite, Peridot, Pyrite

Essential Oils:

Cumin, Ginger, Litsea, Orange

Plants:

Jasmine, Bamboo, Money Plant, Basil, Honeysuckle

Colors:

Green, Purple, Gold, Silver, Brown

