

The Center of Your Home

Written by Administrator

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[SPIRITUAL CENTER – The Inner You](#)

The very 'Center' of the house is like its Heart Center. This part of the home is known as the 'Spiritual Core', and is the perfect place for members of the household to spend time with each other. The energy of this part of the house sends vibrations to the rest of the house like ripples; it tends to float around and sets the mood of the place.

Many a times this part happens to be a dark passage or a storage area which is pressed down by a cluttered loft. In such cases care must be taken to keep the area well lit and organized. A beautiful yellow feature; in the form of a painting; or a flower arrangement can uplift the energy here. It is an excellent place to get in tune with oneself.

If you are searching for a relationship, or are having problems within a relationship, spend some quality time by yourself in this part of your home.

This is a good place for meditation. If you do not know how to meditate, simply relax here. Take several deep breaths, close your eyes, and consciously relax different parts of your body. When you feel totally relaxed, concentrate on your breath and let your mind wander wherever it will. You may find deep Inner Peace that you never knew existed; just let go; when you your eyes you will feel refreshed, relaxed and empowered to move on in life.

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Spending time on your own; may be fifteen to twenty minutes; in the spiritual center of your home periodically; can be very beneficial to your physical, mental and spiritual self.