



*Ten Rooms.
Ten Blessings.*

*Affirming the
Sacred Nature of
Your Home*

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About this Book

Someone recently told me something very wise about blessings:

When we bless something, we are not changing it's nature, we are affirming its nature.

Blessings are not magical incantations. They are verbal affirmations of the sacred nature of the world we live in. They are not asking the Divine to look at the world we've created; they are asking us to look at the world as Divinely created.

I use the blessings you will find in this book when I work with clients to declutter their homes. We don't bless the room when we are done decluttering. We bless it before we declutter. We bless it to acknowledge that beneath the clutter we are about to remove, this room is already blessed. Because the sacred is already there. Waiting to be seen. Waiting to be unveiled. Waiting to be decluttered. Waiting to shine.

Here's how I'd like you to use this book. Don't just read it. Print this book out. Hang the blessings in each corresponding rooms or spaces in your home. Bless your rooms for their sacred purposes. Because once you see the sacred nature shining, you will also see what it blocking it. And that's how decluttering begins.

You can find out more about how you can declutter your blessed home and doubly-blessed heart in my book, [Breathing Room: Open Your Heart by Decluttering Your Home](#). You can find out how to work with me personally by going to lgrosenfeld.com.

Blessed be,

I.r.

Copyright

A portion of this e-book is excerpted from Breathing Room: Open Your Heart by Decluttering Your Home by Lauren Rosenfeld and Dr. Melva Green.

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You can purchase a full copy of Breathing Room: Open Your Heart by Decluttering Your Home by going to this link:

<http://tinyurl.com/getbreathingroom>

About the Author

Lauren Rosenfeld, M.A., M.Ed, is a Soul Declutterer and a Spiritual Treasure Hunter: Since childhood, she has been a spiritual intuitive who is able to see spiritual lessons shining even in life's most challenging situations.

She has written two books to guide readers toward finding miracles within the mundane: [Your To Be List](#) and [Breathing Room: Open Your Heart by Decluttering Your Home](#).

Lauren lives in the Asheville, North Carolina with her soul mate and creative partner, James and is mother to four amazing teenaged kids. She walks her talk: she cleans her own house. She plunges the toilets. She scoops the cat box. She digs in the dirt. She keep her nails trimmed short because her hands frequently get dirty.

She believes life is a sacred mess and that every mess is an opportunity to connect with the sacred.

You can learn more about how to declutter your home and heart and how to work personally with Lauren by visiting lgrosenfeld.com.

A Blessing for Your Home Entry

May the entry of my home be filled with the light of kindness and the warmth of welcome. May its doorway serve as a healthy boundary between my self and the world outside. May it allow in people and energies that serve my highest purpose in the world, and act as a barrier to anything that would harm me or drain me of my precious energy. May it be blessed with countless warm embraces and joyous reunions. May its walls reverberate with laughter and shouts of joy. May all who are allowed entry find peace and solace within; may everyone who leaves learn that they have grown in heart and in spirit.

A Blessing for Your Dining Room

May all who sit down at this table be thoroughly nourished: body, mind, heart, and spirit. May their needs be met. May what they consume nourish their deepest needs and help them grow in strength and vitality, so that their lives may be of service. Let not the poisons of hatred, fear, and anger be served at this table. May we be warmed by what we consume. May each of us leave this table feeling that we have partaken in the miracles of food, family, and friendship. May we never take these things for granted, for the awareness of the miracle of nourishment is perhaps the greatest blessing of all. May we receive the strength to return to this table to be blessed yet again.

A Blessing for Your Kitchen

May this kitchen be a source of nourishment. May the meals created here be of service to the Divine One who created the food it contains. May we cook and eat with mindfulness and awareness. May we see the miracle of sustenance and life within every morsel of food and not eat with greed. May the cabinets be filled with enough food to meet the needs of this household, but not so much that it goes to waste. May we remember that not every being walks this planet with a full belly or a full heart, so let us be grateful for our abundance. We pray that all beings be relieved from the suffering of physical, emotional, and spiritual hunger. May the food I cook in this kitchen strengthen me to bring about a day where no more hunger is felt, when all may sit down in peace and find their bellies filled with food and their hearts filled with love.

A Blessing for Your Child's Room

May this room be filled with love and creativity, joy and growth. May I peek into this room, with all its clutter and mess and chaos, and give thanks for a child who is healthy, whole, and full of wonder. May I have the strength to see through my child's troubles with patience and compassion, for I was once a child and needed those things. May I celebrate growth and be there to guide it. This room will not be occupied for long. If I do my job well, and fill my child's heart with confidence, love, and security, the day will come when they will leave this room and wave good-bye. So for now, I pour my love into this room. I fill it with light. I surround it with safety. I look for the blessings within.

Even the mess. Even the clutter. Every sock, shoe, marker, doll, and toy car is an opportunity to teach my child to embrace what is true and to release what is not.

May they always continue down the path of love knowing how to do just this.

A Blessing for Your Home Office or Studio

May this room be blessed with abundance: abundant joy, abundant wealth, abundant wisdom, and abundant creativity. May I learn to say “thank you” to my thankless tasks, so that I may see that no activity is devoid of spiritual lessons. Everything is sacred, even my bills, my taxes, my writer’s block, and the empty canvas. May I know myself to be a true spiritual warrior and face my fears in this room, so I might clear the blockages that are preventing true spiritual energy and Divine light to flow through this space.

A Blessing for Your Bedroom

May this bedroom be a haven of peace and a refuge of love. May I find within these walls perfect rest in the arms of the Divine. May the love shared here be an expression of that first, perfect love: the love of the Divine, Holy Oneness for Creation. May my worries vanish like mist in the sunshine of pure love. May the Moon shine her tender light into this space, filling it with gentleness and kindness. May I rest in her light and be safe. May my dreams lead me down the path to insight. May I arise wiser and stronger every morning. May I carry the love and comfort I feel in this room out into the world each day, offering peace and safety to those whose lives I touch.

A Blessing for Your Bathroom

May I find cleansing and renewal in this place. May I find within myself the willingness to accept and love myself, completely. I see that I am aging, but I know that beauty changes over time. I see that there are flaws, but I know that flaws are individual adornments, gems of my uniqueness. I accept myself and embrace my body. In doing so, I accept and embrace Life, for I am its manifestation. May I come to this room daily and see within it the opportunity to experience true love—for Self, Life, and the Divine One who created it all.

A Blessing for Your Storage

May I have the wisdom to only store what is meaningful, helpful, and serves the life I am living. May this room not represent fear of letting go but willingness to shift and change with time. May I have the wisdom to realize that even though I may treasure what is in here, it is not me. It has never been me. It may tell my story, but I am the living essence of that story. May this place be open and free. May it only hold what I truly treasure and need, and may I have the courage to let go of what I do not treasure or need. May the thought of this place make me feel peaceful and safe. May I always be a wise steward of its contents.

A Blessing for Your Living Room

May I abide in peace in this place and find rest here. May my eyes be open to my many blessings: life, family, and friendship. Remind me that this space itself is a gift of comfort, free from fear, distraction, and worry. May happiness arrive as a most honored and beloved guest. May I find the peace in this space and in that peace, may I grow the capacity for happiness. May we share joy here, and may this room always retain some measure of our joy, providing light and comfort in times of distress. May this living room be a room filled with the breath of Life: a Living Room and Living Refuge.

A Blessing for Your Breathing Room

May I always find within my home and my heart, room for mindfulness, compassion, and forgiveness. May there always be space for peace and reconciliation. May I find within these walls a refuge for cultivating peace in this world -- a world that is so frequently torn asunder by violence and anger. I bless this space in my home and my heart, so that I not only have a compassionate refuge, but that I also become a compassionate refuge; knowing as I do that no greater human calling than becoming a compassionate refuge for a world in need.