

RED BIRD & CO. *Sanctuary* MASTERCLASS SERIES



WORKBOOK

AWAKEN THE WISDOM AND THE SCIENCE THAT WILL HELP
YOU CREATE YOUR PERSONAL SANCTUARY SPACE

IN THIS MASTERCLASS, YOU WILL:

- **DISCOVER** the time-tested science, soul, and style secrets, foundational to your success, that will effortlessly guide you in crafting your sanctuary design.
- **UNVEIL** the peace and potential awaiting you, interwoven with the magic of healing beauty, to create a sanctuary space that resonates with your soul on a profound level.
- **AWAKEN** the wisdom and the science that can help you create your personal Sanctuary space

ABOUT ANNIE RED BIRD

Hi Friend! I'm Annie Red Bird, Design Intuitive and Wellness Sanctuary Expert for over 25 years, I've helped change thousands of people's worlds through distinctive landscape design and guidance creating inner and outer space for deeper connections, renewal, and well-being.

By empowering women to deeply care for themselves by MAKING "Me Space" -- HEALING NATURE-infused SPACE for THEMSELVES, I've seen firsthand how this helps open to the mystic and next-level self-care, reclaim a sense of wholeness, and recalibrate to the myriad of midlife changes.

Together, we'll unveil the peace and potential awaiting you, interwoven with the magic of healing beauty, to create space for peace, beauty, magic, and reconnection.

Welcome in. Welcome out. Welcome back home to YOU.



UNEARTHING GOODNESS FOR WELLBEING

WHAT IS sanctuary...

Sanctuary is finding that *out there* in Healing Nature which is reflective, responsive, restorative for the *in here*, to rebalance or mimic homeostasis.

It is an energy above all else that brings you home to yourself - to the Divine within you.

Safe haven, refuge, asylum, retreat, transcending **more than just another pretty space, it becomes our Sacred Space.**

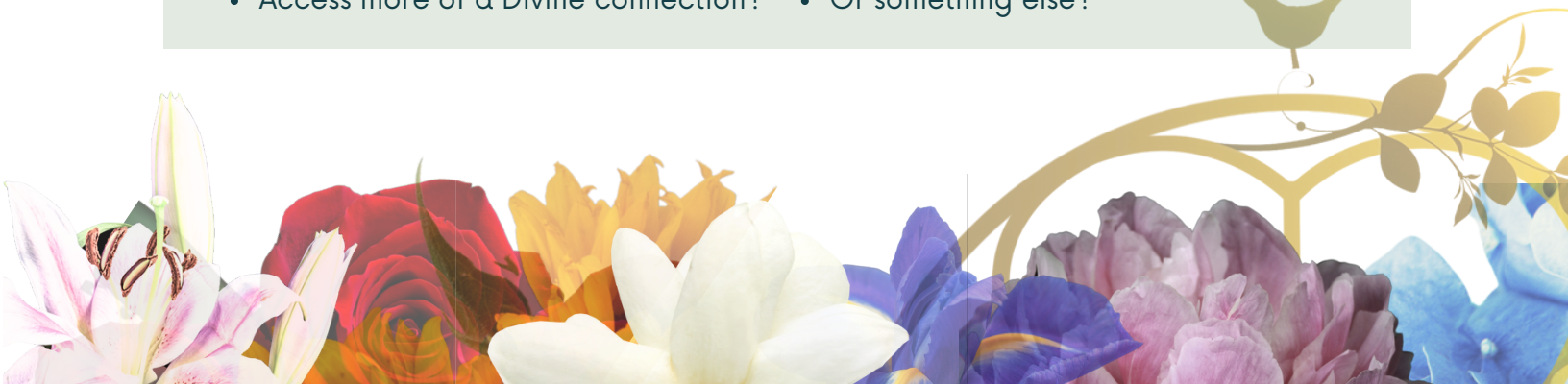
Sanctuary is a physical representation of the weaving of our worlds - the spiritual and practical - together with the magical, mystical, and medicinal so that we find a safe place and feel grounded, reverent, holy, and empowered. It is where our souls can find delight, peace, inspiration, and joy.

To hear our own wisdom, to receive support, and to commune with the sacred beauty of Healing Nature while we navigate our path of personal growth.

What's the biggest result you are looking for in creating your personal sanctuary space?

EXAMPLES:

- Feel more peaceful & balanced?
- Nurture yourself?
- Access more of a Divine connection?
- Create wild beauty magic?
- Personal work healing?
- Elevate the vibe in your existing space?
- Or something else?





1 Secret

SYNC YOUR SENSES

By designing positive sensory-richness outside where senses can play off each other and sync with needs and wants inside (clarity, calm, creativeness), evidence shows we feel more connected, better, focused, restored - faster and more sustained.

- Drench the Senses - this is the reparative root of all Sanctuary-making
- Intentional - 2 or more senses positively stimulated / soothed at a time
- Sensory CPR for your CNS - for rest, relaxation, decreased bp & pulse
- Nature attracts our attention without depleting the body of energy (Cooper Marcus, 2005) and elevates our state of being (vibration).

During this season of your life, which of your 5 senses needs some CPR / tender care right now?





CONNECT YOUR COLOR

Select colors that align with your Sanctuary Signature Style, harmonize with your desired feeling and result in raising your vibration.

- We crave colors that bring us balance - color connects us with (positive) feelings of the past, present and future.
- Convey the story of you through your color hues - a harmonious ribbon running through your Sanctuary tying elements, mood, story together.
- Remember - colors are in furnishings + bark, pods, blooms, mulch.
- Colors have energy - warm colors (red, oranges, yellows) feel energizing and cozy while cool colors (greens, blues, purples) tend to induce a sense of calm and openness. And bridge colors are magical.

What's your desired vibe? Vibrant, active sanctuary space to enliven your senses, heart rate, brainpower, creativity or a soothing, serene scene of relaxation, restoration, retreat?





GREEN YOUR SCENE

Use your code, your Sacred Beauty Code, to know what to buffer and boost in for Sanctuary. This will help focused attention and energy on what matters - YOU and your healing.

- Neuroaesthetics - know your Code and solve the riddle of styling (and over-consumption) (Zeki)
- Mind:Body connection - green views help heal you, without effort (!) (Ulrich, 1984 and Marcus and Barnes, 1999)
- Go for green gold - use the 70:30 ratio - more softscape than hardscape - to help soothe stress 24/7.
- Repetition is your friend - your brain will thank you for not having to work so hard at "reading" the space so that you may tune in.

Review your views - where do you need a buffer or to create a sense of being held?





PLAN(T) YOUR ALLIES

Growing continuity between our calendars, natural world, season at hand and season of our lives, reinforces an instinctive bond between us and nature (Wilson, 1984).

- Tell time - a 4-season space calibrates your clock (circadian rhythms), and nurtures you to be in the NOW (impermanence and interconnectivity).
- Seasonal interest moves our attention from sick or ick to pleasure, and wonder (Kaplan 1995).
- Plant recipes for Sanctuaries - energetic cures as vibrational medicine.
- Plant and Flower Magic - boost manifestation.

What's the mantra for self growth, wellbeing, and healing that you want your plant allies to chant, remind, reflect back to you?





5 Secret

FURNISH TO FEEL GOOD

Make it meaningful for the YOU you adore and are Becoming.

- Expressing your Sanctuary Signature Style in your space is a way to feel liberty, telling your soul's autobiography in that place and affirms your intentions.
- Select elements that trigger good memories to trigger healing feelings.
- Control is key, emotionally. Being able to control (change up) our physical and social environment helps us feel better (Ulrich, 1999)
- Grace your sacred space with elements that comfort & empower you, reflecting back your unique essence. Pick wisely and purposefully.

What immediate changes do you want to make in your space, that will have the most impact on making you FEEL comfortable (aka your desired way of BEING)?

Any pieces that you can repurpose from elsewhere?





ENGAGE YOUR (RE)WILDING

In order to BE in Sanctuary, get to know your birds, bees, and other creatures akin to teaching you to be wild and free.

- Instinctual bond - "nature DNA-print" (Biophilia)
- Pre-programmed - we're drawn to nature and we're healthier in all realms when this connection is energized (Wilson, 1984)
- Get wild - proven benefit of distraction from worrisome thoughts while repairing and restoring habitat for creatures great and small
- Triggers for your own great undoing of "domestication"
- Positive momentary distractions of wildlife - good for the tired brain and help us FEEL free
- Connect with guidance and wisdom of nature - restore sense of expansion and sacredness

What are you growing that attracts your native and natural cohorts (co-conspirators of your Sanctuary Within) that will assist you in remembering ALL OF WHO YOU ARE?





7 Secret

WELCOME THE WOOD & Sanctuary Within

Sanctuary Within is in essence our most restored expression of SELF harmony, balance, beauty and peace.

- Reclaiming a wisdom and resiliency - grows intuition and inner guru
- Design "skills" from the inside-out - Divine Creative Spark and Sacred Beauty Code
- Tap into the "assistance" of Healing Nature - creature large and small
- Guidance from Divine Feminine Architects
- Renewal of your Sacred Feminine power and connection
- Fast track to creating Sanctuary - it guides your life + style

What can you evoke, tease out, connect, integrate in your daily to help OPEN up your intuitive channel for healing, grounding, rooting you back to your sacred self?





**Now, sit back, close your eyes, and imagine your space
with these Secrets woven throughout.**

IMAGINE YOUR SANCTUARY...

What does your space look and feel like?

How is it supporting you?

How are you using it?





7 TO CREATING YOUR PERSONAL SANCTUARY SPACE SECRETS

FOR MAGIC, PEACE, BALANCE, RECONNECTION

checklist

**THROUGHOUT YOUR SANCTUARY SPACE-MAKING JOURNEY
COME BACK TO THESE TIME-TESTED SCIENCE, SOUL, AND
STYLE SECRETS, TO ENSURE YOUR SUCCESS...**

ASK YOURSELF... DOES MY SACRED SANCTUARY SPACE...

- ☐ **Sync 2 (or more) of Your Senses and support your Sacred Beauty Code.** Your senses are a connection to your being: feelings, experiences, and how you make sense of the world.
- ☐ **Connect Your Color for purpose, meaning, healing, and intention, especially for your energetic body (chakra).** Color outside the lines to connect your story and life's seasons with the natural world.
- ☐ **Green Your Scene with at least a 60:40 rule of more plants than hardscape.** Green views help you buffer bad views and boost your mood.
- ☐ **Plant Seasonal Interest to help you be present to the seasons.** Nature's seasonal cues help you rise easier, rest better and restore your natural rhythms.
- ☐ **Furnish to Feel Good and reflect back empowerment, encouragement, and delight,** making it meaningful for the YOU, you are becoming.
- ☐ **Engage (Wild)Life in a way that creates habitat and supports a radiant and restorative life for you and others.** This distraction interaction assures us of a sacred companionship & a reminder that we are never alone in the natural world.
- ☐ **Welcome the Woo of Life** by containing elements of magic, connection with a higher sense, the sacred and support YOU, your Sanctuary Within.

WELCOME

in your next steps...

NOW THAT YOU'VE UNCOVERED THESE SECRETS FOR CREATING YOUR SANCTUARY SPACE...

Let's spend some time together to discover specific Sanctuary possibilities **just for you** so you experience the empowerment, healing, and sacred beauty that awaits you, shall we?

Click the button to get to my calendar and book yourself a 20-minute complimentary **Sanctuary Discovery Call!**

From this time together, you'll have a unique Sanctuary Plan and the confidence to take the next best steps in realizing sanctuary for YOU.

[BOOK THIS CALL!](#)



WELCOME

out to your beautiful wellbeing