

A FREE GUIDE FROM ORIAH HERA MIRZA

THE SACRED NOOK STARTER GUIDE

Create a sensory sanctuary in the space you already have

ORIAH'S NEST x CHAKRA COZY

Start with the feeling

Design the nervous-system experience first. Decorate second.

A sacred nook can live in a closet, an unused corner, beside a bed, under a staircase, or behind a simple curtain. It does not need to be expensive or large. It needs to feel intentional.

Choose three feeling words

Examples: held, quiet, earthy, playful, mysterious, cocooned, spacious, feminine, strong, oceanic, ancestral.

My nook should feel: _____

Choose the purpose

DECOMPRESS Transition out of work, school, sport, or social overload.

CREATE Write, dream, draw, listen, or imagine.

CONNECT Meditate, pray, reflect, or sit with someone you love.

Build in five sensory layers

LIGHT Use a warm lamp, dimmer, salt lamp, or battery candle. Avoid bright overhead light.

TOUCH Add one grounding texture: linen, velvet, wool, faux fur, raw wood, or a weighted cushion.

SOUND Soften echoes with textiles. Add headphones, a small speaker, or gentle water sound if desired.

SCENT Choose one subtle anchor such as cedar, citrus, rose, lavender, or unscented fresh air.

SIGHT Edit what is visible. Keep only objects that settle, inspire, or carry meaning.

A sanctuary is not another place to store clutter. Leave some visual breathing room.

The one-hour sanctuary plan

0-10 MINUTES Clear the area completely and clean the surfaces.

10-20 MINUTES Choose seating and test your posture. Your body should feel supported.

20-35 MINUTES Add light and one soft texture.

35-45 MINUTES Place one meaningful object and one sensory anchor.

45-55 MINUTES Remove anything that feels busy, performative, or unnecessary.

55-60 MINUTES Sit in the space. Notice what your body wants changed.

Your sanctuary rule

This space is for restoration, not scrolling, storage, arguments, or unfinished work.