



Activity Thirteen: The Space Box

Purpose:

This activity is about creating space you can take with you. It's a simple exercise that can be done at any time before, during or after transition. It is really a start whenever, do whenever, keep forever project.

Introduction:

For those of us who live a mobile lifestyle, it can be very challenging to create space – space to put our stuff, space to be ourselves, space for our memories and space for our hopes of things to come. We often end up bottling them up inside us and, really, sometimes there's no better place than the heart to carry the things that can easily be transported. But at the same time, when you lack a permanent home, it can be helpful to maintain something concrete and physical. That's where the Space Box comes in.

Supplies:

A box – preferably a small one. It doesn't have to be anything fancy, but you will want to find something that you're comfortable having out and present, so visually appealing to you is important.

Trinkets – one or two things of personal significance. The longer you use the box, the more things you'll likely have.

What to Do:

Find a place that you love – a place with which you have positive or important memories. Sit or stand comfortably in that place. Open the box. Close your eyes and be present with whatever your senses are telling you – the sounds, the smells, the air, the emotions and thoughts that come up for you. Now, imagine all of those energies joining together and visualize them being collected in the box – your space, coming together for you, in this little space. And then close the box. When you arrive wherever you're going – open the box. Do the ritual in reverse. Acknowledge the space from the place (or places) you came from accompanying you to your new home. Leave the box open – on your dresser, your desk, your nightstand. See it and remember that where you were before is a part of where you are now.

You can repeat this process everywhere you go – leaving and collecting space and arriving and releasing space. It's a tiny (and highly portable) reminder that you're always, always at home.