

RENEWAL

OCTOBER 2025

ISSUE 1

MIGRATION

navigating by the stars

POCKET SANCTUARY

Claim a quiet corner

homing *instincts*

with Laura Lavigne

BIRD'S-EYE VIEW | WORK-IN-PROGRESS | TOOLS FOR THE JOURNEY

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MIGRATION



Welcome



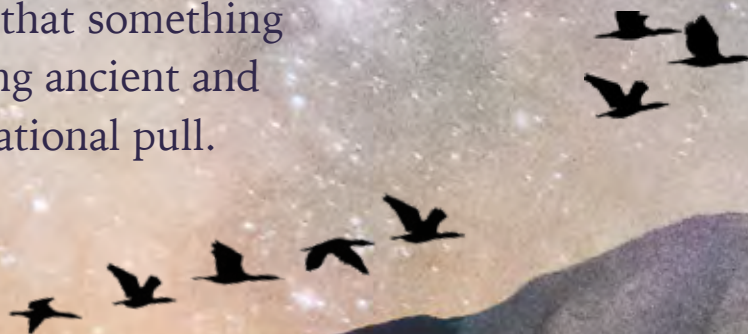
I'm so glad you're here. My name is Constance and I've created RENEWAL, a monthly digital magazine, to help bring more presence, intention and meaning to life—yours and mine.

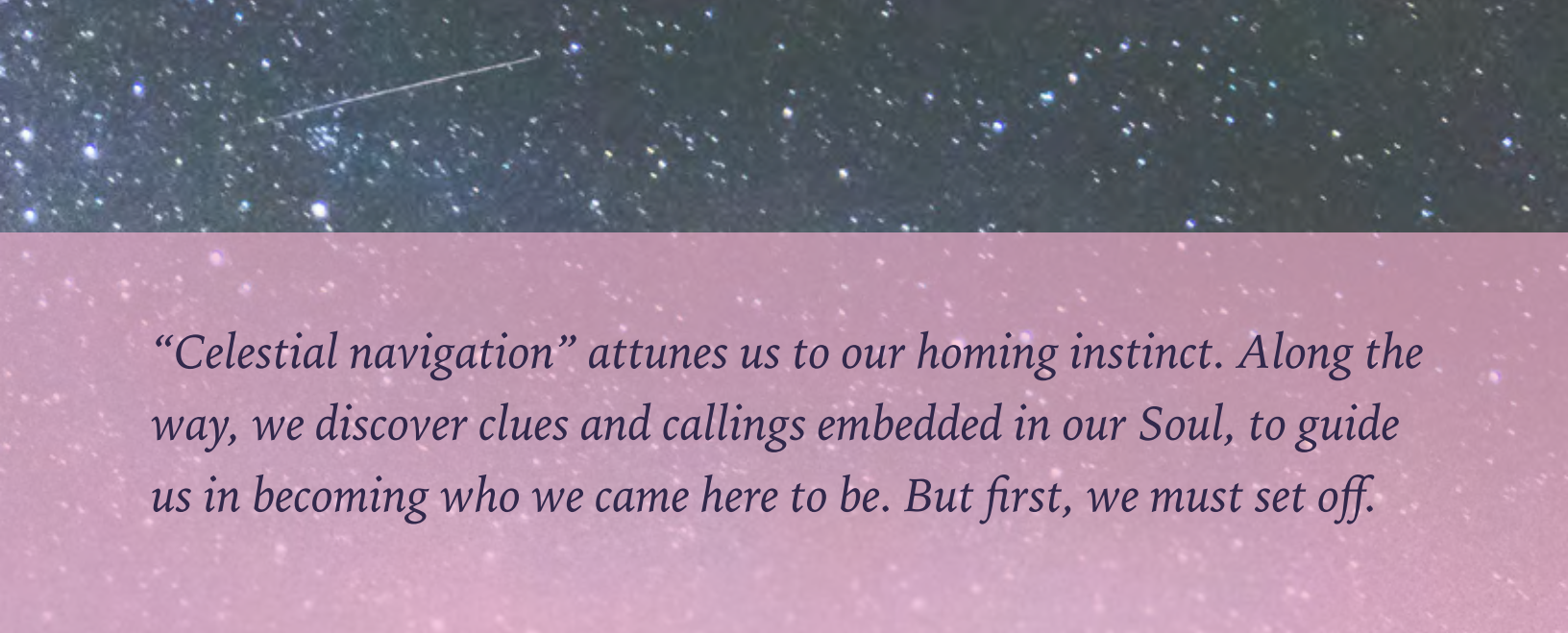
It's apt that this first issue's theme, MIGRATION, focuses on beginning a long journey. The lift off, the inner dialogue of doubt, wings flapping madly trying to get a vision "off the ground."

In **Bird's-Eye View**, we take an elevated view of navigation. **Sacred Space** aims to be a yummy resource on creating a sanctuary in your home. In **Flock Talk**, we journey with artist and writer **Laura Lavigne**, as she describes the "homing instinct" that guides her. **Playing with Nature** gives us an excuse to tromp out into the wild for creative inspiration. In **work in progress**, I'll take you behind the scenes of my own creative processes. **Tools for the Journey** wants to be a bit of a wellspring. **Closing Circle**: a few last words and a digital hug. And finally, **On the Horizon** gives you just a whiff of next month's theme. Enjoy the journey!


Navigating *by the Stars*

Imagine lifting off from your familiar territory. In some cases, the only place you have ever known. You don't know what lies ahead, only that something calls to you. Something ancient and invisible, like a gravitational pull. Magnetic. Instinctual.





“Celestial navigation” attunes us to our homing instinct. Along the way, we discover clues and callings embedded in our Soul, to guide us in becoming who we came here to be. But first, we must set off.



You begin the ascent and your wings beat hard against the dark velvet sky. By embarking on this epic journey, you join a grand, timeless community of seekers, attuned to an inner knowing.

You travel with a cohort, headed in the same direction, each following their own “true North,” an inner GPS. Each taking turns in the lead

position, calling out in the dark, so others, too, can find their way.

The deep silence of a star-filled night brings clarity. Visions emerge. You get glimpses of a unique and authentic adventure imprinted on the walls of your Soul before you ever arrived to this magnificent planet.

SACRED SPACE

POCKET SANCTUARY

CREATING SACRED SPACE AT HOME





Consecrating space at home is such an intimate creation— and hopefully, a co-creation. No template or blueprint or done-for-you product will do. The sanctuary you create will reflect who you are in the same way your voice or a signature does.

CONSECRATION

No matter what elements you select, take time to infuse them with Love. Set the intention that the area will be used only in a sacred way. No bills, no keys, no stuff.

Creating a mood board for your sanctuary or just imagine ideas. Bonus if objects come to you via synchronicity. Practice manifesting the rest. Be open to upgrades you never would have dreamed of — an exquisite bowl, a string of prayer beads, a fragrant candle with symbolic meaning. Often, they find you.

It's not about the objects, or looking "impressive." It's about presence, meaning and intention. Even a single candle can be a conduit for reverence.

PLACEMENT

The size of your space is not as important as keeping it sacred. Avoid high-traffic areas, if possible.

Tune inward to get nudges or guidance. Ask it where it feels at home?

Once you have chosen an area, clean it thoroughly. Clear any clutter from nearby areas. Declare it a no-phone zone.

ELEMENTS

MIX, MATCH, MANIFEST

Fine cloth
candle - fire
bowl - water
rocks - earth
feather - air
metal
herbs - flowers
prayer beads
quotes/holy texts
crystals
journal/pen
oracles-affirmations
mirror
sage-cedar-incense
prayer rug
charms
images
music
pillow
silence



Pocket Practice

A tiny daily practice so you can stay present, calm and intentional.

It's comprised of three, 3-minute rituals: Morning, upon awakening; Transition, from work to personal mode; and Night, with a gentle send off to the land of dreams.

RISING RITUAL *Awaken with a 3-min uplift for the day ahead.*



Presence (1 min):
Light a candle
(or turn on fairy
lights) in your

Pocket Sanctuary. Hold your hand over your heart and spend a few moments to connect with your heart space. Take a deep breath through your nose. Hold and release it through your mouth. **Be present** with what is: rain, sun, anxiety, joy, noise, quiet, feelings, all of it. Deep breath, hold, then let it go slowly. "Thank you. I enter the threshold of this day." Take one step forward through the symbolic threshold.



Embodied Gratitude (1 min):
Inhale again,
stretching your
arms, with your

palms meeting above your head. Hold briefly. On the exhale, bring your hands down, palms together in front of your heart. "I feel grateful to be awake and alive." Think of one thing you appreciate that makes you smile. Repeat the stretch and hand placement. "I am so glad that _____." Give life another smile, and hold it for 20 seconds.



Intentions (1 min):
Choose three
intention words
for the day. Set
them as loose,

embryonic ideas for what you're "calling in" today or claiming today. Ease, Focus? Flow, Quiet, Joy? Trust your intuition, letting words bubble up. Write them down in your journal.

Closing Let out one last cleansing breath. "Thank you." Extinguish the candle or turn off the lights, leaving the sanctuary clear.

THRESHOLD RITUAL Transition your focus in this liminal Cocoon.



Enter Threshold (30 seconds):

As soon as possible after leaving “work-mode,” enter the cocoon of letting go.

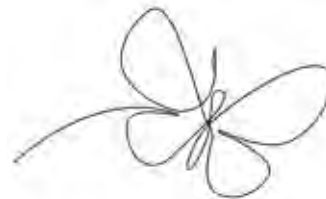
You can do this inside your home after entering, in the garage or foyer, or in a bathroom stall after work before socializing.



Cocoon

(2 min): Let go of the work day whether at home,

school or office. Wrap your arms around yourself in a self hug, creating a small cocoon. Breathe deeply, let go a deep sigh of release. No doing. No thinking about doing. Just BE.



Emerge (30 seconds): Breathe deeply. Shake your arms to “release” the cocoon.

Now, choose how to spend the evening in a way that nourishes your soul. “I am fully present now for this next segment of life.”

LULLABY RITUAL Embrace night with a slowdown for your soul.



Grateful Release

(1 min): Light a candle (or turn on fairy lights) in

your sacred space, to kindle a quiet, end-of-day presence. Breathe in. Make a conscious breath of release of lingering worries, exhaling them up into the symbolic night sky. Focus on, and mull on three highlights from the day. “Thank you. All is well.”



Lullaby

(90 seconds): Invite peaceful sleep by gently, gently

rocking back and forth. Hum a quiet melody if that feels soothing. Stroke your cheek with your hand as if to say, “Shhh. Shhhh.” Rub your ear. Allow yourself to feel your own nurturing self-love.



Final Blessing

(30 seconds): Connect

with your inner being, allies, angels, ancestors, the Divine in whatever form it expresses itself to you. Extinguish the candle/lights with a quiet “good night.” Linger a few moments, to savor another day of being human and to welcome rest.

[Download as a print-friendly PDF.](#)

Homing *instincts*

Laura Lavigne: navigating from the heart

In Laura Lavigne's mother tongue, French, the word for *heart* is "coeur." And woven from that stem, we get the English word: courage.

These two languages blend and meld in Lavigne's mind, having moved to the U.S. with her parents in her teens. Now, she's added a third language: Spanish, where the word for heart is *corazón*

In whatever language she uses, she speaks "corazón" fluently.

"I love speaking three languages," she wrote in our cross-cultural exchange. "I feel that each one represents a slightly different version of me." As a writer, she uses words carefully and when one language doesn't hold the exact meaning, she has two others to choose from to get it right. Sometimes she mixes them "all in one sentence," much like she mixes colors for her art.



*“Traveler, there is no path.
The path is made by walking.”*
— poet Antonio Machado



Creativity and Connection rank high in Lavigne’s “Essences,” a practice of clarity she teaches in her workshops and retreats.

“I feel very lucky to be able to speak Spanish because I know that it makes a big difference in my life here. But I am not 100% fluent and this asks for some humility.

She felt the pull towards Mexico years before she ever set foot there.

“I used to draw palm trees in my notebooks in school, I loved the way my name sounded in Spanish,” she explains.

“The first time I ‘went’ to Mexico was while on a long road trip with my

three kids. We drove from Anacortes, Wash. to San Diego, Calif. where we set up our tent.”

In the morning, they crossed the border for just a few hours.

COMING HOME

“I could not bear being so close and not going into the country. We drove past the checkpoint and it was as though a key turned gently into a lock.”

That feeling, sensation of alignment is how her “inner GPS” guides her.

“I did not even know WHY I wanted it so badly,” she recalls.

Continued on next page



Opposite: Laura in her preferred habitat.

Top: Celebrating the installation of her “Wall of Hearts,” a 100-piece assemblage of community-created hearts.

Above: First day arriving in Mexico, 2020, with her pup Lila.



Homing instincts continued

“What called me the most? A knowing, a need. An invitation to my cells. My soul knew that there was a home for me there.”

After raising three children, Lavigne returned to Mexico, this time to offer Happiness Retreats, a spinoff of The Center for Happiness she had established in Anacortes.

“In 2020 the pandemic created a new shift in my life, as in many others’. It became clear that we had to close The Center for Happiness.”

Her work as a Life Coach meant she could work from literally anywhere.

“I took that opportunity to quietly slip away to Mexico with my pup, Lila.”

There, in a tiny cabin between the ocean and the jungle, she took out her paints and brushes and started painting hearts.

“I did not stop,” she said



of the surge of creativity that spilled out, once given the chance.

She painted, gifted and sold many of her paintings, dubbed *Corazones de Colores*, or *Colorful Hearts*.

A DREAM TAKES HOLD

“Meanwhile, I built my own casita closer to the jungle,” she writes.

My ideal habitat holds a blend of privacy and community.

“I recognized — for the first time — that it was time for me to create a proper, grown-up container for my inner artist.”

She built an art studio adjacent to her casita.

“Big open doors, surrounded by birds and bougainvillea and hibiscus



THIS LIFE...

Laura Lavigne's heart-filled, art-filled Substack blog explores the creative life with authenticity, warmth and wisdom. Here's an excerpt from her latest post:

This year I have had the fun of knowing the me-in-the-jungle, the me-in-the city, and the me-in-the-desert, and with each one I have observed the way something subtle in me shifts and also something undoubtedly remains. My Essence, I am guessing.

[Read more here:](#)

and the sounds of the jungle. A dream.”

LIFE RESPONDED

Since then, she has hosted several art shows in Mexico and the United States. Her work has evolved to include evocative portraits of people from the communities that tug on her heart.

She continues to listen for whispers of new possibilities.

“My heart guides my brush,” she said. And, her feet as well.

“I look forward to many more years of this sacred dance.”

Connect with her at LauraLavigne.com



If your heart has been whispering about Mexico, consider attending Lavigne's Joy and Inspiration Coyoacán Retreat.

November 13-19, 2025.

[One. spot. left.](#)



One of Lavigne's "Community Portraits."

LEAVING

Every year, nature gives a masterclass on “Letting Go,” about the **release part** of transformation.

Under the October New Moon, I watch as many things I’m fond of disappear: foliage, warmth, daylight and the robin’s optimism.

As the wind kicks up and dark clouds roll in, the birds change shifts right before my eyes:

Woodpecker. Towhee. Crow.

Fall gives us a choice: hunker down and ride it out, or fly south for the winter. It helps to have a plan. A vision.

So, maybe you set off, letting go of what once held so much life force and vitality. You let go and move forward at the same time.

Your mood lifts as you spot that old red barn with 30 acres of muddy cropland. A place to land. A place to rest, to get your bearings again.

All of it, even the timing —especially the timing —orchestrated in service to Renewal.

In the distance, maybe you hear a flock (of some kind) calling. Will you stay put or lift off?

CAM

FALL MANDALAS

Connect with nature by noticing what's around you. This time of year, it's easy to find a few treasures rights outside your door or at a local park.

Find a nice piece of cloth, pour some tea or whatever you like, and spend a fall evening playing with nature.



Try a mandala or just play with shapes and texture.



work-in-progress



As summer shifted into fall, I changed my FB cover photo to an image of a pair of Trumpeter Swans in flight. My friend and former colleague, Trinkka Baron, commented with a special request: She wanted that image for her bedroom. "Swans mate for life," she said.



Trinka and Paul Baron

Her husband, Paul Baron, plays trumpet professionally (as in tours the world) and they often travel together. Perfect!

Paintings with meaning are my favorite kind to create: to celebrate a milestone, in this case of two beautiful humans' commitment to share the epic journey of life together.

We agreed on a canvas size, timing and price and now I've got a new fall project.



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RITUAL *for* LETTING GO

This is a non-traditional Ritual. Feel free to tailor it to suit your beliefs.

- 1 Mark this time as sacred. Unplug. Breathe. Center yourself. Hold this presence until the Ritual is complete.
 - 2 Go outside and collect a handful of fallen leaves. Inside, gently towel dry.
 - 3 Sit comfortably in quiet, repeatedly finishing this prompt, from both your mind and your heart:
I know it's time to let go of
_____.
- When something comes to mind, write it with a marker on one of the dried leaves. Keep writing until nothing else comes to you.
- 4 Sit with each one for a moment. Thank it for what it has brought to your life. You wouldn't still be holding on, if it

hadn't brought some value. Imagine yourself without this person, place, thing, behavior. What does your life look like without it?

- 5 Ask yourself, am I *really* willing to let go of this? Let go of any "shoulds," which is not the same as being willing for things to change. It's better to have less leaves, each with a strong commitment behind it.
- 6 Go back outside. When you're ready, release the leaves into the wind. This act aligns you with nature's rhythm of release
- 7 Inside, hold space for the ritual to deepen. Spend a few minutes to write in your journal. When you feel complete, close out the sense of "sacred time" with an expression of gratitude.



As an artist, I can often spend hours focused on the small details. Now and then, it helps to take a step back to see the full picture. To see how all the details are part of a larger story.

That can be tricky in life, as the pace seems to speed up exponentially.

The new Moon can be a time to step back, if just for a few moments. To catch

our breath. To course correct. To muster courage or inspiration, or whatever we think we need for the next leg of the journey.

I hope this publication, released on the new Moon, can be that moment for you: A reset. A chance to stand back and see the big picture.

A moment to get your bearings, before setting off on your epic journey.

RENEWAL

Coming on the next new Moon

NOVEMBER 20, 2025

CONNECTION



If you have an image or story about SACRED SPACES, please email constance@constancemears.com.

If you would like to write for RENEWAL, email constance@constancemears.com with RENEWAL submission in the subject line. No compensation at this time, but your bio can include a link.

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