**44. Ideal Home Visualisation: Step Into Your Indoor Jungle**

**Alexandria Lawrence:** [00:00:00] Hello, lovely listeners. Today, let's bring the beauty of nature into the comfort of your home. What would it feel like to step into your own indoor jungle; the home of your dreams filled with plants and light and joy. So, find a cozy spot. Sit back and make yourself comfortable.

 Take a deep breath in. And breathe out.

 Let's open the door and step inside your home.

 Here you are. You softly close the front door and are inside your beautiful home.

You immediately feel at ease. And do you notice how fresh your home feels? There's a clean, clear, fresh quality to the air.

A certain uplifting lightness. As though an invisible string is supporting you from the tips of your toes, to the top of your head. Your shoulders are gently relaxed, rolled back, in a natural position. And your head is light and uplifted. Your whole body feels weightless and free of care.

The entryway to your home feels so cozy and welcoming. And spacious. [00:02:00]

You look straight ahead at the view in front of you. The view stretching through a light, airy hallway, right through to the kitchen and living area, which looks out onto the garden. That whole expansive view from your front door to your garden.

The hallway itself is flooded in soft filtered light. The perfect home for a multitude of happy house plants. Your eye travels up to see beautiful layers of lush greens. Hanging baskets of trailing plants. Your hands brush against their soft silky leaves as you walk [00:03:00] through the hallway.

And do you enter the main living area of your home. And there it is. The plant throne. It's the coziest of cozy places. Your own private oasis. A comfy seat with just the right amount of squish.

You gently sink into it, and feel the luxurious fabric bounce back ever so slightly. And settle under the relaxed weight of your body. Lean back a bit more and enjoy the feel of those plush velvet cushions. They're silky soft and cheerful. A nice splash of [00:04:00] color.

 Vibrant in yellow or pink or your favorite bold color. Just the thing for velvet cushions.

 There's even the perfect pouffe to pop under your feet, just lifting them nicely and allowing you to fully relax.

This is your plant throne and you're surrounded by the most luscious tropical plants. In such a variety of greens. The deep, dark enveloping green of tropical plants with giant perforated leaves. Like the cheese plant. The Monstera deliciosa. Proper jungle style. And delicious, even in name. [00:05:00]

And then there's the bright neon green of new growth and new life. Filtered light streams in through the gorgeous skylight above you. And through your stunning floor to ceiling windows. You feel the sunshine gently caressing your face. This light filtered by giant palm fronds.

You reach out and touch a glossy leaf of the Bird of Paradise plant. Those giant glossy green leaves. And lucky you, your plant is even in bloom and full of exotic orange and purple flowers.

It feels like you're in a tropical [00:06:00] paradise. But this oasis you've created in the comfort of your own home.

 Feel that deep sigh of contentment and relaxation. The only thing perhaps missing is ah, There she is. A silvery soft cat with the most gorgeous green eyes settles down next to you. Her fur is silky smooth and her warm body riggles a bit in your lap, before she settles into a deep, happy purr.

There you are. Perfectly content, relaxed and happy. Cozy in your beautiful home, perched on your luxurious plant [00:07:00] throne. You are truly the queen or king of your domain.

 Take a few deep breaths.

Before you slowly open your eyes.

 Hope you enjoyed that visualization. And return to your indoor jungle whenever you like.

Whenever you need a little break or a spark of inspiration. Your luxurious plant throne will be here waiting for you. Or you might be inspired to bring it to life in [00:08:00] your own home. That's our show then. Thank you so much for listening. I'm Alexandria, and this is ALSO in PINK. The podcast, all about lifestyle design. If you enjoyed the show, please subscribe to ALSO in PINK, wherever you get your podcasts. And the absolute best way to show your support is to write a review on Apple Podcasts or iTunes. This really helps more than anything to promote the show. And, of course, tell all your friends. Thank you so much for your support. Until next time, have a wonderful week. Redefine what's possible and create your ideal life.