



Welcome to Your Healing Vault

A quiet place for the moments your mind gets loud and you need to come back to what's true

Inside this protected space, simple tools, reflection pages, texting scripts, and short guided audios designed to help you come back to yourself and rebuild trust

Becoming Sanctuary Healing Vault

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Before you begin

You do not need to move through this vault perfectly

This space was created for the real-life moments when confusion, mixed signals, self-doubt, or old conditioning make it hard to hear your own truth.

Use the shelf that best matches what feels most present right now.

You are not here to force answers.

You don't need to figure everything out right now.

You are here to reconnect with:

- what your body noticed
- what the pattern is showing
- what your feelings are protecting
- what truth keeps returning
- what support helps you feel safe

***consistency creates safety, not
intensity***



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Which Shelf Should I choose?

Choose what feels most present

Questioning what happened
→ Reality + Discernment

Triggered by a text
→ Boundaries + Scripts

emotions feel “too much”
→ Emotional Healing

Spiraling / overthinking
→ Start Here

want newest support
→ Bonus Drops



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How To Use The Vault

The best way to move through this space

Start with the shelf that matches
your current emotional state

Let your body guide what you need first

Use the reflection pages slowly

Repeat the same tools as often
as needed

Come back anytime confusion begins

repetition builds self-trust



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Before opening another shelf, pause here

Ask yourself

What feels most present right now?

Is this confusion, grief, anger, or fear?

What does my body need first?

clarity, comfort, or a boundary?

What truth keeps trying to surface?

My body gets a vote



Becoming Sanctuary Healing Vault

Come back as often as you need

This vault was created for the moments your old patterns want to pull you away from yourself.

Each time you return here, you are practicing something powerful:
becoming a safe place for your own truth
instead of looking outside yourself for answers

*Welcome back to
yourself*



Becoming Sanctuary Healing Vault