



DEUS INTUS
Awaken the Power Within

THE SACRED SPACE AUDIT

A clarity, purpose, visual-noise,
sensory-support and ritual-readiness
assessment for turning a room into
supportive infrastructure.

DIGITAL COMPANION · DI-DP-029

Your environment does not need to be perfect.

It needs to make the state and behaviour you value easier to enter.

Audit one room. Judge it by what it makes easier or harder. Change the highest-leverage friction before buying more.

Observe

Read the room as evidence rather than as a reflection of personal worth.

Reset

Make one removal, one repositioning and one intentional addition.

Reinforce

Attach the space to one repeatable ritual and review what changes.



A supportive space is a coordinated system.

Each dimension asks whether the room reduces friction and reinforces deliberate living.

01 / DEFINE

Clarity

Is the purpose obvious and the next action easy?

02 / CONTAIN

Visual Noise

Does the room protect attention from unnecessary competition?

03 / SUPPORT

Sensory Support

Do light, sound, air, texture and temperature help?

04 / ANCHOR

Symbolic Intention

Do objects and art carry deliberate meaning?

05 / BEGIN

Ritual Readiness

Can the chosen practice start without lengthy preparation?

Clarity defines the room. Containment protects attention. Sensory support regulates the body. Symbolic intention directs meaning. Ritual readiness turns the environment into behaviour.

THE ONE ROOM I AM AUDITING

THE STATE OR BEHAVIOUR IT SHOULD SUPPORT

Judge the space by evidence.

Rate each statement from the room as it exists today, not the room you intend to create.

1 / RARELY TRUE

Active obstruction

The environment regularly works against the intended state or action.

2 / OCCASIONALLY TRUE

Unreliable support

Helpful conditions exist, but friction usually dominates.

3 / SOMETIMES TRUE

Mixed evidence

The room helps in some conditions but not consistently.

4 / USUALLY TRUE

Reliable support

The environment normally makes the intended behaviour easier.

5 / CONSISTENTLY TRUE

Established infrastructure

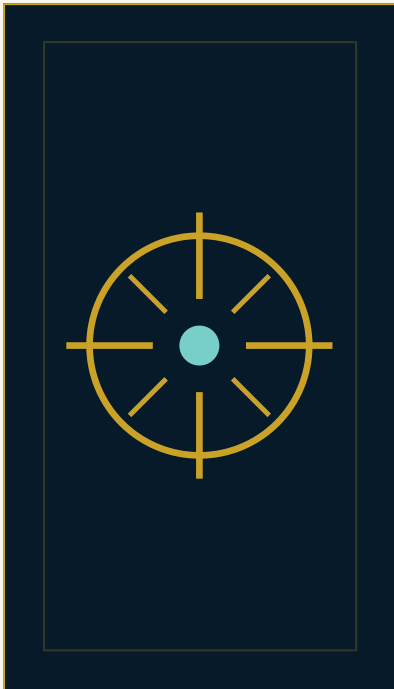
The room consistently reinforces its purpose, even under ordinary disruption.

For each dimension: add the four responses, subtract 4, divide by 16, then multiply by 100.

CURRENT CONTEXT AFFECTING THE ROOM

ONE LIMITATION I MUST WORK AROUND SAFELY

Clarity



A clear room makes its purpose visible and reduces the number of decisions required before action begins.

READ THIS DIMENSION

Use when the room feels directionless, multipurpose or difficult to begin in.

GROUNDED GUARDRAIL

Clarity does not require minimalism. It requires every zone and object to support an understood function.

01 The room's primary purpose is obvious when I enter it.

1	2	3	4	5
---	---	---	---	---

02 The tools or objects needed for the main activity are easy to find and use.

1	2	3	4	5
---	---	---	---	---

03 Each zone of the room has a clear function rather than competing demands.

1	2	3	4	5
---	---	---	---	---

04 Pathways, surfaces and furniture make the next intended action easier.

1	2	3	4	5
---	---	---	---	---

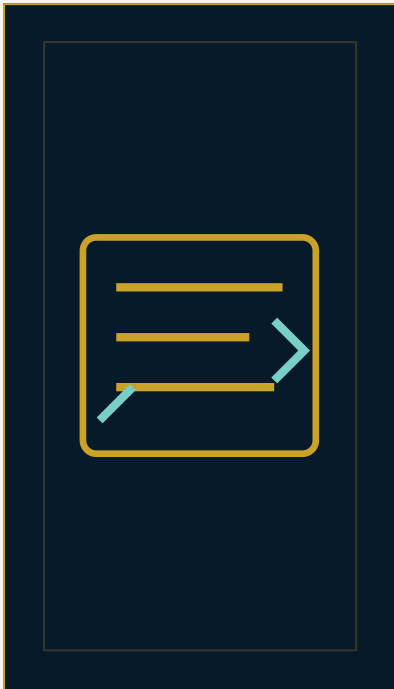
DIMENSION SCORE

Clarity

THE STRONGEST EVIDENCE AFFECTING THIS SCORE

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Visual Noise



Visual noise is any visible competition that repeatedly pulls attention away from the room's intended use.

READ THIS DIMENSION

Use when surfaces, storage, paper, screens or unfinished tasks create constant mental demand.

GROUNDED GUARDRAIL

Containment is not concealment. The goal is to make important tools visible and irrelevant competition quieter.

05 Visible objects have a clear use, meaning or deliberate place.

1	2	3	4	5
---	---	---	---	---

06 Surfaces and displays do not constantly compete for my attention.

1	2	3	4	5
---	---	---	---	---

07 Storage makes it easy to return items after use.

1	2	3	4	5
---	---	---	---	---

08 Cables, paper, screens and unfinished tasks are contained rather than visually dominant.

1	2	3	4	5
---	---	---	---	---

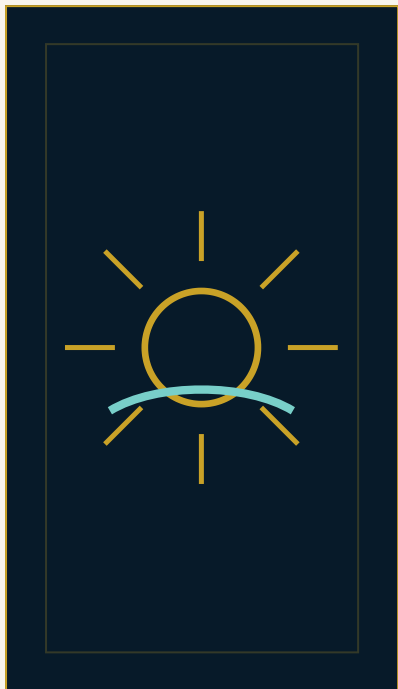
DIMENSION SCORE

Visual Noise

THE STRONGEST EVIDENCE AFFECTING THIS SCORE

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Sensory Support



The nervous system reads light, sound, air, texture and temperature before conscious intention has fully arrived.

READ THIS DIMENSION

Use when the room feels harsh, flat, restless, dark, noisy or physically uncomfortable.

GROUNDED GUARDRAIL

Do not prioritise aesthetics over ventilation, accessibility, electrical safety or physical comfort.

09 Lighting supports the activity and state I want in this room.

1	2	3	4	5
---	---	---	---	---

10 Sound and background noise are manageable for the room's purpose.

1	2	3	4	5
---	---	---	---	---

11 Air, temperature and texture support comfort without demanding attention.

1	2	3	4	5
---	---	---	---	---

12 Scent, colour and material choices feel coherent rather than overstimulating.

1	2	3	4	5
---	---	---	---	---

DIMENSION SCORE

Sensory Support

THE STRONGEST EVIDENCE AFFECTING THIS SCORE

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Symbolic Intention



A deliberate object can compress a value, season or practice into a visible cue. Too many symbols dilute the message.

READ THIS DIMENSION

Use when the room looks attractive but feels emotionally random or disconnected from your values.

GROUNDED GUARDRAIL

A symbol is a reflective anchor, not a magical mechanism. Its value is demonstrated through the behaviour it cues.

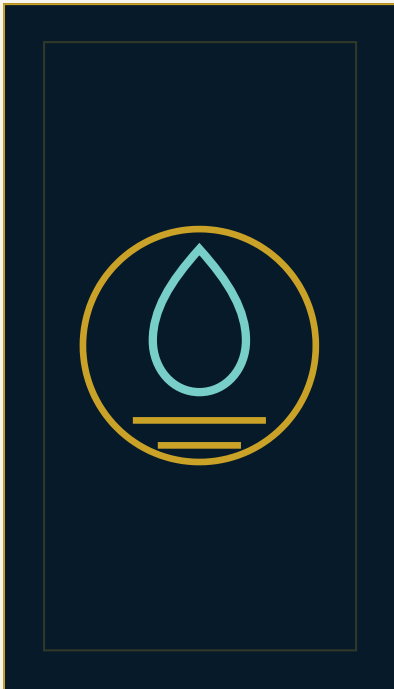
- | | | |
|-------|--|--|
| 13 | Art and objects in the room reflect values or intentions I consciously chose. | <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> |
| <hr/> | | |
| 14 | The room has one clear focal point rather than many competing symbolic messages. | <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> |
| <hr/> | | |
| 15 | Sacred or meaningful symbols are used with restraint and understood purpose. | <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> |
| <hr/> | | |
| 16 | New objects are added because they support the room, not simply because they are attractive. | <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> |

DIMENSION SCORE

Symbolic Intention

THE STRONGEST EVIDENCE AFFECTING THIS SCORE

Ritual Readiness



A room becomes useful infrastructure when the intended practice can begin quickly and be restored simply.

READ THIS DIMENSION

Use when preparation, searching, clearing or setup repeatedly prevents the activity from starting.

GROUNDED GUARDRAIL

The ritual should fit real capacity. Design a minimum version that can survive busy or difficult days.

17 I can begin the room's main practice within two minutes.

1	2	3	4	5
---	---	---	---	---

18 Essential tools are prepared, visible or stored within easy reach.

1	2	3	4	5
---	---	---	---	---

19 The space supports a clear transition into and out of the intended activity.

1	2	3	4	5
---	---	---	---	---

20 A simple reset routine can restore the room after use.

1	2	3	4	5
---	---	---	---	---

DIMENSION SCORE

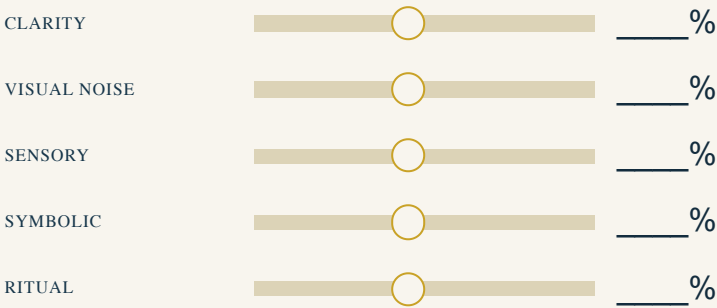
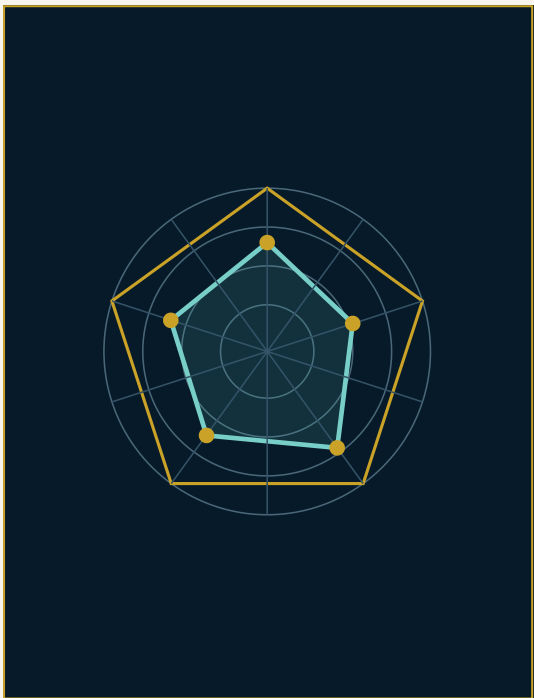
Ritual Readiness

THE STRONGEST EVIDENCE AFFECTING THIS SCORE

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Plot the room as a five-part instrument.

If one dimension is lowest, treat it as the primary friction point and use any clear high score as support. If scores tie, choose the first correction using current consequences, evidence and feasibility.



DIMENSION	RAW	%	EVIDENCE / CORRECTION
Clarity			
Visual Noise			
Sensory Support			
Symbolic Intention			
Ritual Readiness			

A result is a reading, not a verdict.

Use the band to set the scale of intervention. Do not attempt a complete redesign when one correction will remove the primary friction.

0-39 Obstructed The environment regularly works against the intended state. Prioritise safety, access and one functional zone.	40-59 Unsettled The room has a recognisable purpose, but visual, sensory or setup friction dominates.	60-79 Supportive The room usually helps. A targeted correction can make the intended practice easier and more consistent.	80-100 Sanctuary The room reliably reinforces its purpose. Protect the system and prevent gradual accumulation.
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MY OVERALL ROOM STATE

MY PRIMARY FRICTION POINT OR TIED PRIORITIES

MY clearest existing strength or available support

THE SMALLEST CORRECTION WITH THE HIGHEST LEVERAGE

The target is not a photogenic room. The target is a room that makes the chosen state and behaviour easier to enter.

Name what the room repeatedly asks you to overcome.

Friction can be physical, visual, sensory, symbolic or procedural.

Access

Tools are hidden, blocked, distant or difficult to return.

Competition

Multiple activities and unfinished tasks demand the same surface or attention.

Overload

Light, noise, texture, colour or temperature keeps the body activated.

Ambiguity

The room has no obvious priority or clear first action.

Accumulation

Objects enter more quickly than the room can absorb, store or release them.

Setup Cost

The intended ritual requires too many steps before it can begin.

THE FIRST FRICTION I NOTICE ON ENTRY

THE FRICTION THAT MOST OFTEN STOPS THE INTENDED ACTION

WHAT CAN BE REMOVED RATHER THAN ORGANISED

WHAT MUST REMAIN AND NEEDS A CLEARER HOME

Remove before adding. Reposition before replacing. Support the practice before decorating the identity.

Design the room around the first action.

Map the entry, primary zone, support zone and restoration zone. The plan does not need architectural precision; it needs behavioural clarity.

PRIMARY ZONE	Entry / transition What should be seen, placed down or removed when entering?
Support / storage Where do tools live so they remain accessible but contained?	Restoration / reset Where does the room return to calm after use?
Secondary function What else happens here, and how will it avoid competing with the primary purpose?	

THE FIRST VISIBLE ACTION ON ENTRY

THE PRIMARY ZONE NEEDS

Reset the function before refining the aesthetic.

Use a timer. Stop when each stage ends. The objective is a working first version, not completion.

0-5	Define Name the room's primary purpose and the state it should support. Remove any task that does not belong in today's reset.
5-12	Remove Clear items that conflict with purpose, attention or movement. Use a temporary exit basket rather than reorganising the whole home.
12-18	Position Place the main practice, work or rest zone first. Make the next action visible and physically easy.
18-24	Support Adjust light, sound, air, texture and visible tools. Address comfort and safety before decorative detail.
24-30	Anchor Add one meaningful visual anchor and define the first ritual the room will support.

One removal. One repositioning. One support adjustment. One meaningful anchor. One first ritual.

Translate the audit into five owned decisions.

Design the room around behaviour, capacity and the current season.

ROOM AND PRIMARY PURPOSE

STATE THIS ROOM SHOULD SUPPORT

THREE SOURCES OF VISUAL OR BEHAVIOURAL FRICTION

ONE ITEM OR CATEGORY TO REMOVE

ONE ITEM OR ZONE TO REPOSITION

ONE SENSORY SUPPORT TO ADJUST

ONE INTENTIONAL ANCHOR TO ADD OR REVEAL

THE RITUAL THIS ROOM WILL MAKE EASIER

My first action is _____, and I will complete it before _____.

Make the desired state easier to enter.

Choose one adjustment from each category only where it directly supports the room's purpose.

LIGHT See clearly Task light, ambient light, glare control, daylight timing and screen brightness.	SOUND Protect attention Noise reduction, intentional audio, device boundaries and quieter equipment.	AIR + TEMPERATURE Support the body Ventilation, airflow, warmth, coolness and safe positioning.	TEXTURE + CONTACT Reduce strain Seating, flooring, surfaces, fabrics and tools the body touches repeatedly.
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THE SENSORY CONDITION CURRENTLY WORKING AGAINST THE ROOM

THE SMALLEST SAFE ADJUSTMENT

THE TOOL OR RESOURCE THAT SHOULD REMAIN VISIBLE

THE OBJECT OR SIGNAL THAT SHOULD BECOME QUIETER

OPERATIONAL STANDARD

This room should feel _____ enough for me to begin _____ without first overcoming _____.

Choose one object that directs attention and practice.

The anchor should reinforce the room's purpose without becoming another source of visual competition.

Meaning

What value, state, principle or season should the object represent?

Placement

Where will it be visible at the moment the intended behaviour begins?

Response

What exact action should seeing the anchor remind you to practise?

THE SYMBOL, ARTWORK OR OBJECT

THE GROUNDED MEANING I ASSIGN TO IT

WHERE IT WILL BE PLACED

THE BEHAVIOUR IT WILL CUE

When I see _____, I return to _____ by completing _____.

WHAT I WILL REMOVE OR QUIET SO THE ANCHOR REMAINS CLEAR

Test the room in ordinary life.

Record whether the room changes the speed, ease or quality of entering the intended state.

DAY	SITUATION / ENTRY STATE	RITUAL OR ACTION BEGUN	EVIDENCE / LEARNING
1			
2			
3			
4			
5			
6			
7			

THE CLEAREST EVIDENCE OF SUPPORT

THE FRICTION THAT STILL REMAINS

At the end of seven days: protect, reposition, reduce or remove based on evidence.

Carry the room standard into the moment of drift.

MY ROOM STANDARD

Purpose

State

First ritual

Awaken the Power Within.

MY FIVE-MINUTE RETURN

Remove

Reposition

Begin

Restore function before appearance.

Turn the room into supportive infrastructure.

Wall art, objects and sacred geometry become more valuable when they reinforce a defined purpose and a repeatable ritual.

Wall Art / Sanctuary

Choose art by the state, principle or symbol the room is designed to reinforce.

Symbol and State Guide

Select a grounded symbolic anchor and attach it to one observable behaviour.

Sacred Space Planner

Extend the room audit into a full environment plan, maintenance rhythm and collection map.

A sanctuary is not a perfect room. It is a room that repeatedly helps you return.