



1. Piano: The piano was built in NYC in 1945. It was sold to a professional pianist from Indianapolis who only had 8 fingers. After his death it was sold to a voice professor from the Indiana University Jacobs School of Music and when she retired (ten years ago) she sold it to us. I hope to keep it as long as I possibly can. This piano has a great story, and it sounds velvety.
2. Bay Windows: I love natural light, so I need big windows. I am a morning person; I love to see the sun rise so my sanctuary will be on the East side of the building.
3. Sun: Everything tends to feel better with the warmth of the sun.
4. Trees: I like to watch their leaves change color and I like their powerful and irreplaceable role for the planet.
5. House plants: Since it is an indoor sanctuary, I need indoor plants. Not only do indoor plants look good and brighten my mood, but they also act as a natural filter to indoor pollution.
6. Music: In my sanctuary I will mediate and self-reflect. I do that best when I improvise on my piano. What I play is guided by the emotion that I feel now, it is a great way to convey my true feelings.
7. Bean bag: Instead of the traditional piano chair, I would love a bean bag. Bean bags are supposed to work your cores and make you feel more in sync with your body which is part of what meditation is about.
8. Birds: They are beautiful, always interesting to observe and there are so many different varieties of them. When they sing at the start of spring, they are so loud but still very melodic.
9. Books: I like books, I like scores and I love to be surrounded by them. It is the only type of clutter that I can stand.
10. Rooftops: I like views on rooftops, I am instantly transported to Paris. I prefer to not have an obstructed view so I can see the blue horizon.

It was thought-provoking to reflect on the place I would feel relaxed, comfortable, and reenergized. Surprisingly it is not in a room with a computer, a TV, or any electronic devices. The piano came out as something that I needed in the sanctuary to feel complete. After I understood that, I realized that I do already have a sanctuary at home. It is in the corner of my living room. It is a very minimalist place with a large window, a view on four trees and plenty of roofs. In fact, every time I want to shake off the noise of SAT, AP tests, and such, I sit behind my piano and let my mind go wherever it want to go. I think that adding a bean bag instead of the regular piano chair and more indoor plants would make that place more unique and more like me. I feel like when I move away from my parents, my first big purchase will be plants and a musical keyboard.

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9 SECONDS AGO

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