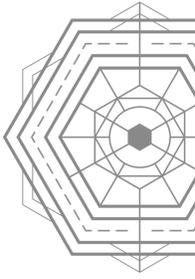


HOW TO CREATE SACRED SPACE



WHAT IS SACRED SPACE?

Anytime that you bring an intention into your awareness, you are making the present moment sacred. And, anytime you bring a sense of intention into your physical world, you are making the “space” that you inhabit sacred. This is a powerful practice, because it bridges our inner worlds with our outer—our spiritual reality becomes manifest on the physical plane. As a result, our reality comes into alignment with our inner desires and we are able to attract and manifest our own highest good into the world.

When to Make Use of Sacred Space

When you sit down to meditate, to read, or to journal...when you light a candle, incense, or hold a crystal in your hand...when you circle up with friends in love, support, and connection...these are all moments that deepen when honored by the creation of a sacred container.

How do I create my own Sacred Space?

The most beautiful thing about sacredness is that it belongs completely and wholly to you. What is it that makes you feel connected to yourself? To Source? To your Spirit? What smells, textures, and images create an ambiance that sets your Soul on fire? These are the questions to ask yourself when creating a meditation corner, preparing a room for a sacred circle, or setting yourself up for a journaling session out in the beauty of nature, in the comfort of your home, or even in a bland hotel. While some settings might feel more innately tuned in than others, remember that sacredness is, first and foremost, created by the intention that you bring to your environment.



SETTING UP YOUR SACRED SPACE

1

Burn palo santo or sage to clear the energy in the room.

Many ancient traditions use smoke from sacred plants (such as palo santo - “holy wood” - or sage leaves) to sponge up any negativity in the environment and whisk it up into the ether. We love to accompany our clearings with a reiki blessing, said aloud or in your mind:

“Cleanse and clear all negativity, toxins, and pollution. I now create sacred space.”

A beautiful follow-up to any clearing is to burn incense, which invites blessings and positivity into the fresh space. Think about what you hope to attract in the moment, what energies would be beneficial in your sacred space. Call these in with a few words mentally or aloud, or invite the support of all angels and benevolent beings for your highest good.



2

Light a candle.

Just as burning incense is an opportunity to invite an intention into your sacred space, so is the act of lighting a candle or two. Use the flame as a focal point for meditation, or as a symbol of your intention to connect with truth, and the Source within you.

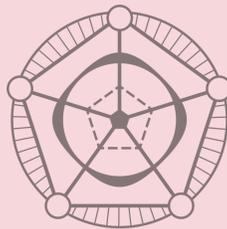
SETTING UP YOUR SACRED SPACE

3

Add objects that hold meaning.

Our sacred spaces are always full of objects that are precious and powerful to us - things like crystals which hold healing vibrations, written poems or meditations, beautiful swaths of fabric, a tiny vase of fresh flowers brought in from the garden, a singing bowl or bell. Anything that makes you feel good and that embodies the energy that you want to bring into your sacred space is the perfect choice.

These objects can be setup like an altar in the corner of a room, in the center of your gathering circle, or held in your hand. Follow your intuition, and freshen up the scene as often as you feel called to do so.



4

Get down with your sacred self.

Now that you've set the intention to connect with the truth of your beautiful Soul, settle in for a meditation, yoga set, or journaling session. If you're looking for some support you can listen to our free "Intention Setting Meditation" or download our free guide to "How to Connect With Your Sacred Self."



Each time that you consciously raise your own vibration with the energies of gratitude, love, and peace, you infuse the world around you with the same beauty. You are a powerful being, and the work that you are doing benefits ALL of humanity. We thank-you, from the bottom of our hearts, for doing your part to raise the vibration of the planet!

We are here to support you! Please reach out to us on Instagram @raiseyourvibetreibe with any questions.