

The background of the cover features a complex, abstract geometric pattern composed of numerous thin, white lines forming a star-like or mandala-like structure against a gradient purple and blue background.

5 STEPS TO CREATE A SACRED SPACE

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5 Steps to Create a Sacred Space

As we begin to slow down and turn our focus to our inner world, the more peaceful our outer world becomes. It's important to tune into your Spirit and allow it's guiding force to weave its magic throughout your life. One way to help you achieve this is by creating a sacred space in your home and consciously sitting and enjoying this space whenever you can or as you are guided. First thing in the morning is a beautiful, peaceful time to enjoy connecting with your Spirit in this way. Once you have your sacred space set up, you can continue to build the energy and step into it whenever you wish. The more time and energy you devote to your sacred space, the more enjoyable the space will be.

When creating a sacred space, it's important to follow your awareness, that the space you create reflects your deepest, most authentic self. A sacred space is a beautiful space where you can go within through prayer, contemplation, meditation, movement, or simply connecting with your angels and crossed over loved ones. When in your sacred space, you anchor your attention inward, allowing you to disconnect from the outer world and begin to tune into the guidance and love that flows through your heart aligning you with your true essence.

Your sacred space allows you to step inside your inner world where you can more clearly hear your inner voice and receive the flow of love and support from Divine energies and that of your Higher Self. Each time you step into your sacred space, you will strengthen this connection to clearly bring forth the energies, love and inspiration that is waiting for you.

A sacred space is an energetic doorway or portal that not only allows you to access your beautiful guiding Spirit in countless ways, it also raises your vibration so that you are more readily available to sense and tune into the Divine energies that are all around you. As you spend more time in your sacred space, you will begin to train your mind to become quiet, letting go of the outer world so you can tune into the more subtle, loving, grounded frequency of Spirit. You are training your mind to relax and surrender to the inherent power of the Spirit within that is your true, authentic self.

As you continue to build the energy in your sacred space, you will experience the higher realms of the Spirit world and start to notice yourself shifting energetically as you enter the higher frequencies. Sitting for a few minutes a day in the energy of your sacred space will heighten your awareness and you'll begin to pick up on the subtle, higher vibrations around you. Again, the more time you spend in your sacred space, the more readily available and greater the Divine energies will be for you to experience.

Step 1 – Designate Your Sacred Space

When deciding where your sacred space will be in your home, I invite you to look at what is most important to you in selecting this space. Do you require a separate room where you can make the space yours and close the door until the next time you'd like to be in your sacred space? If you live in tight quarters, is there a smaller area that you can designate as your sacred space? Do you have a room in your house, such as a spare bedroom, where you can set up your sacred space?

I have a separate room in the house that is my sacred space and when I am done in my space, I close the door until next time. Your sacred space could your bedroom, a separate room in your house or even a small area in any room. Choose whatever speaks to you. I have a private studio behind my home that is a wonderful Sacred space for me to enjoy.

A sacred space doesn't require a lot of space – that isn't the point. It can be in the corner of a room and still open to be a tremendous Divine energy portal as long as it was created by your heartfelt love and intention to connect with your Spirit in this way.

Step 2 – Fill your sacred space with items that speak to your heart

When selecting items to place in your sacred space, I invite you to select items that speak directly to a significant part of your inner being and Spirit. Choose items that energetically resonate with you and speak to your heart. Items that have meaning or sentimental memories attached to them. This could include pictures of spiritual figures, such as Mother Mary, an Ascended Master or Jesus. Select images or things that really speak to you and hold meaning for you at this time. Whenever you feel guided, you can add or remove items from your sacred space depending on your personal journey, the possibilities are endless.

In addition to images of holy or inspirational figures, you may also wish to include...

- Photos of the people you love such as family, friends, and even your pets.
- Images and totems from nature such as seashells, stones, animal bones, or feathers.
- Fresh-cut flowers or essential oils.
- A bowl of clean water that is changed daily to symbolize the holy waters of our loving Mother-Father God or whomever resonates with your heart.
- Crystals and gemstones. You may even be drawn to pick them based on their qualities as they can amplify your sacred space. I have rose quarts in my sacred room as it represents love. Amethyst will enhance your spiritual connection and Sodalite will assist with opening up your spiritual connection. You really have fun with crystals and gemstones.
- Books, oracle decks and incense are in my sacred space.
- Bird feathers – feathers are universal symbols of Spirit that represent the Divine Self in flight.
- Bells, chimes, rattles and drums are also potent tools for connecting with your Spirit and using them actually calls your powerful Spirit forward in magical ways.

Step 3 – Clear the space and invite Spirit into your space

Now that you've selected your sacred space and filled it with beautiful items that speak to your heart, we will clear the space and invite in Spirit and all the benevolent helpers from the light. This will prepare us, as well as our sacred space, for the high energy of our Angels, Spirit Guides and Crossed Over Loved Ones.

You may wish to light a candle or burn some incense or even play soft music. Select a time that you will not be disturbed. As you read the following words, just know that the energies are being cleared and a high vibrational Divine portal is being created in your sacred space. Alternatively, you may wish to record the following space clearing and play the recording in your sacred space as more of a meditation as your sacred space is cleared.

Take a nice deep breath in through your nose and exhaling through your nose. Imagine as you breathe in you are breathing in the light of the divine and as you breathe out, you breathe out anything that is not 100% of this light. Continue to take nice deep even breaths with your eyes closed. Imagine this beautiful white light is filling your entire body. Starting with your head and neck, down your arms, your torso, and your legs and out the bottoms of your feet.

Now, imagine this light traveling from the bottoms of your feet, down through the layers of clay and rock, all the way down into the heart of mother earth. We are gifting mother earth with divine energies and our unique essence. Imagine now an emerald green light traveling back up through the earth into the bottom of your feet, up your legs, your hips and into your heart. Now, as you breathe in, you breathe in beautiful light from mother earth and heavenly light from the divine energy above your head. Filling your heart with magical energies to uplift and support you, while holding you sacred within the earth's energies.

The Angels are now surrounding you with an emerald blue flame and inside the emerald blue flame, the Angels are surrounding you with green, healing light and finally, inside the green light, the Angels wrap you in a beautiful golden light creating a sacred barrier, ensuring that only those from the light are welcomed into our space at this time. This energy surrounding you will draw away any lower thought forms, energies, vibrations and anything else that is not a benefit to you or your sacred space. You can ask your Angels to surround you like this every day if you wish.

Now, imagine your sacred space filling with sparkling white light. See this beautiful light enveloping your entire space. Filling it with love, warmth, healing and protection. Anchoring this light and energy into your sacred space so that each time you are in your sacred space, the energies will amplify and grow brighter.

We invite all of the Archangels, our personal Angels, Spirit Guides, Crossed Over Loved Ones, Ascended Masters, Joy Guides and Beings of Light of only the highest vibration to surround us and protect us and share your love and wisdom with us we ask that all of our fears are released so that we may be clear channels of divine consciousness and love and we ask that you assist us on our path toward health, prosperity and happiness for the highest and best good of all, thank you, it is done, amen.

Step 4 – Devote regular time to spend in your sacred space

Now that your sacred space is clear and filled with magical, universal energies, it's time to decide when you'll enjoy your sacred space. I find first thing in the morning is the time that best works for me to be in my sacred space and connect with my Angels, Spirit Guides and Crossed Over Loved Ones. If I've had a hectic day, I will spend additional time in my sacred space and it always leaves me feeling grounded, balanced and clearer. Sometimes I will just be in the space without a specific agenda and my Spirit is always replenished and reinvigorated.

Each and every time you are in your sacred space, no matter the duration, you are strengthening the energies and inviting even more universal support and love into your space. Image a vortex of energy that gets brighter and brighter, more and more powerful each time you engage with it. This is essentially what's happening with your sacred space.

For some, setting aside a specific time each day works best for them while others will enjoy their sacred space as they are guided. There is no right or wrong way to do this. Just know that Spirit will meet you there every time.

Step 5 – Express Gratitude

The final step, and maybe the most important, is to express gratitude to the Beings of Light, Angels and Guides who share their love, wisdom and guidance with you within your sacred space.

When we express heartfelt gratitude, we speak the language of all the universal helpers who have assisted us in creating our sacred space. Gratitude is one of the highest vibrations and when we connect into it, we are connecting directly into the heart of the Beings of Light, Angels and Guides who will continue to imbue our hearts and our sacred space with love, wisdom and guidance.

You may even begin to express gratitude throughout your day as you notice the synchronicities, love and wisdom that these Beings of Light will share through your sacred space, through your heart to be shared with those around you.

It is a profound gift to make the connection with the Angels, Guides and Crossed Over Loved Ones in this way.

From my heart to yours – endless love and joy.

Shauna

Shauna Marie Domalain offers a variety of products and services to support you and your life. To learn more visit: www.livealifeyoulove.org