

Creating a Sacred Space

There is a blissful peacefulness in my Sacred Space today. Oh how I love the sounds of that. Sacred Space-In a world where our body parts seem to be spread out like bread dough being rolled in many directions, the sacredness of my own personal space is something my soul yearns for. At times that space may be walking out on my back deck and listening to the sounds of nature. But with a wintry mix in the forecast I shall retreat to my Sacred Space indoors. As soon as I step into my sacred space...there is an immediate sense of protection, love, comfort & peace. Instead of my normal daily ritual of kneeling down, lighting a candle, & saying prayers, I hear my inner voice say.... come sit awhile and bathe in the sound of silence. Those phone calls can wait...the dishes can be done later.... the emails will still be there. Spend some time with me it's been a while since we've communicated with each other...you have been so busy and we have a lot of catching up to do. I feel like a little girl who just found her long lost favorite friend. With joyful anticipation I pull up a chair and sit in my personal sacred space and listen to the sounds of silence feeling safe, loved and at peace.

What is a sacred space?

A room or space that is created with only you in mind. My sacred space happens to be an extra room that I converted into part sanctuary part studio, this space is where I can find my inner voice, my inspiration and my connection to all that is and will ever be. Sacred Space's can also be carved out of spots in your home or outside where you feel connected to your surroundings and most importantly where you can just be....with no distractions, no worries and no cares.

What is needed to create a sacred space?

Items that are near and dear to you, pictures, objects you have found or which have been given to you, candles, incense, flowers, positive affirmations, prayer cards, intention boards, a fountain, gemstones, essential oils, a table or bench to lay your items on and cloth to place over, spiritual books, anything that is special and meaningful to you.