

## CREATING A SACRED SPACE

In ancient times, people often found, special, sacred spaces, noticing that certain mountain peaks, caves or areas of a forest seemed to hold magical, calming, holy properties. We can look back to many cultures that developed the concept of “sacred groves” – peaceful, sometimes secret places where they asked their gods for advice.

We may not have the same opportunity to create areas on mountain tops or in cave but we can utilize the areas that we do have. Now more than ever with our modern life moving at such an extreme pace, a sacred space will offers you a place to enjoy moments of solitude, contemplate what is working and what is not, meditate, and reconnect with our self and the Divine.

To create your sacred space in your home here are some suggestions:

- Work with what you’ve got! Choose a spare bedroom, a corner space, an area in your garden or any area where you will not be disturbed
- Clear the space of clutter
- Remove any stagnant energies by smudging with sage and ensure to use your Reiki symbols
- Consider your personal comforts as well as incorporating the four elements; air, fire, water, earth and those that affect your senses.

### **For comfort:**

choose a comfortable chair, one that you can sit with your back straight or you may wish to have floor cushions

### **For sound:**

a water fountain, wind chimes, C.D.’s (meditation music only and not music you can’t hum along to) or a sound machine that has rain or waterfall recordings.

### **For smell:**

Fire - scented candles, incense, essential oils

### **For sight:**

Earth - a vase of freshly cut flowers or a plant

**For touch:** crystals, river stones, seashells

After your space is ready, honor it by using it often. It's an opportunity to live mindfully and have a moment of intense calm.

Remember this is your special time so don't answer the telephone. Ask your partner and/or children to respect that this is your time and you must not be disturbed

If you carefully prepare and then honor your sacred space with frequent visits, you will soon find yourself drawn to this place more and more as you seek the solace and restfulness it provides.

Over time, this space will build a very strong, positive energy that you will be able to feel and sense. Remember to contribute to this positive energy by not bringing negative emotions into the space and to think loving positive thoughts while sitting in the space.

While in your space:

- Give Reiki to yourself. If you don't have time for a complete self treatment, then place your hands in your lap and ask Reiki to flow with the intent of bringing you health and calm
- Hold a crystal or stone and visualize a positive result to a problem, issue or health problem that it can help you heal
- Meditate
- Just sit calmly, taking some deep breaths while thinking of wonderful life moments or people and places that you love, enjoying the flowers and their fragrance
- Go through a visualization process, leading to acquiring an item that you need in life

So, you don't have to spend long scheduled times in your space. A few moments here and there are also very beneficial.

You don't have to limit your sacred space to your home. With long, often intense workdays, a sacred space at work offers a short pause, a way to create harmony and balance as you manage the expectations and responsibilities of work with your inner needs for spiritual growth and personal expression. Some simple changes that will not attract undue attention from others are easy.

Workplace sacred spaces need not be elaborate to be effective. Here are a few helpful ideas for enriching where you spend most of your time away from home:

- Put a water fountain in your workspace. The sound of water speaks for itself.

Water cleanses the emotions and stills the mind. You and your coworkers don't even have to be aware of it for it to have a positive effect. No space for a fountain? Well try a sound machine where you can select ocean waves, mountain stream or spring rain as "white noise."

- Add a plant or fresh flowers to lift the energy in your office. Natural objects, such river stones or crystals on your desk, will serve as a reminder of the natural world even if you are in an air-conditioned skyscraper.

Simple elements like a single fragrant flower in a bowl of water, a candle on your desk, a photo of a special time spent with family or friends, and inspirational quotes can help you grasp and merge with the present moment, while at the same time providing energy and focus during a frenetic day or a work-related crisis.

We live in a fast-paced world that does not always allow for us to remain still for great spans of time however by carving out a space of tranquility at home and work you can take a few moments, a needed breather to uplift your spirit and create harmony and balance in your life.