



Sacred Living

Purpose of Sacred Practices

- Express more of our authentic, creative, Divine Self!
- Enhance connection with Divine and the Earth
- When we aim for our Divine self, healing will happen as a byproduct (physical health, emotionally, relationships, creative pursuits, etc)
- Habitual rituals and practices get us to “the feeling” more quickly
- That “feeling” is unconditional love....that’s what Divinity is
- Anchoring ourselves in the day to day chaos
- Solid foundation for when life happens
- Have more clarity around Higher Self, Lower Self, and Mask

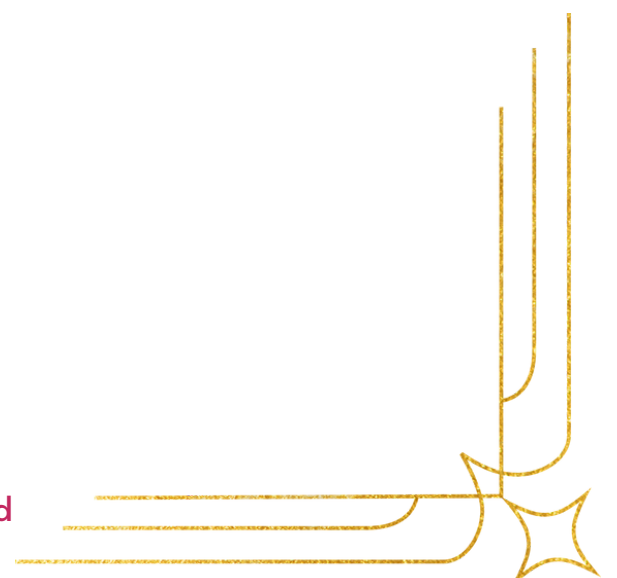
Higher Self, Lower Self, and Mask

- Higher Self - Divine Self
 - “I ‘m exhausted. I need a day at home.”
- Lower Self - Separate Self (from Divine)
 - “A good girl would spend time with her aging parent instead.”
- Mask - What we wear so that nobody sees our Lower Self
 - “I’m going to spend time with my parent so that everybody sees that I’m a good girl.”

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Creating Sacred Space at Home

Pick a Spot

You don't need an entire room dedicated to your sacred space. Perhaps it's a corner in your bedroom where you have a comfortable chair, end table, and shelf to put some items that you love on. Rooms that are out of the "busy" area of your home are best. Rooms that have a door with a lock on them to keep pests out are even better.

Functionality

What would you like to use this spot for? Journaling? Drinking coffee/wine? Meditating? Reading? Pick your favorite 2 and then create the physical space to best accommodate your needs.

Bring Outdoors In

When you tell people to close their eyes and go somewhere peaceful, they almost always visualize being outside. Include outdoor elements in your sacred space such as plants, water fountains, candles, salt lamps, crystals, or wind chimes to bring the outdoors in.

Play in to your Senses

Think of your 5 senses and what items tend to calm them. Try incorporating soft music to hear, a soft pillow to touch, a favorite essential oil or candle to smell, a chocolate treat to taste, and a beautiful view or picture nearby to view. Burning sage and soft music always put me into sacred space!

Polish off with Sacred Accessories

Accessorize this space with an items that you love or that make you feel happy with you look at them.

Here are some ideas:

- Photo of a loved one (living or passed)
- Photo of a religious figure or saint that you feel connected to
- Rosary or prayer book
- Journal and pens
- Affirmation or guidance cards
- Your favorite crystals
- Any special gifts or notes that you've received to remind you of how special you are

Create Boundaries

Inform family members that this space is sacred. Ask them to respect your time and items in the space. It's difficult with young children at first, but they'll get the hang of it after a while. I found it easiest to set an audible time and say that you can't be disturbed until the timer goes off.

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Choosing Herbs and Materials for Smudging

- ***Smudging and energy healing is an ancient tradition that has been done cross culturally for thousands of years. As they gain in popularity, it's important to recognize, honor, and maintain the sacredness in these practices.

Materials for Smudging

- **Abalone Shell or bowl:** This will hold your herbs. A shell is more commonly used to represent the element of water.
- **Herbs:** Herbs represent the element of earth. I have more details about herbs listed below.
- **Lighter or match:** A lighter with a longer end is easiest to use. This represents the element of fire.
- **Feather or paper fan:** This helps to direct the smoke. A feather represents the element of air. I also use my hand in a pinch.

Herbs for Smudging

- You can use any dried herb that feels right to you for smudging. The Four Sacred Herbs used traditionally for ceremony and smudging are white sage, tobacco, cedar, and sweetgrass. You can purchase a dried blend of these herbs from Shaman's Market
- <https://www.shamansmarket.com/products/medicine-wheel-offering-mix-sage-tobacco-cedar-and-sweetgrass-loose>
- I also use eucalyptus, lavender, rosemary, basil, palo santo, or dried rose petals periodically depending on what I feel the space or client needs.

Herb Suggestions

- It is great to grow and dry your own herbs at home. As the plants grow you can infuse them with your love and prayers. Then as you use the herb for smudge, it is filled with the vibrations of love and the essence of your land. Before you harvest the plant to dry, thank it for its life and bury some tobacco or other offering as an energy exchange.
- Before you fill your bowl with herbs that you have purchased, thank and bless the plant for its life.
- Be intentional with where you purchase your herbs. Shop businesses that ethically harvest the plant and work with indigenous cultures to support their love and effort.

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How to Clear the Energy of a Space with Smudging and Prayer

Invocation

Before you start, close your eyes, and take a few nice deep breaths.

In a sacred and sincere manner, ask that your guides, guardians, angels, and helping spirits be with you to assist and protect you while cleansing the space.

Call upon any guides, angels, saints, or religious figures that you feel connected to.

Shamanic practitioners sometimes call on the Sacred Directions: South, West, North, East, Earth and Sky when performing healings and smudge towards each direction in the space. You can also call out and honor each element.

Do what feels right and authentic for you.

Intention

Clearly state your intention either out loud or mentally of what you'd like to happen in the room. Energy is shifted by our most sincere intentions. I usually ask that the space be cleansed of all energy that isn't the highest love and light of the Divine. Then I ask that my guides fill the space with the highest vibrations of Divine love and light.

Smudging

Light your dried herbs chosen for smudging by using a lighter or match. Then blow gently on the flame to extinguish it after it is lit. Wave your hand or a feather back and forth over the ember on the herb to feed oxygen and produce more smoke.

Then fan the smoke around the room paying special attention to corners as energy usually likes to get stuck there. Smudge any objects that you feel guided to that might get used often by different people.

When weather permits I open the windows and intend for the stagnant energy to exit the window to be cleansed by the earth and sky.

I also imagine the entire space being filled with white light as I move around the room.

Give Thanks

Thank all of your helping spirits that you initially invoked for their support and assistance in a sincere and sacred manner.

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Meditation and Journaling

Goal of Meditation

- Great tool for concentration and focus
- Power in stillness and slowing down
- Creating awareness of the thoughts
 - Higher Self, Lower Self, Mask
 - Witnessing without judgement and with unconditional love
- Diving into the Higher Self and maintaining that vibration

Types of Meditation

- Passive
 - www.ananda.org, Autobiography of a Yogi, Self Realization Fellowship
- Guided
 - Insight Timer
 - Self Realization Fellowship has Guided ones too, along with group
- Holding
- Walking

Journaling

- Great tool for beginners
 - take action instead of just sitting
 - more physical and less etheric than meditation

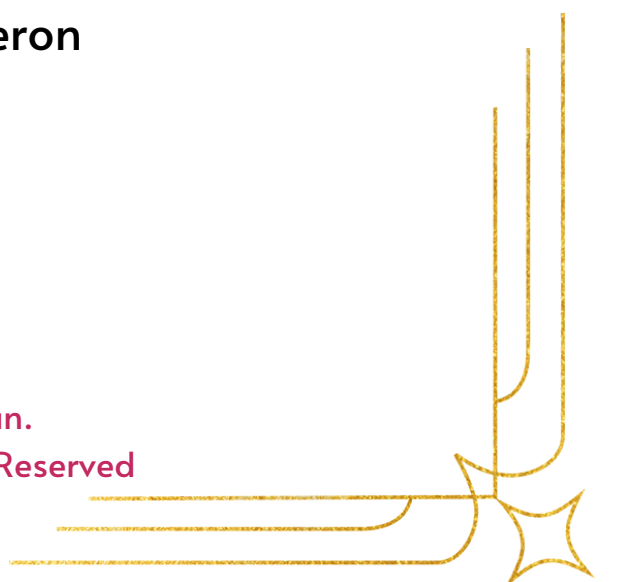
Types of Journaling

- Free Write
 - Highly recommend the book *The Artist's Way* by Julia Cameron
- Answer Prompts

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Journaling Prompts

- I feel like...
- I want....
- I really want....
- I really, really want...
- I need to forgive myself for...
- I'd like to create.....
- I 'm afraid of.....
- I'd really like to share.....
- What's holding me back is.....
- I'm proud of....
- I know that I'm capable of....
- I know that I need to let go of.....
- What makes me laugh is....
- I know that I need to start...
- I'm really good at....
- I'm so grateful for.....
- I hope to.....during this lifetime.
- One of my quirks is.....

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Shamanic Journeying

Purpose and Process

- Traditional process used to contact subconscious mind and other spaces and times
- Use sound (drums, rattles, etc) to induce hypnotic state
- Have an intention or question and then go for it
- Similar to guided meditation
- Access all time and space, more of an active process

Worlds

- Upper World - Sky or heaven - future work - guides
- Middle World - Our current physical reality - current work
- Lower World - Earth's core - past work - power animal

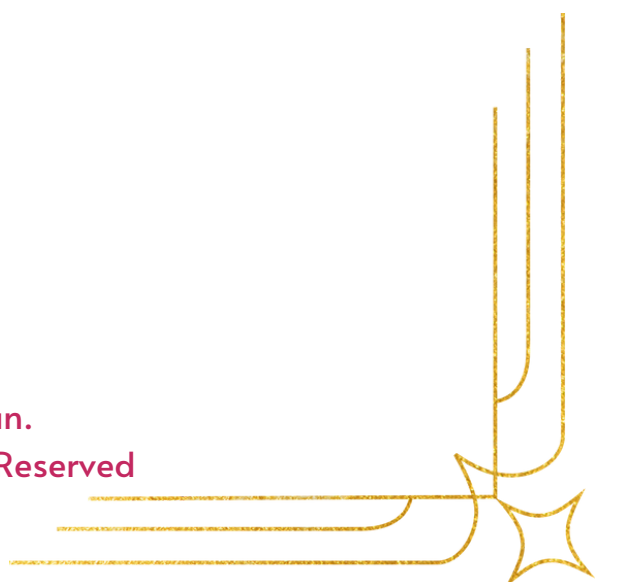
Examples of Journeys

- Journey to a time where you experienced suffering to bring healing
- Journey to the Lower World to embody support
- Journey to a guide in the Upper World to meet a guide and ask a question
- Journey to another place on the physical Earth to bring healing and support
- Journey to your "happy place" to fill your cup up
- Endless possibilities!
- Keep a journal of these experiences

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Spiritual Ceremony and Ritual

Purpose and Process

- Set of practices to get into “the feeling” to connect each day
- Practice reciprocity with Earth and Spirit
- Gain insight, closure, expansion, healing, connection, etc
- To slow you down
- Connect with elements, guides
- Set intentions before starting creation
- Give thanks for completion of project
- Tool to bring more blessings into the world and your everyday life
- Endless list!

Ritual Tools

- Sage Kit
- Candles
- Pictures
- Crystals and stones
- Linens
- Elements (bowl of water, fire, feathers, leaves/bark, etc
- Sacred Geometry
- Altar
- Mesa (Medicine Wheel)
- Whatever is sacred to you
- Use regularly, these tools gain power over time
- Results amplified in a group setting!

Ideas

- Releasing in a fire ceremony, blessing and thanking the Earth by burying rose petals, fill leaves with prayers, and throw them in the air on a windy day to manifest, give offering to the waters in your area as thanks for having available water to shower in, drink, cleanse, etc
- simple as drinking coffee every morning

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