

A Quick Guide for Designing a Sacred Space for your Daily Spiritual Routine

Creating a sacred space for meditation, reiki and prayer is a beautiful way to connect to your spirit and connect to your deepest intentions.

1. *Find a room or space that you enjoy spending time in. One that can be undisturbed and peaceful. **Set an Intention:** Close your eyes and think about your intentions for creating this space. Whatever pops into your mind is correct.*
2. *In that room, find a central area to create your base. It can be in the middle of the room or in a corner. Allow your intuition to guide you to what feels best. Some ideas are a small or large table, an overturned basket or box, a fireplace or hearth.*
3. *Cover your base with a sacred cloth or material that is special to you. Some examples are: a favorite shawl, scarf, a gift from a loved one, blanket, or any material that has meaning.*
4. *Have the 4 Elements present on your sacred space: The 4 elements are, water, earth, fire, and air.
You do not have to have all the ones below, but at least one representation of each*
5. **Water:** *cup of water, holy water, water from the Red Sea, water in a vase your flowers are in.
Earth: crystals, statues, essential oils, soil, rocks, flowers, pinecones, dried flowers, twigs, shells, drift wood, fruit.
Fire: Candles, incense, palo santo, sage.
Air: essential oil diffuser, smoke from candle, incense, sage or palo Santo.*
6. **Be Creative:** *Start to add things for deep healing. Here are some suggestions:
Family photos, words of wisdom or quotes, note cards people gave you. Deities, Mala beads, rosary beads. Oracle or Tarot cards. A Mandala. Singing bowls, Tingsha bells, your journal, books, prayer flags, string of lights, a mirror.
The list is endless and personal to you, there is no wrong way.*
7. **Be Willing to Change it Up:** *From time to time, you will want to add and subtract things from your sacred space. Each day you feel different, and your intentions will change. Freshen it up, with fresh flowers and new items. Get into the habit of clearing your sacred space around the New and Full Moon.*



