

# **Week 2: Clearing Energy and Creating Sacred Space**

## **Lesson 1 - Having a clear space in the physical environment and energetically**

- Having a neat and organized space, free of clutter to support you in connecting to higher realms.
- The Universe is Mental. This means the space around you affects your mental state. Create an environment that will aid you in your practices by keeping the energy flow of the space clear and open.
- The physical space around you must be clear so the energy is also clear, allowing you to receive clear information.
- You may wish to bring in practices that clear the space energetically, such as using sacred herbs or oils to burn or steam, or instruments to clear the space with sound. You can also light a candle and keep crystals or salt lamps in the space, which all have a clearing effect energetically.

## **Lesson 2 - Having a clear space physically and emotionally**

- If there is an emotion weighing on your heart, or your heart is calling out to you again and again, tune into this space. Enter the heart and go into the emotion to learn from it, rather than trying to leave the emotion by accessing a different state of consciousness.
- Experiment with what types of foods and liquids you consume prior to meditation practice to see how these affect you. Try meditation without heavy or sugary food prior to see how physical emptiness affects your practice.

## **Lesson 3 - Creating Sacred Space**

- There is a space in your home that is dedicated to your devotional practices. This space can be the corner of a small table or of a room; the size is not important. The intention and attention that you give it, is.
- A sacred space is used only to access altered states of consciousness, meditation, journaling, or other ceremonial and ritualistic practices. Over time,

as you return to this space, your body remembers to become relaxed and receptive more easily, enabling you to connect and drop in more quickly.

- Create your own sacred space! Put aside a special chair or other space in your house or room that is reserved for your devotional practices. You may wish to create an altar and bring in sacred gifts from Mother Earth, or place an oracle card that can be a guide for you throughout this course. Experiment and have reverence while you create this precious space for connection.