

# Sacred Space

*“To make this world a better place, find a way to emphasize the positive.”*

—Rae, God of Atlantis

To receive messages from higher sources of wisdom, we are advised to clear our energy and raise our vibration. There are many ways to do this. Go outside to commune with nature; listen to music; be creative; change your thoughts, your clothes, or your environment. Analyze what is going on in your life and plan what you can do to make small changes. What are you feeding yourself: physically, mentally, emotionally, and spiritually? Are you making healthy choices? Reach out to a trusted friend to uplift you, be it a person, pet, or high-level spiritual being. Pray for guidance. Ask, believe, receive, and be grateful. If you are experiencing intense negativity, please reach out to a professional. Be sure to practice the Protective Bubble exercise daily.

We are advised to keep our space clear, protected, and sacred, whether at home, work, or when together in groups. Many use drumming, chanting, singing, smudging, dowsing, or praying to create sacred space. Here is one way to prepare your space whenever you gather.

1. Ask for protection, healing, and empowerment across all levels.
2. Imagine four columns of golden-white Light in the corners of your space.
3. Invite Divine Guides and masculine Light energies into the corners for protection.
4. Imagine walls of Light connecting the columns with a dome of Light over and under.
5. Fill the entire space with a stream of pure Light connecting Father Sky to Mother Earth.
6. Invite sacred feminine energy into the center of the space for intuitive, loving guidance.
7. Invoke the sacred violet flame to surround the space, removing any negative energy.
8. Thank the Collective for assisting with infinite guidance, wisdom, and protection.
9. Ask to lend courage, strength, and faith to speak with love and compassion.
10. Set the intention that this gathering be for the highest good of all.

When you begin every gathering by creating sacred space, you will feel the energy shift to be more uplifted, protected, and energized. Invite those of the Collective you wish to be present in your Sacred Space: Archangels, Guides, and Divine Energies of the Light. Adapt this process to fit your needs, beliefs, or culture. The intention can be different for each gathering, be it clarity, healing, strength, courage, or understanding. Ask for a wiser perspective on the situation to assist with guidance for any question or challenge. Always end with heartfelt gratitude.

*“I am peace, joy, and love . . . I rest in God.”*

—A Course In Miracles

