

# Sacred Space

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

— Rae, Patron God of Atlantis

The Guides of the Collective advised us to clear our energy and raise our vibration to receive messages from higher sources of wisdom. 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 make small changes to make healthy choices: physically, mentally, emotionally, and spiritually. Pray for guidance. Ask, believe, receive, and be grateful. Use this exercise to keep your space clear, protected, and sacred.

1. Ask for protection, healing, and empowerment across all levels.
2. Place eight columns of golden-white Light around your space.
3. Set a foundation of Light under and a dome of Light overhead.
4. Add walls of shimmering Light with a shiny reflective coating.
5. Surround the space with the violet flame removing negativity.
6. Fill the space with Light connecting Father Sky to Mother Earth.
7. Invite Divine masculine Light Guides into the space for protection.
8. Invite Divine feminine Light Guides into the space for healing.
9. Thank the Collective for guidance, wisdom, love, and protection.
10. Ask for courage, strength, and trust with love and compassion.
11. Set the intention that the gathering be for the highest good of all.

Create sacred space as you begin every gathering and feel the energy shift to be more uplifted, protected, and energized. Invite Archangels, Guides, and Divine Energies of the Light into your Sacred Space. Adapt this process to fit your needs, beliefs, and culture. Set the intention for each gathering, which may be for clarity, healing, strength, understanding, or courage. Ask for guidance on any question, situation, or challenge.

Always end with heartfelt gratitude.

*“I will always be here when you need me.  
I am never far away.”*

— Jesus

