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Creating Sacred Space

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To have sacred space is an absolute necessity for anybody today... This is a place where you can simply experience and bring forth what you are and what you might be. — Joseph Campbell

A space that supports self-care and healing is an important resource in the lives of those who are care providers and Energy Medicine practitioners. As Campbell reminds us, it is a necessity. There are benefits to visiting sacred sites where people have experienced miracles and a connection to a higher power or in finding solace in nature. These experiences, while beneficial, may be sporadic or unavailable. The focus here is on creating readily accessible personal space that facilitates reflection, self-care knowledge and a sense of peace.

When one creates a sacred space, it is a very personal experience. “Sacredness is about experiencing full potentiality with undivided presence.”¹ A sacred space is regarded with reverence and fully experienced in the moment. It may or may not be based on one’s religious beliefs. Studies have suggested that when individuals have associated a space with positive feelings or hope for healing, they will benefit from simply spending time in that space². Sacred space is holistic.

“Finding sacredness in your environment is really all about the search for wholeness, for the integration of mind, and body, spirit and matter. Finding sacredness in your environment nourishes the soul, fosters inspiration and renewal.”³ Individual needs and personal views of the world, lead to the creation of unique sacred spaces.

Considerations in Creating Sacred Space

Sacred space should provide *privacy*. Whether you have enough space to claim an entire room as your own or just enough to create an altar in a quiet corner, the environment should allow for time to be alone to reflect.

While the space will contain various meaningful objects, it should be *free of clutter*. Everything in the room has energy and the potential to capture the attention of the observers. Clutter impedes the flow of energy in a space. If the intention of the space is for quiet reflection, the distractions should be kept to a minimum. Limiting physical clutter can help calm the mind. When creating a sanctuary, have those things that you love and help you feel unique. If you create an altar, include only meaningful objects that reflect your personal beliefs and intentions.

In creating sacred space, *focus on your senses*. “Our sense of place is created through what we see and feel and smell and hear – through all our senses. It is created and re-created in memory each time we experience and re-experience the place.”⁴ Color can transform the vibration of a space. The color choice should reflect the intention of the area. For example, green is often associated with growth, red represents passion and emotion and white is associated with purity and calm. Choose the color that resonates with you and the purpose for the space. The scent in a space also has an impact on emotional state. Angelo recommends “When introducing new smells to enhance your sacred space, it’s best to work with ones that are as natural as possible, because they will have higher vibrations and create energetic shifts within us and in our environment.”⁵ Sound also has a powerful impact on emotions. Sacred space should support inclusion of sound that is personally pleasing as well as the opportunity to be in silence. Spending time in silence seems contrary to the messages we receive from the world around us. However, it is in the silence that we encounter our authentic selves. Finally, consider the element of touch in the space. Variations in tactile experiences may be reflected in the texture of fabrics, the comfort of a meditation cushion, the sensation of walking on the floor with bare feet or the smooth feeling of prayer beads held in meditation.

Purifying or clearing cleanses the residual energy from people and experiences that were part of the environment in the past. Benko describes purification as spiritual de-cluttering.⁶ When the negative energy of the space is removed, you can claim the space as your own. Energetically clearing a space can be done in several ways. One method is to walk through the space with burning incense, sage or sweet grass. A candle may be used in the same way. Sound may also be used in space clearing. Bells, drums, tingsha cymbals or singing bowls may be played throughout the space. If these instruments are not available, clapping in the space serves the same purpose. Hanging a crystal may clear blocked energy. While performing a space clearing, the intention is set not only to clear negative energy but also to bring in good fortune and blessings.⁷

Once created and used for your spiritual practice, the space may evolve as personal change occurs. Your external world reflects the internal. As you engage with your sacred space and learn more about yourself and your needs, you may realize that physical changes in the space are desirable. Joseph Campbell assures us that if you have a sacred space and use it, “something will happen.”⁸ €



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