

# Diploma in Practical Spirituality & Wellness

2019

## CREATING A SAFE AND SACRED SPACE

### Atmospheres

Have you been somewhere that has a distinctive atmosphere? Somewhere you particularly liked? Or did not like?

Do you sense that sacred spaces, such as churches, temples and synagogues, have a particular atmosphere?

Do you sense that different parts of the landscape have atmospheres?



distinct

What do you think is the source of these atmospheres?

Rooms, buildings and all places and spaces hold atmospheres. Even the most cynical of sceptics will take note of the atmosphere when buying or renting a new home. A general theory would suggest that there are basically three sources.

- ❖ **Landscape**, which contains various energy sources such as water flows and earth currents.
- ❖ **Human beings**, who radiate moods into the atmosphere and these are, in some way, absorbed into the fabric of a place.
- ❖ **Electromagnetic pollution**, which is created by various human technologies such as electricity pylons or mobile phone microwaves.

What, for you, would be the perfect atmosphere in a home or a space used for therapy or meditation?

Usually people describe the same kind of ambience: Safe, friendly, reassuring, energised, flowing, connected to landscape, open and so on.

## Clearing and Cleansing

Have you ever been involved in clearing and cleansing a space?

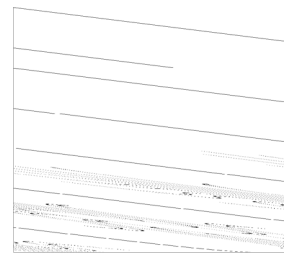
Did you find it useful?

Across the world in all spiritual traditions there are similar strategies for clearing and cleaning up the vibrations of a space. The basic principle is always the same. **There is an atmosphere that is stuck and it needs to be released.** Once released the natural flows of nature will move this stuck energy and bring it into flow. This is similar to how stagnant and polluted water can be cleansed simply by bringing it back into flow.

**Release comes from sending a vibration through the material that is holding the atmosphere.** By material we mean anything: clothes, walls, furniture, air, plants, crystals and so on.

There are several ways of sending this vibration into the material. All these methods create vibration:

- ❖ Physical movement
- ❖ Sound
- ❖ Aroma
- ❖ Cleansing potions
- ❖ Light
- ❖ Fresh air



Anything missing from the list?

Classically the procedure of cleansing a space starts with:

- Pause,
- Come to centre
- Get a sense of the space

You can **relate to the space as if it is a living entity** and come into relationship with it. You can also contemplate how you want it to feel when the process is complete.

You then do the cleansing:

### ***Physical Movement***

Clean it. Vacuum. Scrub. Wash. Jump and down. Thwack it. Get the actual physical substance to vibrate.

### **Sound**

Any noise that creates a vibration that shakes the material. Music – classical or rock. Loud. Drumming. Clapping. Banging. Trumpets. Didgeridoos. (Not gentle music. That comes later if you want.)

### **Aromas**

There are classic scents that move energy. Sage. Sandalwood. Mint. Lavender. Eucalyptus. In the form of incense and essential oils. (Not cloying scents like musk or patchouli or rose. They come later if you want.)

### **Potions**

Holy water. Special cleansing oils and sprays.

### **Light**

Best of all: Sun light. Many candles. Radiant bright colours.

### **Fresh Air**

Open all windows and doors. Use fans. Get the air moving.

Anything you want to add to the list above?
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## **Blessing**

Having released the old vibration, you can just leave the space as it is. It should now feel fresh and open.

Here is one procedure for blessing. You have cleared and cleansed the room.

- Sit or stand quietly
- Centre and connect
- Out loud or in your heart say  
*May this space be filled with Love, Safety and Healing*
- Light a candle
- Pause
- Give thanks
- Move on

Change the prayer in any way that works best for you.

## **Feng Shui / Placement / Altar**

Now that your space is cleansed, you can make it look safe, sacred and friendly in any the way that is appropriate to you and your companions. This is a matter of taste and culture. Enjoy.