



Creating Sacred Space in Your Home

WHY CREATE SACRED SPACE AT HOME?

Whether your practice is based on Tantra, Tarot, Mindfulness Meditation, or anything else- a tangible manifestation of your inner world is hugely important for grounding your practice in the outer world. The more you can include external cues for your deep meditation, the easier it is to use those cues later on when you need to revisit a calm, centered energy. Not only does a sacred space strengthen your practice, it serves as a physical reminder to keep up with it!

SPECIAL BELONGINGS

Look around your home for the little tokens of your life that carry deep meaning. It doesn't matter how trivial these items may seem to other people, because this is an expression of your heart, your life, your passion, and your purpose.

If you don't have something obvious, get creative. A paintbrush can represent your love of art, a seashell can connect you to the ocean, a special coin can connect you to abundance, or an animal statuette can remind you of a creature who's qualities you seek to embody.

CALL IN THE ELEMENTS

Cultural references to the elements vary, but they all include Water, Air, Earth, and Fire. Some also include ether or metal. Whichever elements you bring in, understand that it is about honoring the natural world you came from.

Water can be a fountain, or a bowl of water that you change daily as a ritual. Earth can be a plant, or stones. You can even have a plant that lives in water, like a stalk of bamboo. Fire can be candles or incense. Maybe Air will be windchimes, feathers, or simply an open window.

CONSIDER THE SENSES

Tantric philosophy and practice rely heavily on the senses for a reason. They are an access point to the subtle realms and important guides for our energy.

Incorporate scents, gentle lighting, soft fabrics, and even tea and snacks into your sacred space to give yourself the full experience. Let your senses gently guide you from the busy outside world into the quiet safety of your spiritual home.

KEEP IT CLEAN & CLEAR

A powerful altar receives attention everyday. In much the same way that our bodies become stagnant without use, the energy of our sacred space can suffer a similar fate.

This can be as simple as sitting down in your space, burning incense or sage, and rearranging your items until they feel "right". If you are already sitting in your space, you may as well take a few minutes to meditate.

To keep it clean and clear, at least once a year, deconstruct your space and clean everything before building it back up.