

Title:

A Place of Sanctuary - Creating Sacred Space

Word Count:

683

Summary:

Creating sacred space and providing a place of sanctuary in the home, workplace, and garden is

Keywords:

sanctuary, sacred space, spirituality, personal power, biological need, peace of mind

Article Body:

The World Health Organization (WHO) describes health as ^the condition of perfect bodily, spir

Creating our own sacred space restores our peace of mind and enables us to stand back from the

Creating Sacred Space in your Home, Workplace, and Garden

The first consideration in creating a sacred space in your home, workplace, or garden is defin

1. What is it that you want your sacred space to provide for you?

2. Where will your sanctuary be located?

3. What feelings do you want?

4. What attracts you to your sanctuary?

5. What features do you want?

6. What colours do you want?

7. What sounds do you want?

Ideas and Options for Creating Sacred Space in your Home, Workplace, and Garden

In your place of sanctuary, some of the items you could include are:

- Candles ~ you can use candles to provide colour and when burning provide a point of focus f
- Plants ~ your plants will require care, and not only will make the air more healthy, but wi
- Water ~ adding desktop water fountains to your place of sacredness will not only provide th
- Music ~ music as my Dad used to say, ^feeds the soul.~ Use music you like, such as, sounds
- Aquariums ~ live fish and the sounds of water provide healing energy for your sacred space.
- Rocks and stones ~ are considered in many cultures to be sacred. Use in your place of sand
- Walls ~ walls can be used to act as, or hang notice boards on, where you can post favourite
- Spend at least 10 minutes a day (20 is better) in refreshing and renewing your spiritual se

Finally, in creating your sacred space, remember you are unique. There will never be anyone o

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