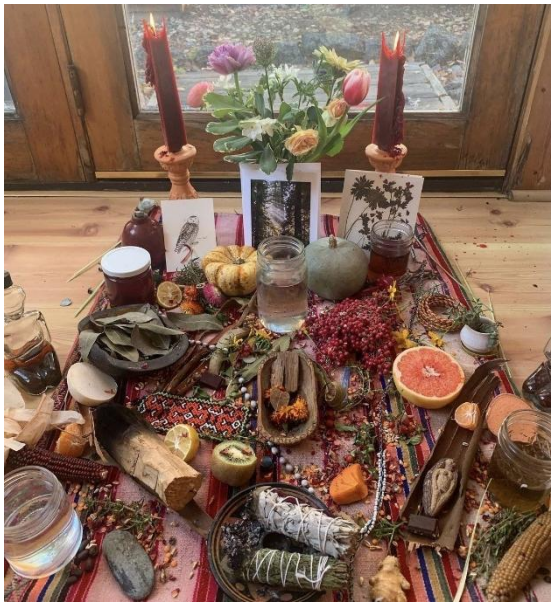
Sacred Spaces



Transform any space into a sanctuary for relaxation, inspiration, and rejuvenation.

I first put together a sacred space in my bedroom in a little corner. It was a small altar I made by draping a beautiful scarf over a small square cooler. I added a special rock and other precious stones. A photo of an angel, a bird feather, a candle, and an incense burner.

These usually stimulating items will focus your attention. The subconscious mind responds to symbols better than it does to words. So, the objects you choose for your altar should be symbolic of ideas or wishes you wish to manifest for all your dreams to come true.

You may choose a piece of turquoise on your altar if you wish to manifest your heart's desires. You may want to choose topaz to keep you motivated to stay on a diet or abstain or choose a black stone to provide grounding. You might want to include an incense burner.

The space is a place to go and sit and be quiet and meditate in front of the altar. You can find a comfortable straight backjack or a chair that you can pull to your altar or some cushy meditation pillow to help you remain comfortable but alert.

When using the altar, bless it in any way you see fit, according to your religious or spiritual beliefs. Do what feels right. I have a Healing Room in my home. The Healing Room has a massage table, different sitting areas with special décor, a table to put candles on, an incense burner, color twinkle lights for the different chakras, a CD player for soft music, crystal bowls and sacred gongs.

I do massage, Reiki, Sat Nam Rasayan, and meditation with other beautiful spirits or just myself. My Healing Room has the most wonderful energy. My friends and clients comment on how they feel. There is incredible strong energy when clients, and sweet spirits, and I are in the Healing Room. After my clients have a treatment, we always share thoughts of inspiration before we leave the room. The highest experience of energy is in the Healing Room with the altar in the sacred space.

Always protect your sacred space by being selective of the energy you bring in. You can sage a person before they enter and cleanse your sacred space after that person leaves. Sacred spaces can be anywhere; just use your imagination and go for it!

Maybe you don't have a room or the funds to erect a full-blown altar. You can design a simple window altar. Windows are thresholds. They separate the physical plane from worlds beyond, so they're tailormade to be converted into altars. You can make any space soothing to the senses.

—Rajpal Kaur