



Creating sacred space in your home or garden

by Laura Esculcas

Professional athletes talk about “being in the flow” when referring to that moment of performance when everything just clicks into place. Most of us are not pro-athletes, but we may have experienced one of those moments of flow, whether physically, mentally, or emotionally. You might recognize it as the “click” of synchronous words or actions, an inner calm or peace of mind, or the flow of joy and spontaneous expression of love. So many words are used to describe this state of being in the flow, yet all are inadequate.

Even so, phrases like she’s on a roll, he’s in the groove, everything just clicked into place, it’s all smooth sailing, and a state of grace help us to understand this experience of flow. But understanding is not the same as experiencing, and for most people it’s not that easy to move into a state

of flow in the midst of an often-hectic day. This is why so many people today who are seeking that state of flow are drawn to spiritual practices such as yoga, chi-gong, prayer, meditation, and mindfulness. Dedicating time each day to care for your soul gives ordinary life depth, and invites you to be open to the flow of life, which in turn brings you more opportunities to “be in the flow.”

Our natural world is alive with spirit. We have been shaped by our experiences here on earth, so it is important to maintain a connection to nature by creating sacred space at home. Practices that nurture relationship with the earth – and the force that you believe created it – deepen your sense of connection with flow. For many people, working in a garden is a spiritual practice. “When you work in the garden, the garden works on you,” write Ellen Gunter and Ted Carter in *Earth Calling*, reminding us that “Reconnecting to the earth also reconnects you to your

senses, the nature that is always in you. When you turn your senses over to nature, it heightens your awareness of everything.” Effective spiritual practices help us to reacquaint ourselves with the spirit of our natural world.

Calen Rayne, founder of Sacred Landscapes and co-founder of Earth Shamans, tells us, “Some people believe the Blue Ridge Mountains surrounding Asheville to be one of the most powerful healing places on Earth. So we have a base of meditative energy to draw from as we design our own sacred landscapes around our homes, or a contemplative space within our homes, to assist us to step back from our fast paced mobile world for a period of time to reconnect with that which truly nurtures our spirits.”

Whether you already have a spiritual practice, or you’re just getting started, an essential part of your practice is the space in which you choose to care for your soul. A well-designed sacred space – whether it is a dedicated garden, room, or home altar on a windowsill – creates a physical connection to the land and is a tangible reminder of what gives meaning to your life journey. “Sacred space is as simple as making meaning. Sacredness comes from the meaning of your life story... make a space and a time that is full of meaning to you. The space you carve out of your life is the space where magic will happen, the place where you will be healed, grow and change,” write Michael Samuels and Mary Rockwood Lane in *Creative Healing*.

Creating your own sacred space in your home or garden signals that self-care – deep soul care – is a priority for you. Your sacred space sets boundaries and grounds your intention to be in the flow of life.

Five tips for creating your sacred space in your home or garden:

1. Where intention goes, energy flows. Begin by setting your intention for your sacred space. Are you creating a private sanctuary or a shared space for community prayer and meditation? How do you want your sacred space to support you? Do you want it to be inspiring, motivating, energizing, calming, grounding, or something else? Before you begin, take time to write out your intention for the space and how you would like to use it.
2. Make it clear and simple. Simplicity is key. Choose a place in your home or garden where you will not be tempted with distractions. Make sure your space is clean, clear and uncluttered. This is your place of peaceful self-care, so avoid high traffic areas and transition rooms in the house or garden. Remove mobile devices and electronics, and do not work or have a home office where you create your sacred

space. Once you’ve physically cleared your space, consider ritually clearing it as well by ringing a bell or chime, drumming, singing, chanting, burning sage, or using any element you choose. Bring into the space only a few basic furniture elements: a chair, cushion, or mat to sit on, a soft light, and a blanket to stay cozy. Choose colors that support your intention and create a comfortable ambiance based on your personal preferences. White or pastel colors enhance light and clarity, and dark, earth tones support going inward.

3. Home is where the heart is. Select for your sacred space items that support your intention and remind you of what you love. Personal items that are meaningful to you might include: a painting, collage, statue of protective symbols, favorite poem, sacred texts or words of wisdom, bells or musical instruments, ritual objects, images of your Spirit animal, a talisman symbolizing your intention for your space, photographs of loved ones, a candle, incense, personal divination tools such as runes or oracle cards, and a journal specifically designated for your sacred practice.
4. Make an Earth connection. If your sacred space is in a garden, then you will naturally feed your connection with Earth. In *Earth Calling*, authors Carter and Gunther recommend having a dawn and sunset practice outside “in which you pay homage to your life, the air you breathe into your lungs, and the earth that sustains you.” In your home, bring in a connection with the earth by adding natural elements to your sacred space, such as plants, stones, shells, fresh flowers, and water. Include objects or images from places of pilgrimage and special places that you have known. Add a photograph of your favorite tree, mountain peak, lake, river, seashore, or any place where you have felt your connection with nature. Every home, garden, or room has a point that resonates with the sacred energies of the land. Calen Rayne has named it the Genesis Point. It is from this point, he explains in his *Genesis Point Training*, that information and energy stream in and increase the transformational potential of a space.
5. Make room to grow. Use your intuition to gauge the energy of your sacred space, changing it with the seasons, special occasions, or to honor changes in your life. From time to time, review your intention for the space and update objects in it as life changes and you evolve. Make sure your sacred space is still supporting your intention, and if not, step back and look at what needs to be cleared or simplified in your space and in your spiritual practice. Asheville-based Feng Shui Consultant Jini Rayne suggests that you honor any changes you make in your space with ritual. Simply sounding a bell, lighting a candle, or



saying a prayer will help you to reset your space and intention.

Creating a sacred space is essential to having a spiritual practice that moves you toward a state of flow and supports you to generate meaningful action and cultivate genuine relationships every day. Michael Warden, in his book, *design energetics: The ancient pulse of feng shui in the modern world*, tells us:

"The elusive force of Life, however it is characterized, permeates buildings and landscapes just as it does plants and animals and people. This provocative (though far from unprecedented) statement compels us to explore the essence of both 'life' and 'environment'. It leads us to a journey wherein landscapes remember, people resonate in

subtle synchronization with the forms around them, and events are inseparable from the place where they happen. A journey wherein the compass points have qualities of their own, the pulses of the very planet we are alive on are inseparable from our own, and each and every building is a 'four walled universe', influencing its occupants in amazingly specific ways."

Creating and entering your sacred space is a signal to your mind, body, heart and soul that you are ready to tune out the noise of ordinary life and tune in the flow, connecting with the pulse of nature and of Life.

For more information on how to create sacred spaces in your environment, contact the Sacred Landscapes team at sacredlandscapes.com.