

January DIY Exercise

KEY: CREATIVE VISUALIZATION

EXERCISE: CREATE A SACRED SPACE

We create sacred spaces that allow us the ability to strengthen our connection and alignment with All There Is. These spaces are free of the distractions and illusions of the outer world. To do this we must create an environment that is ordered to permit and encourage the free flow of energy.

Here are some basic steps to follow, however feel free to follow your own intuition:

- Choose your Space: Select an area of your home for the space. It doesn't have to be a room, it can be a corner in the room, a shelf on the wall or a table.
- Cleanse your space: Prayer, saging, smudge spray, crystals, essential oils.
- Set your intention for the space.
- Find symbols that match your intention: Choose inspirational books, pictures, candles, your favorite mementos, crystals, a bell, hamsa, buddha, ankh whatever items work to inspire you. Choose items that resonate with your spirit.

When you take the time to create a sacred space, you are setting the intention to live your life at the highest vibration as you connect with the light and love within your soul. When you look at your sacred space, you should feel inspired, uplifted, and energized.

After you've created your sacred space, show us your final result by going to Facebook and/or Instagram and tagging us, OR email your pictures to LivingTruth365@gmail.com.

On our website under the tab 2024 Breaking Barriers – DIY Exercises are the instructions for setting up your sacred space. Use your imagination and creativity to create a sacred space that not only reflects you but speaks to you. This is your charge and your Exercise for January