

CREATING SACRED SPACE AT HOME

FIND A PLACE

At its essence, a sacred space is one that enables you to connect with what is deeply meaningful to you. Look for a space in your home that feels accessible and inviting. It doesn't have to be big -- an unused corner or a small shelf on your bookcase works great. Or, for a portable option, consider re-purposing a basket or shoebox.

GATHER MEANINGFUL OBJECTS

Some of the most common objects to include in a sacred space are candles and sacred texts. You might consider images or quotes from spiritual mentors or seasonal items that correspond to the liturgical calendar. Remember your senses: fresh cut flowers, herbs, or essential oils; a soft cushion or richly textured cloth, a small bell, wind chime or music box, etc. A journal or other items for self-reflection can also be helpful. Finally, if you are sharing this space with children, consider including items that they can interact with.

USE YOUR SPACE

Visit your space regularly and use it as a visual reminder to pause throughout your day for a mindful breath. Allow your space to evolve with the seasons and to serve as a reflection of your emerging spiritual journey.

For additional resources, see:

<https://a-lively-faith.com/2020/05/01/prayer-space-guide/>

<https://www.asacredjourney.net/>

<https://www.trinitystores.com/>

<https://www.janetmckenzie.com/>

<https://www.etsy.com/listing/266913687/100-hours-beeswax-prayer-meditation>

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