

SACRED SPACE



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Understanding and developing Sacred Space



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TERMINOLOGY

Physical: the material world, a manifestation of mind.

Mind: dual and divided in nature.

Soul: Oneness.

Spirit: All.

SACRED SPACE

A sacred space can be a natural site, a building, a space within our homes or gardens or a private place within the heart. Sacredness is a quality that we can bring into our lives in many ways and its action raises a conventional physical existence into the realms of the angels.

Human beings throughout the ages have sought mystical experience and spirituality as a natural expression of the Soul and Spirit within them. Various religions and belief systems have been established as spiritual wonders have been revealed to the physical world throughout the stages of humankind's journey. Many of these have chosen sites or built structures as places of spiritual practice or worship, creating spaces sacred to their particular spiritual pursuits and activities.

A sacred space can be either natural or man-made. Examples of both abound in the world. Caves and all types of natural sites have been used for sacred or ritual purposes and early constructions include stone circles such as Stonehenge. Other examples can be seen in the temples of ancient cultures such as the Egyptian, Greek and Roman civilizations. Modern places of worship in the form of temples, mosques and churches are found throughout the world.

Many are situated at sites that are naturally powerful or have a particular type of energy, either as a result of a confluence of energy streams moving within the Earth or certain types of energy rising from deep down and becoming available to the surface world. These energies are sometimes associated with specific geological features and can be a natural expression of the patterns created by the hills, valleys and plains that give shape to the surface of the land. Natural shifts in the Earth's energies occur gradually over thousands of years. Certain areas become powerful at different times in response to the progress of the Ages and the spiritual evolution of

the Earth.

In the past, sites with special energies were knowingly selected for use by people who were able to see or sense these energies. Others were selected by people ignorant of the power, however, through a sort of Divine synchronicity, a sacred site was naturally chosen for sacred purposes. Manifestations like this are the result of the beautiful way circumstances can work together.

Sometimes sites without any special energy of their own were chosen for sacred purposes. Over time, however, they have become powerful through being consistently used for sacred purposes and from the intent and attitudes of those who use them. With repeated use, energy builds up in a site or building and each person using it for its intended purpose contributes to the power. This is further reinforced by the recognition of others who are not even directly involved. Even non-church-goers see a church building as they pass. They accept its presence and know what it is used for. Their recognition and acceptance, no matter how unconscious, casual or fleeting affirms the purpose and energy of the building. Recognition is a powerful metaphysical force.

Sacred spaces or sites usually have an associated angel or similar being in residence. The power of a sacred site can become very strong and can endure long after the physical structure has vanished. Sometimes the energy associated with a sacred space can still be perceived clairvoyantly hundreds or thousands of years later. On occasion, the angel of the site can be still seen, hovering over the barely visible ruins of an ancient temple and responding to the interest and energy of tourists who come to wonder at such an ancient structure.

SACRED SPACE IN OUR HOMES

A sacred space can begin as a dedicated space. A room or area, indoors or out, is naturally dedicated to a particular purpose through the normal processes of planning and use, even without the conscious knowledge of its owners.

Our houses by their nature are dedicated to providing us with shelter, refuge and a sense of place and belonging for ourselves and our families. They provide an environment in which to welcome and entertain friends. Rooms and areas within our houses and workplaces are dedicated spaces. In our houses, for example, we have kitchens, bathrooms and bedrooms.

Each of these has its particular uses. Dedication began at the planning stage before the house was built. They have different physical features and are equipped and furnished for their purpose, further consolidating the dedication. They therefore contain the energies associated with their function. These are activated every time the space is used for its purpose and grows stronger with repeated use, thereby supporting the processes it is used for.

Any dedicated space can become sacred, depending on the way it is used. A dedicated space becomes a sacred space when it is treated with love, reverence, gratitude and respect. Sacred spaces have a presence in Soul and they allow the realm of Soul to exist in the physical world. Using a sacred space appropriately draws energy from higher realms and allows the space to exist as a shimmering presence throughout the planes.

A kitchen can remain an efficient and comfortable place to prepare food or it can become sacred and powerful. If it is used mindlessly, complainingly or resentfully, it remains just an effective dedicated space filled with whatever types of energy are produced by the mindset of the people using it. When food is prepared cheerfully, thankfully, lovingly and in the spirit of nurturing the house's occupants and offering hospitality to those who visit, then the kitchen space becomes as sacred as any shrine or altar. The tools used for cooking become sacred ritual objects.

Any part of a house can become a sacred space if it is treated appropriately. We need to move past the type of thinking that sees some rooms as less acceptable than others. Some view the toilet or bathroom as being less worthy than other rooms in the house. In fact, the purposes these serve in terms of cleansing and elimination are vital processes physically and spiritually.

All processes are equally important and, if appreciated and treated appropriately, can be a part of sacred activity and sacred space.

A special room or area can be set aside for meditation, contemplation, prayer and other spiritual or metaphysical practice. Books, crystals or other metaphysical tools can be kept here as well. Regular use builds the power in the area and a loving and respectful approach consecrates it as a sacred space. The atmosphere created supports the activities of those using it, making it easier for them to enter into and sustain sacred practice.

Sacred spaces can be similarly created in the garden or anywhere outdoors as a place to meditate or just to sit quietly and be at peace.

Any sacred space needs to be cared for intuitively and appropriately. It is the habit of human beings living in the physical world to care for physical possessions such as a house or garden in a routine and habitual way. We assume for example that if there is a weed in the garden, it must be pulled out and if the grass grows, it must be cut to keep it tidy. We do not question when the best time to do this is or if indeed it should be done at all. Mindless or habitual activity does not support the idea of sacredness. Sacred spaces of any type remain sacred through respectful and considered care and use. There is an appropriate time for all activity. We need to be mindful of this and use a mixture of knowledge, good sense and intuition to decide our actions.

PERSONAL SACRED SPACE

When we create sacred spaces, we take up one of our highest functions as human beings. Sacredness is our birthright as beings created with a Divine nature as well as an earthbound mortal nature. It is a natural part of our growth to bring forth the sacred in ourselves and our world.

There is a sacred place already existing within our hearts that we can learn to access. It is of a higher nature than our normal thought processes and everyday functioning. It has no boundaries, existing in a state of freedom, peace and harmony. It has all the essence of the quiet of a church or temple and it exists outside time and place as we know it here in the physical world. It is not an

imaginary place in the mind. It is of the Soul. Once located and brought into our conscious life, we can enter it at will.

Personal sacred space is very different to the personal physical space we value so highly. When we seek personal physical space, we act from our need to find a space away from the activity of normal life to rest or to create a distance between ourselves and others. This is an aspect of separation, which is a characteristic of the physical realm. Personal sacred space is of a higher nature, inclusive and peaceful. Entering into it makes separation unnecessary. Sacred space can never be used as an escape from life or problems. This makes it inaccessible to us, as our ability to access the sacred is corrupted by this type of approach. Its purpose is to take us toward Soul and Spirit, which include the physical world, not to take us away from it.

Although the personal sacred space in the heart is pure, being of the Soul, we do not have to be pure in every aspect to enter it. However, our intent in accessing the sacred space needs to be pure. Used in this context, purity means untainted, single and undivided. Our intent, therefore, needs to be single-minded and free from doubt in our ability to enter. Our approach needs to be sincere and respectful.

One's personal sacred space can be located by first relaxing the body and mind then focusing one's attention on the heart. Hold the idea of sacredness in mind while doing this. It is not difficult to locate this place within the heart and once you feel you have found it, remain still within it for a short time. Next imagine a boundary around the body, extending out for about one metre or three feet. Feel the sacred space within the heart expand to fill this space. This boundary is a temporary limit set to help in establishing and developing a feel for the personal sacred space. After using the space regularly for some time, usually for about a year, you will feel confident in the purity of the sacred space and the boundaries will automatically dissolve, being no longer needed.

This personal sacred space can be used as a place of peace and repose, quite a different experience to relaxation, which is of the mind. All sacred thought belongs here.

The personal sacred space can naturally enlarge to include other places, people or things as we require.

When we are in the sacred space, physical noise or other disturbances that would normally be annoying or disruptive become acceptable and are no longer abrasive. Things of the mind cannot disrupt a space that belongs to Soul. This is because personal sacred space is pure and cannot be corrupted and the mind remains intact whilst in it. Also, whilst within the personal sacred space, the mind is at peace and remains unaffected by past painful or traumatic experiences.

When we first begin to access our personal sacred space, we need to close our eyes and be relaxed and mindful of our intent. Once we become accustomed to the sacred space, we can access it at any time, even when we are busily engaged in physical activity. By doing this, we bring our activities into the sphere of the sacred and bring the sacred into our physical world.

In time, with practice and mindfulness, we can live within the personal sacred space at all times and all our thoughts and actions become sacred. We then move throughout the world carrying sacredness with us wherever we go and spreading its influence.

MAKING OUR LIVES SACRED

We can make our whole lives sacred so that we always exist within the sacred and act sacredly in the world. There are certain ways of thinking that prevent us from doing this. By adjusting these habits of thought and response, we can align ourselves with the sacred and move forward freely and joyfully, spreading light wherever we go.

Appreciation and wonder are two qualities that encourage the sacred in our lives. Both of these are related to our ability to recognise beauty. There is beauty in the way all the various aspects of Creation work together to produce perfect balance and harmony. It can be seen in everything, down to the smallest detail in our thinking or our surroundings. There is beauty also in our spiritual aspirations and the processes we engage with in order to grow and expand our awareness. Allowing ourselves to recognise, acknowledge and value these automatically lifts our hearts and minds toward the sacred and enables us to act sacredly in even our most everyday actions.

Beauty and truth are inseparable and sacred living requires us to live consciously and mindfully. It is difficult for us to do this when we are in the habit of taking things for granted in so many areas of our lives. This occurs when we do not see or have forgotten the truth of our circumstances and the real value they have in our lives. We cannot live sacredly when we separate ourselves from our truth, as truth is essential to the Soul.

A useful step in re-establishing truth in our lives is to take the time to systematically contemplate those things that we take for granted so as to gain an accurate overview. This can include physical aspects of our lives such as food and shelter, as well as the people we love and who love us and the opportunities we have available to us. It also includes our spiritual opportunities, including some circumstances that we might find uncomfortable. Everything that occurs has its perfect place in our lives.

Through contemplation we can revisit our reasons for doing the things we do. We can reaffirm our involvement in our lives and see that what we are doing is worthwhile and good. By contemplating these things and finding the value in them, we establish or re-establish the truth of them in our hearts, which gives depth to our lives and thinking. It also fosters the giving of praise and thanks, which are elements of the sacred. As well, we can see where we need to change or add certain things to our lives in order to live more closely in accord with our own truth.

Another aspect of living with truth is doing what we say we will do. When we say that we will do a certain thing, whether it is said aloud or to ourselves, we make a covenant, a sacred agreement with God or our higher nature. We need to be certain that we honour our covenants. If we have chosen unwisely and are unable to do this, it is best to make a new covenant that we

can honour rather than just failing to act on the first covenant. We can also make amends in some way for having disrupted the process of the first covenant. Performing a kind act of giving or helpfulness is one way to do this. We also have the opportunity to learn to choose our commitments more wisely, so that we do not put ourselves in the position of being unable to follow through. All these actions turn an incomplete situation into one of completion and wholeness.

A further aspect of bringing the higher and lower natures into accord entails matching our outer actions with our inner intent. This means acting purposefully, mindfully and in accord with our beliefs. This creates wholeness, which is of Soul. Each time we honour our word, our intent or our belief, we are a step closer to being in harmony with All. When we are in complete harmony, we will no longer need to be reborn to the physical world. We will be completely of Soul.

All of our actions have far greater impact on our world than is immediately obvious. Creating and maintaining sacred spaces in the physical world is a service that has far-reaching benefits for the physical realm. Sacred spaces, whether personal or relating to place, become increasingly present on the physical through consistent and appropriate use. The forces drawn through them into the physical world become ever stronger, rippling outward through our environment and into the world. Their presence contributes substantially to refining and raising the world of matter as Soul and Spirit are increasingly revealed here. As part of this, angels and other great beings work through the portals that the sacred spaces create between the physical and the higher realms. It is mankind's destiny to work with the angels and beings of the higher planes to bring Light and Life to the world. It is within the capacity of every person to contribute to this great work. To be able to do so consciously is a privilege.