

Setting Sacred Space

1. In a room, or an area of a room, carve out a place where you can safely and comfortably lie on the floor – or perhaps on a bed or on a massage table or a couch. (This place does not need to be in the middle of a room.)
2. Around this place, if you are able to distinguish the cardinal directions of East, South, West, and North, do so. If you are unable to determine this, consider the corners of the room you are in to be the four directions, with above and below the fifth and sixth directions. (In some traditions, there is a seventh direction – this is the center, which you can also acknowledge and welcome into your sacred space.)
3. An element of creating this sacred space is to create protection for your journeying experience. By consciously acknowledging the directions through rattling, whistling, singing, humming, bowing, lighting candles or smudging, as well as also envisioning a beautiful protective barrier around yourself (and above and below) you are ensuring safe energetic passage between the Middle and Lower Worlds.
4. Once you have completed this process, you are ready for exploring the Steps of the Journey!

