



Sacred Space is our awareness for how body is governed and includes our energy field.

As Individuals we support ourselves by closing down vibrationally and also observing balance.

We appreciate our own movement & private territory. We are with a number of features in the knowing of our Sacred Space (These are Personal).

1. You have a private heart, private mind and private body-energy.
2. The Body is worshipped and is personal, physical & energetically strong.
3. We all have capacity to respect the above and also capacity to respect others in their private, personal recognitions as Individuals as well.

There are Certain Rights. To cross energy / or physical boundaries with another person is always **Abuse**.

Activity: Sacred Space is also about building an atmosphere of Comfort and Welfare in the private home in simple ways, not in economic terms.

In our archival window, we have access to humble tealights, diya or pillar candles. Incorporating one lighting a day for 10 minutes and sitting with quiet meditation is a great way to:

- *Close down* – Via relaxation, physically sitting and being aware of breath. Allowing “Focused Intention” to be a Landscape of Habit & reserved timing for Meditative closure to the day.
- *Consciously recognising Openings* to Meditation through lighting a candle. Through to the *closure* of Meditation through snuffing out the Candle.
- *Emphasising disconnection & Attributing Power to Moments you govern and explore quietly.*

The notion of Sacred Space is increased as gentle-power. It is strong.

Features to **Boundary-Time and allocated Personal-physical space** in this simple exercise is a great way to *start a healthy relationship to Protection & Recognising the Self through empowered – resilience, simply.*

Sacred Space is a Light recognition – it is not a light switch, or a ‘torch’ to protective, overextended upset. It is our recognition that we personally build and “form” through environmental relationships, figurations and energetically. Calm, the ability to reset and inviting simplicity are all strengths (recognised virtues and personal power).

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