

THE SACRED ART OF
TRANSFORMATIVE SPACES



THE FUNDAMENTALS OF
SPATIAL ENERGY WORK.

2.2



As well as humans...

A physical space is also an aggregate of an energy field which is connected to everything in existence.

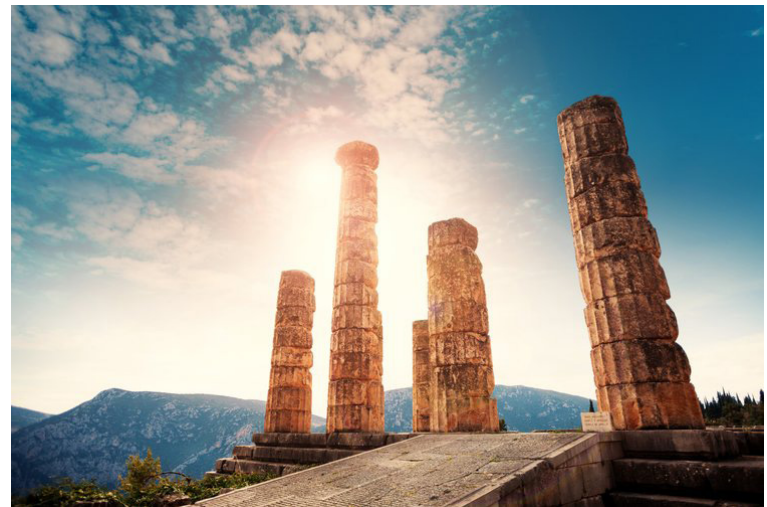
1- INTRODUCTION

THE USE OF ENERGY IN SACRED SPACES

Research conducted at sacred sites indicates that it was widely understood by our ancestors, the builders of the magnificent temples of antiquity, that Energy is the dominant factor in the practice of sacred space creation. All the impressive monuments, whether stone circles like Stonehenge, pyramids like those of Giza, the Yucatan, the temples of Greece, are located at the foot of sites which are considered of power energy spots.

Energy hot spots can be measured using dousing methods, with rods, pendulums, etc., but can also be measured using magnetometers. As indicated in Lesson 1, their existence has been proven and measured by NASA.

Further research indicates that the physical constructions, such as stone circles, pyramid-shaped monuments, etc., were built to amplifying the land energy, allowing them to become potent containers which, through deep connection, enable processes leading initiates to experiences of a transcendental nature.



The ancient temple of Delphi 3 hours away from Athens Greece

We have seen this in lesson 2.1.

The idea of Energy as a dominant force in this field is shared by the various cultures of temple making and sacred design, including Feng Shui, which relies strongly on its baseline principle of Xi (chi) energy, Vastu Shastra, its Hindu counterpart, and Shamanic and house magic methods.

In fact, the most popularized of practices, Feng Shui, originated from builders looking for sites with an adequate flow of Qi for graves, allowing ancestors to transition in the most suitable settings.

Ancient Greeks, when building a temple, would ask to be shown which land was the right one to build on, and would then meditate on which deity was wanting to be represented by it.

Logically, in our contemporary context, spatial energy work should become the central pillar of the creation of sacred sites.

When I began to develop *The Sacred Art of Transformative Spaces*, it was clear that spatial Energy would be the baseline principle of the process. Everything else, the aesthetics, the placements, etc. are remarkable tools for grounding, anchoring,

amplifying the energy and remembering our connection, the same way that the actual temple buildings would remind initiates of their connection while it was actually the hotspots doing the work. Of course, these design decisions will amplify the hot spot, vortex energy, but the baseline frequency needs to be there for it to work.



A mound created by shamans in rural Mongolia.

2- TRADITIONAL VIEWS OF 'SPACE CLEARING':

Energy work in spaces is most popularly referred to as “space clearing” and is often associated with specific chants, use of sage as well as sound instruments.

The very name “space clearing” supposes a process by which spirits and entities, which are thought to be obstructing or affecting the energy field, are removed. I must have been 5 years old when I encountered the space clearing process for the first time as my parents had summoned the parish priest to come and give his blessings to our home. After sitting down for a long chat, during which my mom and dad spoke everyday issues, he walked around the house swinging a silver incense burner chanting in Arabic, Greek, and English. These rituals are common in many cultures.

Generally when moving into a new house, when something bad happens, when there is some type of new beginning, or perhaps when something just doesn't feel right, we call upon an expert to “clear the bad spirits” and bring luck and well-being to a home or family.

Years later, my understanding of this field has changed dramatically, and I am excited to share new concepts in this lesson.

3- AN INTRODUCTION TO SPACE WHISPERING.

calling for energies, spirits or entities to “leave” or “be removed”, in Lesson 2.1 we saw a version of energy work which relies on a different concept, that of transforming energetic patterns by sharing energetic capabilities, structures, and functions, through a process called energy merging.

“Space whispering,” which is the practice I explored simultaneously during my training with Shaman Kenneth Ray Stubbs and with Christian Kyriacou, the House Whisperer, recognizes our homes as an energetic field which can be affected by certain energies and frequencies which come in contact with it. Developing the energetic intensity of the space (field) allows these so-called “intrusive” energies to transform as well, by association, by the simple process of entrainment, which was seen in lesson 2.1. As these energies transform, they can no longer affect the field in the same way; the energetic patterns of the space return to balance.

The ceremonial process of spatial energy programming awakens the person to their path of development. It attunes the soul to a new frequency, and the process of spiritual growth is enabled and supported, and the person begins to access deep creativity, resourcefulness, and a connection to Source. From this place of alignment, our inner work leads to changes in our outside world, such as accessing abundance, relationships, or simply feeling more joyful and blissful on a day-to-day basis.

Remember the formula for transformation which is at the basis of this work:

$$\begin{array}{c} \text{INTENSIFICATION} \\ + \\ \text{CONSCIOUSNESS} \\ = \\ \text{TRANSFORMATION} \end{array}$$

Through energetic intensification, we are working at levels of energetic frequencies which could be classified as more developed, allowing us to reach a new level of growth.

The work of whispering by process of energetic merging doesn't intend to remove any spirits, entities or stop anything "bad" from happening. In fact, it intends nothing at all, except to align the space to the highest vibrational frequency available, and by doing so, calling forth all that is aligned with this vibration to appear. A space is considered whispered when it has been attuned to a stronger frequency, and its capabilities and energy patterns have been altered; functioning at a higher resonance, creating a more potent field.

While the whispering process is permanent; however, it doesn't mean that nothing wrong will happen to us anymore. It only means that if it does, we will now have the right tools, (i.e.: improved clarity, creativity, and support system) to deal with it in the best way possible. We begin to see any issues as steps to our development rather than a hurdle. When we start to see the world in this way, things around us begin to change. This also means that if there were a spirit, entity, or dark force, it would now shift, as it now has access to new capabilities in order to transform and no longer impact us.

In the energetic merging process described in lesson 2.1, our being intends to open a gateway between the space we are working with and the frequency of source which we must have the ability to access. The Source field, which is accessed, will automatically and effortlessly identify the energies which are required by the space and will resonate the information which is needed to be awakened in the space; when these codes are activated, the space is whispered.

We began to test the impact of spatial energy work and found that spaces and everything in them began to be affected at a molecular and atomic level, intensifying the energy field of a space, and attuning it to source in the same way as a hot spot like those where temples were created. In many cases, a whirling vortex of white light energy was created during the process, allowing for a field of energy akin to that of a strong power spot, to be created. As with the temples and portals we spoke about before, by merging energetically with these spaces, we begin to remember our own divinity, a process which is a catalyst to our growth towards our highest potential.

4-A PROCESS OF PERSONAL EXPLORATION

The process of spatial energy work needs to be deeply connected to the person who is the owner of the space in profound ways.

I believe that merely asking for a healer to sweep in and move the energies out of the way might work temporarily and the space may feel refreshed for a short time. But lasting, permanent changes, require more work.

The presence of the owner of the space is critical: they become a channel for the transformation to take place, and their process of personal exploration becomes the central tool.

If the owner of the space doesn't address their own involvement, we are unlikely to see the level of change which can truly and profoundly impact our lives. This is done by exploring questions along the following lines. i.e.: What does this energy imbalance in their home represent to them? What does it trigger? What unresolved issues it might be reflecting?

This part of the work is explored further in upcoming Module 10- Intention the human key.

For now, just being aware of this concept and being willing and open to doing inner work is sufficient.

5- VALUABLE SCIENTIFIC INVESTIGATIONS

In addition to the oft-cited experiments of Dr. Emoto, which we have seen in lesson 2.1, other tests have been done by the scientists at Princeton University who started the Global Consciousness Project.

They created a machine called the REG, a computer which randomly generates 1's and 0's. 70 of these machines were placed all over the world for approximately 15 years, and the output was checked at a few random points in history, usually when a major world catastrophe had occurred (for instance, the Nepal Earthquake or 9/11). The reports showed that the numbers generated right after these were in a completely different sequence and structure to the usual quasi 1/1 ratio.

And the closer the machine was to the exact site of the event, ie New York or Washington in the case of 9/11, the more it was impacted.

This became solid proof that our collective intention and consciousness could be measured.

More significantly: scientists experimented with these REG machines in ancient temples such as Luxor or Aswan in Egypt, measuring the level of frequency at its natural state and also after a group had been instructed to walk through it in silent intentional meditation. They found that the level of consciousness fluctuated by as much as 600%.

This is indicative of the fact that walking around a space with intention will indeed affect its energetic composition.



The ancient archaeological site of the Valley of the Kings in Egypt.

6- 4 METHODS OF SPATIAL ENERGY WORK FROM BEGINNING TO MORE ADVANCED

You may have already experienced or even practiced a type of space clearing (or a different kind of programming of a space); a process which may have included the use of elements such as sage, incense, feathers or more. The spatial energy work in this lesson is at once more simple and more complex.

In terms of simplicity, the tools mentioned above (sage, incense, feathers or more) are not necessary for this type of work; the main ingredient is the focus, intention, and consciousness of the person practicing.

The complexity resides in the fact that the impact and outcome depend on the level of development of the practitioner.

Going back to Shaman Kenneth Ray Stubbs, the quasi quadriplegic state he has been living in for almost 30 years has led him to a near-monastic existence, where his main activities include meditation, energy work with clients and pendulum dowsing. Before this, he spent large chunks of his time sitting with advanced Buddhist Rinpoches, sharing ceremonies with Navajo tribes, and visiting energy power spots.

If he knows you well enough, he may even tell you that his abilities are so deeply developed that he has sometimes been able to accomplish the energy work process of a space simply by thinking of it.

Further studies by the Institute of Noetic sciences have provided evidence that masters and teachers who have reached a certain level of development will have a stronger impact on energy structures.

Other studies such as Dr. Emoto's we saw in Lesson 2.1, clearly indicate that we all have the power to shift energy with our intention, even if with less intensity.

I describe below some initial methods and processes to allow you to begin to develop your skills of Spatial energy work, starting with more entry level practices to more advanced ones.

This development will continue throughout the course.

Another critical point to remember is that the methods which are detailed here are meant to help you build your energetic awareness and sensitivity to your space.

By doing so, you will be able to better connect energetically to your space, build more energetic abilities, and be able to eventually permanently affect the energy patterns of your space. in a way we describe as "Space whispering".

6.1 METHOD 1:

Using the elementals (Beginner level)

Objects representing the 5 elements used in eastern teachings and 4 elements recognized in the west can be used to harmonize the energy of the space.

For this method, you will need the following objects:

a compass,
a large feather,
some incense,
a candle, a plant,
and a bowl of water.

Standing on the floor of your space which is closest to the ground, reset the compass, and determine your cardinal points.

Place the feather, incense, or both in the EAST side of your space.

Place the candle to the SOUTH

Place the crystal or plant on the NORTH

Place the bowl of water to the WEST

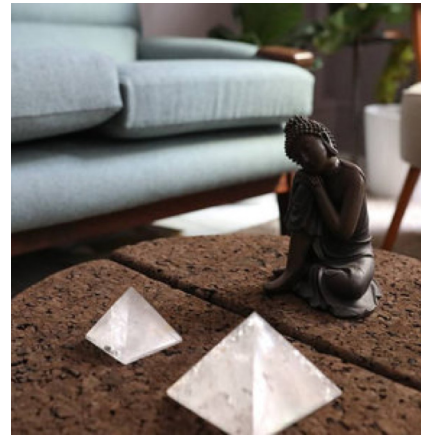
Keep all the elements there for a week, before removing them, and the energy should feel more balanced and harmonious.

Don't worry about keeping the incense or candle lit the whole time.

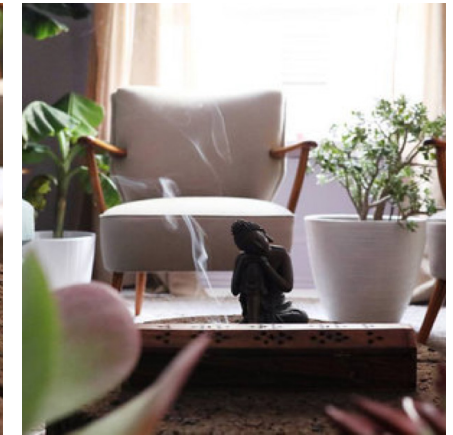
Light them as and when it feels right for you.

By being intentional, we are anchoring the energy of the 4 main elements which exist in the macrocosm of our universe, radiating that frequency within our space.

This method tends to yield reliable results quite instantly.



To the NORTH side place a crystal or a plant.



On the EAST side, place incense or a large feather



To the WEST side place a bowl of water



To the SOUTH side place a candle

6.2 METHOD 2:

Feather method (Middle beginner level)

For this method, you will need the following:

- a large long feather and/or dowsing rods
- quiet space within your home

Grab a big long feather. You can usually find them in any new age shop or you can pick one up off the street which would have fallen off a bird.

Standing at the entrance of your home, connect to your intention and begin to walk around the house, slowly running the feather along the walls. The feather should flow quite smoothly across, but if you feel it blocking, stop for a moment, and intend to bring your awareness to the area that seems affected or blocked.

As you walk through the entire home, you will build up your energetic sensitivity to the space while simultaneously enabling it to return to a more balanced flow.

If you are experienced with dowsing rods for sensing energy, you may use the rods as well. If you are not, you can refer to lesson 2.4 of this module which walks us through an introduction to dowsing for Spatial Energy Work.



5.3 METHOD 3: SPIRITUAL HEALING OF SPACE

For this method, you will need the following:

- A crystal, quartz if possible,
- some sage or some incense
- any sound instrument you might have such as a Tibetan singing bowl, a gong, a meditation music track on youtube.

Begin by sitting in intention, close your eyes, and make yourself comfortable.

If you have a crystal, hold it within a meter of your body and focus on it for a few minutes. If not, just focus on your breath and try to clear your mind as much as possible. Begin to connect to where your feet or other parts of the body are touching the ground or the chair beneath you.

Begin to imagine that with every out breath, your legs grow into the ground. At some point, they grow so long that they are now connected to the nucleus of the earth. Imagine the earth's wisdom is being drawn up towards you through your roots.

If you have another favorite meditation method, you connect with quite well, use it now.

At this stage, you can begin to play your sound instrument as it helps to clear the mind of unnecessary clutter. Light the sage or incense if you wish, or use none at all.

Stand up, remaining with the connection you have established. Walk to the entrance of your space, and maintaining this connection to breath, walk slowly around the room.

The slower you walk the better it is.

Bring your awareness to as many parts of your home as you can.

Looking up, down, left, right, imagining that any conditioning or memories that are held there can begin to dissolve.

Walk around your entire space slowly and in real presence and awareness, noticing any emotions that may come up. Be sensitive to energies and emotions that may arise in certain areas. When you find something slightly out of harmony, stand there for a moment and intend to bring in the most connected source energy available to this place.

You can use your sound instruments, sage or incense throughout the entire walk, or only in the less harmonious areas. When you have are done, return to the front of your home again and say thank you for having the ability to make such powerful changes in your space.

Remember that the more you develop energetically, the more potent your space clearing capabilities will become. So make sure to meditate regularly, chant, follow masters, or anything else that feels right to develop yourself.

I recommend that you do this every week to maintain the balance of your space, but also as a meditative exercise for yourself. With time, you may find that you will need fewer accessories, and only your intention will be enough to get the job done. Use your intuition and listen deeply! You may find you are developed enough already that you only need your intention to do the work!

Our friend Shaman Ray is so advanced and developed in his practice that the whisperings happen simply by thinking of the home before he even starts any practice at all!

But even if your intention got so developed, you might find yourself still using sound, incense or other accessories, simply because you enjoy it.



6.4 METHOD 4 : ENERGETIC MERGING WITH SPACE (ADVANCED LEVEL)

So while we may have known for a while that visiting temples, sacred sites and being in the presence of masters helps us grow and develop, the idea of bringing this level of development home is still quite new, uncharted and even considered quite radical by some.

It can, however, be quite impactful, even considered crucial.

For transformation to occur, and be sustained, we need to have continuous access to these capabilities. Otherwise, what happens when we return home from our pilgrimage? Very little of the effects will remain. Maintaining a continuous connection to these energy fields through in our homes will bring lasting impact not only the “resident soul” but the souls of visitors as well.

It also plays a crucial role in the entire global collective, serving as an antenna or gateway to Source for the benefit of all.

