


Creating Sacred Space

Step 1 ~ What Does it Mean to you?

Simple Word Collage

This creative activity will be exploring what Sacred Space means to you through create a Word Collage ~

Use the space provided below or grab a piece of paper/your journal, some color pencils, pens or markers. Write “Sacred Space” in the center of your paper...then I invite you to write a bunch of words that come to mind when you think of Sacred Space. Don't over think it, just write whatever words come to mind, in fact, I invite you to set a timer for 5 mins. And then let the words flow out, engage play...write them in different colors, styles and directions, so that you are left with an assortment of words that express your feelings about Sacred Space.

 **A Moonlit Pearl of Inspiration** ~ Here's another fun approach to the same ARTsignment™...but for those of you wanting to engage your right-brain or are simply more visual.

Do the same as above only this time doodle symbols. Quickly draw a bunch of symbols and doodles that come to mind when you think of “Sacred Space”. Again, try playing around with different colors, styles and directions, fill your paper with all that comes to you, this time you are left with an assortment of symbols.

When you've completed it, look at your assortment of words and/or symbols and explore these questions...

What do they make you think of, or remember?

What is the first thing you noticed about your collection of words/symbols?

What surprised you the most about what you wrote or doodled?

In conclusion, write a few lines about what your inner wisdom is telling you about Sacred Space and what it means to you.