

# LESSON 2.2

## SPATIAL ENERGY PROGRAMMING

If you take away anything at all from this entire programme it should be this: Spatial energy programming is the single most important step you can take in the building of your temple.

Everything else, the aesthetics, the placements, etc. is necessary 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 “juice” needs to be there for it to work.

You may have already had a type of clearing or other programming of your space, however I would definitely recommend doing another as you are now reaching a new level of interest and intention with this work.

Like anything in this work, it is likely to be more potent if done with an expert, in which case, make sure to choose someone who you really resonate with, it has to feel right and deeply connected.

I also suggest beginning to learn how to do it yourself.

While studies have shown 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 Article 2, clearly indicate that we all have the power to shift energy with our intention, even if with less intensity.

Therefore choosing whether to do it yourself or get an expert to do so can depend on your budget, on what feels right at the moment and what you might feel you are ready for.

Your assignment.

There are many ways to begin to do spatial energy work on your own. Your assignment for this lesson is to explore the various forms below and test out the one which resonates most deeply. When you feel you have practised these enough, you may find yourself inspired to create your own method

and use that one as a regular practise. Remember that a temple is a living being, therefore a constant practise is necessary and the work is never done!

**METHOD 1**

Grab a compass, a large feather, some incense, a candle, a pant, 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 north side of your space.

Place the candle to the east side of the space

Place the crystal or plant on the south part of the space

Place the bowl of water to the west side of the space.

To the south side place a crystal or a plant.

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 it feels right for you.

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### **METHOD 3:**

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.

Marc incense .jpg

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 favourite 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.

