

Creating your space

Find an area in your home that you can claim as yours for your personal work. Have it be a place where you are not distracted by things that need to be done. It should be clear and uncluttered, a place where you can relax and focus. It should be comfortable, where you can sit, read, and write. You want the space to include a centerpiece, a table or shelf where you can keep some objects that are meaningful and inspirational to you.

You want to include items on your table that personalize it for you. You might want photos of spiritual teachers who have helped you, ancestors who feel a bond with, photos of beautiful places where you made wonderful memories, positive affirmations that remind you of something, and other decorations that set your mind at ease and help you to tune in with your meditation practice. You might not want this to be the place that you put your family photos or reminders of people that you love very much, but to whom you are responsible.

Your daily practice is going to be very beneficial, helping you to release stress, make decisions, tune in to your intuition, and to deepen your understanding about your thoughts and what you need to believe. The space you create should be as conducive as possible to a beneficial practice. Your table is the focal point of the room and you want it to include traditional as well as personal attributes to support a meditative experience.

Your space will serve you in feeling the Qi or life force necessary to do the work of transformation. And you want to include tools that can help, like candles, objects of beauty, things from the natural worlds, bells or gongs as the vibration can shift energy, and objects that have symbolism and meaning for you.

Create your space with intention, giving thought to what things will nurture you on your path. Avoid clutter and disorder. Choose your space carefully, clear the energy, dedicate the space, and set it up carefully.

Clearing the space involves using lighted incense, sage or some other herbal smoke to remove stagnate old energy and freshen the area, infusing it with possibilities. Clean the space first, removing everything and cleaning it thoroughly, then light the sage or whatever you are using and let the smoke penetrate the space, clearing out unseen energies and opening up the space to your use and the highest good.

Clearly set an intention for yourself as you clear the space, committing to a practice and to allowing the benefits of your practice to enhance your life and the lives of those you touch. You are essentially making the space yours and imbuing it with the spirit that you will bring to your practice.

Your central table should be subdued, but stable and strong. You don't want something that is too loud or proud or that would detract from your inner work, but something that can hold the items you want with you while remaining simple and strong.

Choose a theme, maybe using items from nature to remind you of the elements, maybe using divining cards or totem animal cards. Your theme might be specific to what you hope to gain from your practice, like healing, love, inner peace. You can include whatever speaks to you.

Be very selective about the items you include on your table, they should all carry some special significance and be something that personally consider sacred. You can put objects that you have collected on distant travels or things right from your back yard. You don't have to be bound by any specific tradition as you choose your objects, just choose what will help you to focus on the journey of engaging in your practice. You might want to leave room to add things each week.

You can arrange things in many different ways. You can use the four directions or the 5 elements or you can place objects in a circle or spiral. You could place your favorite object in the center and create a circle around it with your other chosen elements.

Leave space between everything so that each piece can be seen and has importance. Keep the placement intentional. It should be appealing and meaningful to you. Keep it orderly and clean. It should not serve the function of collecting things or displaying things but should really be a space for healing, transformation, and personal work. Include things that serve this purpose.

Sage, essential oils, or candles are great to include as they can energize and cleanse the space. But don't let anything overwhelm the space. It is created to serve your practice and it should reflect your own inner peace and balance. This space is empowering and a personal statement of your commitment to your well-being. Craft this space with care, dedicate it with intention, and maintain it with love and care. Use it to help support and nourish your journey. Notice how it changes over time. Feel how your energy changes with the commitment to this space and how being in the space uplifts you. It is for you and it is yours. Enjoy!