

Sacred Space

What is sacred space?

To me it's a space that holds special magical energy that is concentrated by the power of intention and positivity. It may hold images or energetic representations of archetypes that are close to me and most of all sacred space is a place of **FOCUS**.

In crystal healing we may create three sacred spaces.

- the sacred space you create around your client to hold their energy. (you will see this on the video of the rose quartz aura massage)
- the sacred space you create around yourself by grounding, centring and protecting at the start of a healing.
- a sacred space for your prayer and or meditation which can be created using crystal energies that you particularly like for the focused energy you need.

Honouring Mother Earth - Gaia

I encourage you to honour Mother Earth as she is the creatrix of the crystal energies we are working with. The elements contained within the crystals and gemstones come from the cosmos and are part of everything we know that exists in the material world.

Gaia is the ascended aspect of Mother Earth, She who creates, recreates, nurtures, grows, recycles and transforms life, death and rebirth throughout millenia.

It's a beautiful creative process to create your own altar and use it as a focus to tune into Mother Earth and all Her crystals. Use the following guidelines in creating your altar.

- use colours that reflect Her seasonal energies. What do you see outside?
- place flowers of the season to honour Her.
- use the crystal energies which you feel resonate with Her or crystals you are working with right now.
- use images of Mother Earth or elementals in the form of statues, pictures etc.
- have a beautiful candle to bring light to your focus
- use incense to waft your prayers or words of intention out on the ether.