

# Spiritual Self-Care 101: Setting Up a Sacred Space

Whether you have a daily spiritual practice or not, it's always a great idea to set up an area within your home that is quite special to you and that not only encourages peace and calmness, but allows you to literally enter a sacred space within that touches on your Divine creative force. This place should be quiet, comfortable, free of electronics and allow you to connect to Source in whatever way works best for you.

For some people this is prayer while for others it is through meditation. And yet for some it is through personal expression such as art, i.e. painting or playing a musical instrument. Whatever invokes a feeling of magnificent connectedness and greatness that leaves us feeling alive and fulfilled is what we might be wise to put energy and focus into as often as possible. For when we can do what we love, we become love, and then...we remember we were love all along and live AS love itself.

Ideally the space you choose can contain items that are significant to your practice and what you intend to manifest such as vision boards, crystals, photos, affirmations, etc. or if the space is where you will paint for instance, then of course it would contain all of your painting supplies such as brushes and paints.

The key focus here is to pay attention to how the space feels. We not only want it to work best for functionality if it will be a working creative space, but also to invoke a sense of inspiration and encouragement so you are in a positive note while you jam out on that jazz sax!

A space used solely for meditation will perhaps be much simpler. All one needs here is a comfortable, quiet place to

sit and be still. Ideally you will have a meditation stool or pillows you can sit on, but whatever works for you to keep your back as straight as possible, but allowing you to sit in comfort for extended periods of time. Sitting with our backs straight allow for energy to flow precisely where it needs to go and also assists us with doing our meditation breathing exercises properly.

I actually have a few meditation spaces in my home, one outdoors and one indoors, but both are adorned with quartz, rose quartz and amethyst crystals. My outdoor space has two large pink Himalaya salt candles, plants and cacti, and a comfy mini futon that faces the gorgeous morning Arizona sunrise every day. My indoor space has Buddha statues, rocks I've collected from Sedona vortexes, notes with positive messages and affirmations, incense and candles a mini CD player so I can jam my favorite binaural beat meditation music while connecting to the Divine. ☐

I've come to learn that what matters most about your sacred space is that it speak to you, and you may even come to find that you multi-task in this space in that you may not only meditate, but also write, draw, make music, etc. Whatever you are into, what is important is that it works for YOU and is a space that you are most comfortable in. I like to visualize it to be something like a proverbial bird's nest – haha

Having your own space is vital to inner peace and creative expression of each and every one of us as an individual. Many parents can try this as a fun project with their children and will find that the giving of a space all their own to a child will ultimately result in an appreciation expressed in a happy, creative kid who feels they can always go be exactly who they want to be in their sacred space. This will give them confidence and strength to bring all of who they are out into the world.

If it sounds like too much work right now to create this kind

of space in our outside of your home or you are feeling like you simply don't have the time; well then you'd be the type of person that needs a space like this the most...honestly and sincerely. So, I'd suggest starting very small and begin by creating a sacred space within your own mind.

What I mean is, for even 5 minutes a day, take the time for positive self-talk and focus on your own wants, dreams and desires in life. Tell yourself something you like about yourself and something you are looking forward to. Speak of things you are grateful for in life; the focus is to invoke a sense of love and connectedness, to yourself and everything.

Once we can master the art of spiritual self-care and are actively creating a sacred space within, we will ultimately see the benefit of having one in our everyday lives. Have a space like this all our own is like a little reflective sanctuary where we can bounce back our ideas, our gifts, our dreams, and if we're committed, what we plan to give back to world by showing up more fully as our most authentic selves.



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