

Setting your Sacred Space

Remembering the three "i"'s

When it comes to creating intentional change in your life (otherwise known as 'magick'), it is important to remember the three "i"'s:

- Intention
- Imagination
- Intuition

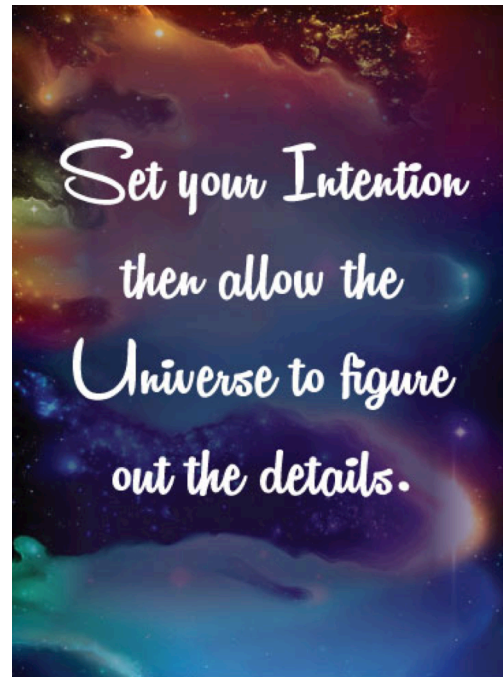
What I love about magick and energy work is that there really are no rules - which means you can't screw it up! As long as you have set your Intention, engaged your Imagination and then tuned into your Intuition, you can't help but get anything but success.

Why set up a sacred space:

If Intention is a big part of any type of energy work, that means setting your space is about doing whatever you need to do in order to support that intention. It also sends a powerful message declaring "This is my space" and sets up anchors on the physical-emotional plane to support transformation on the mental-energetic realm.

Ideas for how to set your space:

- Bubble and Ground yourself
- Clear the space using sound or smudge
- Light candles
- Play music
- Use essential oils or scents
- Wear ritual cloak or special clothing

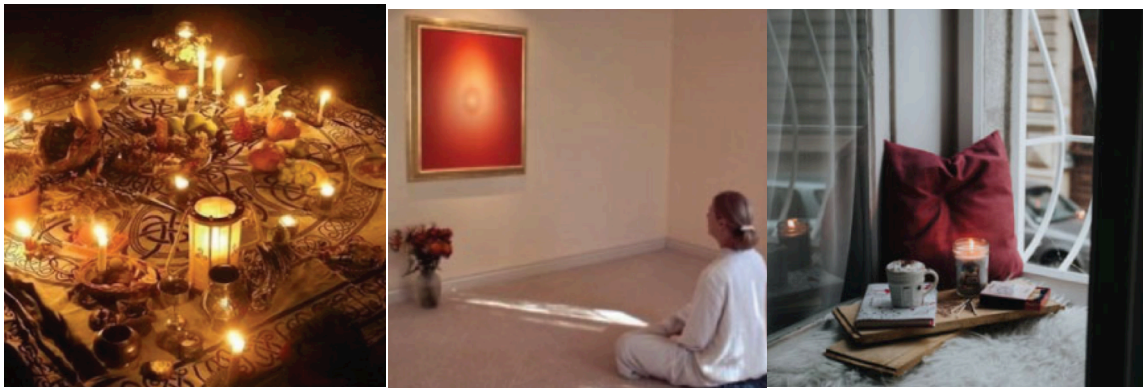


Setting up sacred anchors:

Anchoring is a psychological phenomenon that was most famously studied by Russian scientist Igor Pavlov in the late 1800's and is a natural part of everyday life. Which means we can also use anchors with intention to actively and consciously relax and/or empower us.

Anchors are emotional states that are “tagged” and included in the neural networks of experience. These anchors can be positive or negative depending on what is being anchored.

When you set up a sacred space you are creating psychological (emotional) anchors so that every time you walk into that space, your body remembers. It's why walking into your fave yoga studio or church or retreat creates this feeling of “ahhhhh”.



Accessing your Metaphysical Kinesthetic (Meta-K)

On the physical plane, our five senses are the way in which we interact with the world around us. In addition to these external senses, we also have internal senses, including proprioception, that give us valuable feedback about our bodies in real time.

Your Meta-K is the internal sensation or impression that you get in response to external stimuli. It is your 6th sense and the feeling of your intuition. Often, we remain unconscious to this process but can easily tune into it and utilize it to when creating our sacred space. By involving as many external senses as possible we can elicit a stronger Meta-K.