



Creating a sacred space is a fundamental step in the process of spiritual healing. It's about transforming an ordinary place into an environment conducive to connecting with the divine, raising consciousness and facilitating energy healing.

To create a sacred space, begin by selecting a quiet and private spot where you will not be disturbed. Physically clean the space to free it from any clutter or stagnant energy. You can then energetically cleanse the place using tools such as white sage, singing bowls, bells or simply by visualizing a pure light filling the space and dissolving any negativity.

Arrange sacred objects that have a particular meaning to you, like crystals, candles, spiritual icons, or natural elements. These objects serve as focal points for energy and reinforce the space's intention of sacredness. You can also create a simple altar by putting a beautiful tablecloth and arranging your sacred objects on it in an intuitive and aesthetic way.

The orientation of the space is also important. Make sure that the client will be comfortably installed, with their head directed towards the east or the north if possible, to promote receptivity to beneficial energies. The practitioner will position themselves so they can freely move around the treatment table.

Once the space is prepared, take a moment to centre yourself and connect with your inner guidance. Formulate a clear intention for the session, aligning with Source's will and the highest good of all. You can utter a prayer or invocation to call on healing energies and benevolent guides to assist you in your work.

Remember that you are the channel through which healing energy can flow, not the source of this energy. By creating a sacred space with a pure intention, you allow the highest

vibrations to manifest and bring about the necessary transformations in your client.

Over your practice, you will develop your own ritual of creating a sacred space, incorporating the elements that resonate most with you. The key is to act with respect, authenticity and a sincere intention to serve healing and the evolution of those who come to you.

Points to Remember:

- Choose a quiet and private spot, physically and energetically clean it (white sage, singing bowls, visualization of pure light).
- Arrange meaningful sacred objects (crystals, candles, spiritual icons, natural elements) to strengthen the space's intention of sacredness. Possibly create an altar.
- Orient the space so that the client is comfortably installed (head towards east or north if possible) and the practitioner can move freely.
- Center oneself, connect with one's inner guidance and formulate a clear intention aligned with the highest good. Utter a prayer or invocation.
- Remember that the practitioner is a channel for healing energy, not the source. Act with respect, authenticity and a sincere intention to serve.
- Develop one's own ritual of creating a sacred space over one's practice, incorporating the most personally significant elements.