

Space alchemy



As a young child I was very connected with the energy of space. I had an inner knowing about where to place objects. It made no sense to my human mind and I certainly didn't celebrate this as a gift.

Now I understand more, I have witnessed how this gift runs through my maternal lineage; we are natural space alchemists. This is not something we have mastered, it's an innate gift and one that brings a great deal of satisfaction and enjoyment.

Space holds power because it's imbued with energy.

Do you ever walk into a space and get a sense that there's something off? Or maybe you walk into a space and it feels familiar, safe and even nourishing.

I'm not religious but when I enter some churches I am often moved to tears. Some healing spaces have had the same impact on me.

Any space holds energy that can support our own vibration and we can place our intentions into a space to create the energy we want to thrive in.

While we may not be consciously aware of it, the energy around us impacts us on a profound physical, mental, emotional, and spiritual level.

Space either supports and empowers us, or it undermines and drains our energy.



Sacred space

A dedicated sacred space can support our own unique sacredness. Knowing this, it's easy to see why, for some people, creating our own sacred space is so important.

Sacred spaces make us feel comfortable, welcomed, supported, and loved.

If you are developing a regular spiritual practice, creating your own special sacred space, is a great way to start.

My own space started with a meditation altar and now the whole room is imbued with energy that is palpable to many who enter it. This is now the mindful being snug. I am dedicated to keeping the energy in this room clean as it's now become space that holds sacred containers.



This mini guide will help support you creating your own meditation altar/sacred space. Feel free to follow it closely or pick and choose what resonates with you the most. Please note that creating sacred space may not be your thing, so please honour that.

Step 1. Choose a place that looks or feels “right”

If you have a spare room, you might like to dedicate it to building a sacred altar. But not all of us have that luxury.

If you have very little space in your house, you might like to consider a corner or quiet place that will give you privacy. The main things to ponder...

- Does this place feel “right”?
- Do I have privacy here?
- Is this place quiet. Is the energy hurried, stressed, or heavy here?
- Can I build an altar here without disrupting or inconveniencing anyone else?

The ideal place in your house will be “out of the way,” quiet, and relaxed. It doesn’t need to be very large. In fact, due to space restrictions or simple preference you might like to build a “tiny” altar.

Tiny altars fit within the dimensions of a dinner plate. Some people even prefer to keep their altars portable in a jar! Do whatever feels the most comfortable for your needs and your current life context.

Step 2. Cleanse the space

The act of emptying and cleansing space has been practiced by our ancestors and ancient cultures for thousands of years.

Hold the intent of, **“I am cleansing this space”** in your mind as you

carry out this process. An energetically clean space will feel *clear, light, and friendly*.

You can cleanse the space using **sound** (e.g., clapping your hands or using a singing bowl), **scent** (e.g., burning incense or herbs), **light** (e.g., lighting a candle or opening the windows and letting the sunshine in), **visualization**, or even simply **dust** and **sweep** the room.

I use a beautiful white sage that I buy from star child, Glastonbury. I stock small bags this in my little shop at the mindful being.

If the surrounding space feels energetically ungrounded to you, you may like to use a drum or an earthy stone such as black tourmaline or shungite to ground the energy.

Step 3. Begin to gather objects that are meaningful to you

When it comes to building an altar, there really are no rules. The practice is so personal, that the only key ingredient is to listen to your own heart and soul.

However, as a general guide, **here are some things people tend to include on their altars:**

- Objects that represent what spirit means to you and or your spirit guides
- Objects that represent a revered spiritual teacher
- Objects that reflect yin/yang, light/dark, masculine/feminine
- Objects that represent the body, mind, heart, soul, and spirit
- Objects that represent the elements of fire, water, earth, air, and aether
- Objects that represent qualities that one most wishes to embody (e.g., forgiveness, humility, love)
- Objects that represent your inner child
- Objects that represent the cycle of life, death, and transformation
- Objects that amplify energy (e.g., crystals, chimes)
- Any other objects that are inspiring, powerful, or helpful

More specifically, objects you may wish to put on your altar could include:

- candles
- statues
- feathers
- stones
- crystals
- decorative stands
- inspiring quotes
- a journal,
- prayer books
- rosary beads
- skulls or bones
- alive plants
- water
- shells
- flower petals
- symbols
- sand, salt
- photos
- oracle or tarot cards
- pebbles
- essential oils

Really, you can include anything on your meditation altar. Just make sure that you design it the way you would like it, not the way you think it “should” look.

Step 4. Set an intention!

When choosing objects for your sacred space, keep in mind the following questions:

- What will my meditation altar be used for and what is its purpose?
- What do I want to reflect or express through the altar?
- Does my altar have a theme?

These questions will help you to set a clear intention for your meditation altar, imbuing it with a deep felt sense of purpose.

Your answers to the questions above will also help you to decide what objects to choose

Step 5. Arrange your altar

Once you've found your sacred space, have cleansed it, and have developed a clear intention (along with what types of objects to include), you'll need to arrange your altar.

You're free to arrange your altar in any way you wish, but ideally, try to arrange it in a *symmetrical* way.

Symmetry reflects the energy of balance and [wholeness](#) — something you most certainly want to welcome into your sacred space! If your altar is cluttered and imbalanced, you might find it distracting or hard to work with.

Think of a [mandala](#): the left and right sides are both harmonious mirror images of each other. While your altar doesn't need to be this precise, you can use the image of a mandala to help you out.

Depending on your intention, your meditation altar may also benefit from having a central piece or **focal point**.

The focal point of your altar is located right in the middle and it's a place where your eyes most comfortably settle. Your focal point could be anything: a statue of a beloved deity, spirit animal a vase of fresh flowers, a photo of a loved one, or even a large burning candle. It's up to you!

Step 6. Maintain your altar

It's crucial to keep your meditation altar clean from cobwebs, dust, and other residue – it shows respect for your practice.

Clean your meditation altar as regularly as you feel necessary (once every one or two weeks is a good habit).

Finally, **remember that your altar doesn't always need to stay the same!** You're free to change, adjust, add to, or take away from it whenever you choose.

As your spiritual practice develops, you might find that certain items on your meditation altar are no longer relevant or necessary. In the same manner, you may begin to feel like something is "lacking" from your altar and so you'll need to adjust it likewise.

Above all, allow your altar to be a holy physical place in which you can sit quietly, reflect, be still, commune with your Soul, thank your guides, show gratitude, and reconnect with the Divine. Your sacred space is yours to build, adjust, nourish, and cherish every day. It's one of the most precious gifts you can give to yourself!