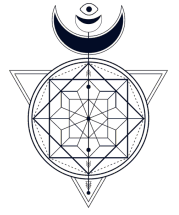


Ritualising



your space to be



You will need

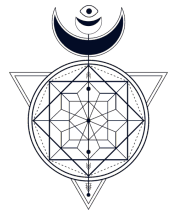
- Cleaning stuff
- Incense
- Salt water
- Bells, sound bowls, a drum or just positive music that you love
- Any decoration or object that feels particularly sacred and powerful to you - a crystal would be ideal, but really you can use anything

Practice

- Visualise and call in a circle right around your house if you wish
- Clean and clear your space - as much or as little as you want to, but pay particular attention to the corners, removing any cobwebs, and clearing anything that's needed.
- When you're ready light your incense and walk around every part of your space allowing the smoke to move through each room and into every single corner, doorway, and window to cleanse the space. If you do any sort of energy healing or work with symbols, you can incorporate these in your cleansing too.
- Find a space that feels particularly sacred to you, perhaps an altar or cosy corner where you like to meditate, and sit quietly
- Call out to any guides or helpers you usually work with, or if you're unsure who these would be, just put the call out to "my guides, helpers and supporters from spirit who come to me with the highest of intentions for my good" then repeat the following, or your own version of these words:

*I ask you to support me in cleansing and sanctifying this space.
This is a place of power, of wisdom, of connection, peace, balance and
alignment.*

- **Note:** you can add any words in here that feel right for you - healing, insight and clarity are some of the ones I like, but tune into what feels right for you.



Continued

- I ask that this space may be made sacred for myself and my own highest good.”
- Visualise the whole area being filled with beautiful golden white light and the positive energy that accompanies that.
- If you have a drum or crystal bowl, now is a great time to play that and raise the energy further. If not, just pop on a song that makes you feel powerful, positive, and entirely in your body - feel free to even dance if you'd like to!
- When you're ready, simply place whatever object or decoration you've decided fits with the energy of your space and declare
This space is made sacred now and always
This space is mine
So mote it be
It is done.
- Close your circle, tidy up your space and repeat this practice as often as feels needed.