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Sacred Spaces

CHRISTAN HUMMEL

Much attention is being focused these days on how to create sacred space to move our homes, temples and sanctuaries away from the busy, hectic lives we lead outside of them. This interest has spawned many books to guide us in knowing what to do in this regard. However, first and foremost, we need to remember that our homes reflect who we are and what happens in them. So the first step in creating sacred space at home is to create that space within. We cannot expect to achieve sacredness outside of ourselves without first emanating it from within. So the thoughts, feelings and attitudes held while embarking upon the journey all play an important part in the creation of sacred space.

For some, it is useful to take a moment to be still and silently “journey” into an inner space of sacredness first, in order to connect with that current of the Divine residing in us all. Then, allow inspiration to come forth to dedicate a space as an entry point for the Divine to reside — a space where we can honor what is holy, sacred and representative of the Divine to us.

A simple ceremony to initiate the space is a good way to begin. To start, it is important to clear out the clutter, both seen and unseen. The space must be clear and free of debris, both physically and on subtler levels as well. If there has been a history of violence or desecration, then a simple clearing ceremony may be needed. Light a candle, say a short prayer or

Create an Altar: An Invitation to the Divine

mantra, or play sacred sounds in the space with the intention to clear the past and open the way for the new.

Once the space has been cleared, you can begin to create that sacred space within the home where only those objects that are specifically intended are allowed to reside. An altar will reflect our intentions, and if we place our cup of coffee there, then it has become a coffee table and no longer an altar. The altar is a place to be treated with respect and reverence, holding only those objects that

inspire such feelings. After all, it is our own thoughts reflected back to us that form the basis of the sacredness that begins to emanate from the spaces we create.

So the objects chosen should be those which speak to the temple of our own heart as individuals, not those prescribed from some course book or manual. To place objects upon our altar which only have meaning to others is a pretense, which does not fool the Spirit of the Divine whom we are inviting to reside within our home. Choose those things that have meaning to those who live there — objects that touch our hearts and remind us of something greater and more meaningful than our mundane day-to-day lives.

In following this simple yet heartfelt practice, we align our selves and our environments with higher-dimensional realms, creating a living bridge between Heaven and Earth.



Temple Goddess by Willow Arlenea



Christan Hummel is the author of the best-selling Do It Yourself Space Clearing Kit, available at www.earthtransitions.com/special. She travels internationally offering workshops on Creating Sacred Space and Space Clearing Certification courses. For more information 760-722-5555.



Willow Arlenea's paintings reflect an intensity, spirituality and love of indigenous cultures combined with brilliant tones and fluidity of movement. Her website www.designsbywillow.com offers her visionary art as prints, paintings, greeting cards and a tarot deck. She can be reached at 303-544-0054 in Boulder.

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Creating Community

Have you ever wondered, "How did I end up here?" Sometimes the steps that facilitate our growth—and later are seen to be our greatest blessings—are uncomfortable; they present us with new challenges to negotiate in our lives. Consider the following story.

One of my clients was living in a Native American community in South Dakota where she felt understood and accepted. She was embraced by people who, mostly, shared her personal and lifestyle values. She resonated with her environment physically, emotionally, mentally and spiritually. It was her home.

However, she decided to expand her opportunities, and chose to accept a career transfer to Arkansas. She settled into a suburban neighborhood in which she was the only single woman, and the only career woman. She was cast into a culture where she felt like a fish out of water, and wondered whether she had made the right move. She began to feel as though she had taken a step away from that which was most important to her, namely a community in which she felt she belonged.

Her challenge has become how to create a living situation that meets her needs in a culture that is new and different. She does not experience the natural ease of interacting with the people or the social activities in Arkansas that she did in South Dakota.

In South Dakota, though, the community so neatly matched her personality that she was unaware of her unique predilections. The gift of moving to a place in which she feels awkward is her development of an increased awareness of her own disposition and expression. Arkansas is providing her with the opportunity to clarify what it was that worked so well for her in South Dakota. She is becoming more conscious of her needs and how to meet them. Additionally, she is becoming conscious of needs that had remained under the surface in South Dakota, but are more permissible in Arkansas. In general, she is developing an expanded sense of self, as well as a larger degree of autonomy in caring for herself.

Throughout this process, she has gained a greater appreciation of the needs of others that are distinct from her own. Since her move, she has developed new strategies for relating to her co-workers, re-connected with various family members and found peace with the ending of a former romantic relationship.

While her life had seemed more comfortable in South Dakota, it had contained a set of assumptions about the world that were becoming stifling. By changing her context, my client has begun to question her former



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assumptions so as to be able consciously to create a life that more completely aligns with her authentic self-expression.

In sum, many of us seek to find the location in which we feel the most comfortable. However, while a certain level of comfort creates an environment in which we feel safe enough to grow, it is not the comfort itself that supports and spurs our growth.



Heidi Petersen, founder of Heidi's Healings, provides in-person and long-distance clairvoyant readings. She reads energy and helps people to clear blocks in their personal lives, relationships, homes and businesses. For more information, please visit www.healings.biz or call 303-652-2491.

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