

My  
Spiritual  
Ritual





# 3 Easy Steps to Creating Sacred Space

## WHAT IS SACRED SPACE?

Sacred space is any space or area that has been designated as serving a sacred purpose. Most of the world's religions and spiritual practices employ sacred spaces for various forms of worship, prayer and ritual. Anyone can create sacred space to be utilized personally or collectively.

Creating a sacred space for yourself can be a great way to connect to the divine and practice any ritual or spiritual practice that feels authentic to you.

## SACRED SPACE CAN HELP YOU...

- Feel more connected and grounded in your everyday life.
- Stay focused on your intentions and goals.
- Increase productivity & mental clarity.
- Maintain inner tranquility.
- Shift your perspective toward increased awareness.
- Support your journey of personal growth.
- Make healthier, more authentic choices.

At My Spiritual Ritual, our goal is to help you create and maintain a regular spiritual practice through easy to use tools, inspiration and education. Here are some of our favorite tips for creating a meaningful sacred space...

## STEP 1: DEDICATE SPACE & CREATE AN ALTAR

The first step in creating sacred space is deciding what space to use for performing your spiritual rituals.

Whichever spot you choose will act as a meaningful location where you can go to connect with yourself, reflect and attain inner peace and stillness.

Start thinking about what makes a space sacred for you. How does it look? How does it smell? What does it feel like? How can you create a space that acts as your own private sanctuary away from the hustle of everyday life? Your sacred space is YOURS and should be full of items that hold meaningful, authentic and sacred value to you.

Once you've decided on the spot, we recommend setting up an altar. An altar can be on a shelf, a table, tray or even a spot on the floor where you can keep all of your sacred items. An altar serves two purposes. It prevents you from having to reconstruct a sacred area each time you intend to do a ritual. Secondly, having an altar serves as a convenient way to store all of your sacred items. All of the tools you use to create sacred space are meant to be housed in a sacred environment, not stuffed away in a drawer or closet.



## TIPS/IDEAS TO CONSIDER

- An altar could be placed in the corner of your bedroom, on a nook by a window or on a shelf in your living room.
- Decorate your altar and sacred space with personal “treasures”, photographs or sacred souvenirs you’ve collected over the years.
- Saturate your sacred space with love, physically and energetically. Add a pillow, a shawl, a blanket or a cushion to help make the space as comfortable as possible. Add candles, diffusers, and incense holders.
- Keep a journal or notepad and some pens for jotting down any insights gained during your spiritual rituals.
- Once you feel good about your sacred space, you can return to it whenever you want to journal, read, meditate, pray, think or have a heart-to-heart with the Divine. Sacred activity repeated over time will preserve and add to the sacredness of the space; your sacred space will evolve with you!

## STEP 2: ESSENTIAL TOOLS FOR CLEARING ENERGY & CREATING A SACRED ENVIRONMENT

Once you’ve dedicated a sacred space and set up an altar, the next step is to cleanse and clear the area so that it is free of any unwanted or negative energy. This should be done in the area you place your altar and preceding each of your spiritual rituals.

There are many different ways to clear space, most of which involve the burning or smudging of a sacred plant that has been used across the globe for generations. Here are some of our favorites, all of which are available on [MySpiritualRitual.com](http://MySpiritualRitual.com).

### SAGE

Sage is an aromatic plant that is dried and used for both cooking and as a tool of purification in ceremonies and rituals. The most common type of sage used in ritual is white sage, although there are quite a few different varieties that can be used. The space clearing properties of sage have been scientifically proven to kill airborne bacteria and it is used around the world in many cultures for both internal and external cleansing. Sage can also be used as an antiseptic and anti-inflammatory, as a headache remedy, to boost memory and cognition, relieve anxiety and depression and as a natural insect repellent.

For use in spiritual ritual, the dried leaves are wrapped into bundles called smudge sticks and, then burned to cleanse energy and clear space.





## **PALO SANTO**

Palo Santo is a tree that grows on the coast of South America. In Spanish, Palo Santo can be translated to mean both “Holy Wood” and “Saint Stick”. Palo Santo is a great tool for keeping energy grounded and clear due to its unique energetic and healing properties.

Palo Santo’s uplifting scent is great for raising your vibration in preparation for meditation and spiritual ritual. Palo Santo is used to enhance creativity and bring good fortune to those open to its magic. It is a must-have item for anyone seeking to begin or enhance a ritual practice.

Palo Santo comes in several different varieties, most notably in sticks of pure wood, or in compacted cones. The wood is great to use before a ritual or to quickly add some creative juice to your space. Burning Palo Santo Cones, on the other hand, are great when you desire a long-lasting burn and scent. One Palo Santo Cone lasts about 30 minutes! Our [Palo Santo Cones](#), featured in our [online store](#), are handcrafted in Peru using an secret artisan process handed down by generations of healers and shamans.

## **COPAL**

Copal is a sacred resin derived from the Protium Copal tree found in Mexico and Central America. When Copal resin is burned, it creates a divine smoke that is known to clear negative energies, connect us with a higher consciousness and spiritual realms and penetrate us with higher vibrations. Copal is used for ceremony, purification, meditation and space clearing.

The sacred nature of Copal extends far and wide. Mentions of Copal can be found in the Bible and is extensively documented as being used among Aztec, Mayan, Native American and Egyptian traditions.

[The Copal](#) we sell on our website is hand-crafted in Mexico City using 100% pure resin extracted from the Copal tree - available in both sticks and cones.

## **SMUDGING 101**

- Burning sacred plants, resins and incense is a means to help purify the space in which ceremonies or rituals are held.
- Many view the smoke as a bridge to the higher realms and a way to clear spiritual and emotional negativity that has built up in a space or a person.
- Smudging is performed before a ceremony or special gathering, after an argument to clear the air or in a new space in order to clear out old energy.
- Burning sage and other herbs neutralizes positive charge, releases negative ions and has antiseptic & bacteria-killing properties.

Simply light a small corner of the herb and blow it out. Hold it over a holder of some sort in order to collect the ashes. A large abalone shell works great for this, which comes with our [Sacred Space Kit](#).

Move around the area that needs cleansing and let the smoke get to every corner of the space. It’s always wise to have a window open while smudging so that the negative energy has somewhere to go! If you or someone else is in need of clearing, then let the smoke circulate your body from the crown of your head to the bottom of your feet. As you move about the space, we recommend speaking aloud or to yourself that you are clearing away any negative or unsupportive energy.

## **STEP 3: SETTING AN INTENTION & CULTIVATING A SACRED PRACTICE**





Once you have dedicated and created your space and cleared the energy, it's time to get started! No sacred space is complete without the setting of an intention and a regular spiritual practice. Spiritual rituals have no rules and no guidelines - they are most successful when they are intuitive and authentic. What you choose to do in your sacred space is up to you and you alone!

When smudging and while performing your ritual, we recommend being very intentional in your practice. What do we mean when we say intentional? Ask yourself some questions about what you are intending to do. If you are clearing space, what types of energy are you looking to get rid of and what type of energy are you welcoming in? While performing your ritual, what are you looking to call in and what are you looking to release? We recommend speaking these intentions aloud or holding them firmly in your mind before and during your rituals. This will give your practice a purpose and will give you the opportunity to welcome in what you are asking for!

Whether you choose to say a prayer, write in your journal or meditate, each of these practices should hold a sacred intention. Not sure on what intention to set? Ask the universe for clarity and then get quiet to listen.

From all of us at My Spiritual Ritual, we send peace and serenity to your sacred corner of the universe.



For more information, please visit:

[MySpiritualRitual.com](http://MySpiritualRitual.com)

