

Intention Setting: Creating Your Sacred Space



Date:

SET THE SPACE

“I call in my Divine Spiritual Team of the highest light, highest compassion and highest truth. I ask that you bless and fill this space with abundance, peace, ease, love and life! I give you permission to merge with me as the highest of divine creativity flows to and through me and this sacred space now. May this space always be protected and aligned with all that serves my best and highest good.

I ask for healing, blessings, love and miracles for all living Beings.

With much gratitude for this space and time.”

MY SACRED SPACE WILL BE USED FOR:

GET CLEAR. RELAX. CREATE.

How do I want my sacred space to feel?

What will I add to make my space feel sacred and like my own?

Who/ what energy is allowed in my sacred space?

What inspires me? What colors? What music? What noise? What feelings?

I like creating:

Breathe. In for a count of 4. Hold for a count of 4. Exhale for a count of 5 or 6. Repeat.

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