

## CREATING SACRED SPACE

If you'd like to go deeper into exploring your emotions, you'll need a sacred container to hold you. Like the full moon in Cancer, the crab needs his shell to feel safe enough to explore the depth of his feelings.

You can find an abbreviated [audio version of this ritual](#) on my website. The sacred ritual I'm offering here goes a little deeper. To make it more personal, I'm asking that you create your own invocations from the wheel outlined below - one for each direction or balance point.

To create your invocations, start from the center of the wheel and move outward, choosing the energies that resonate with you for each of the four balance points. For example, starting at "East," you might choose "East, Air, Beginnings, and Rising Sun." Put these words together in an invocation, such as "*I call upon light and the element of Air from the East, the direction of the Rising Sun and beginnings,*" or "*I call upon light from the East, the element of Air and all its guardians.*"

If there are specific animals that speak to you or if you feel a strong connection to certain spiritual masters, please include them in your invocation, such as "*I call upon the light of Christ at the East, the element of Air and all its guardians, including the hawk and eagle, butterfly and bumblebee.*"

Once you have all 4 of your invocations written down, practice creating sacred space as follows:

1. **Find a quiet place where you won't be disturbed.** If you have an altar, connect with it in whatever manner feels right to you (light a candle, bow to it, touch your sacred objects, etc.). This strengthens your connection to your altar and offers a symbol to your subconscious that you're preparing to engage in sacred work.

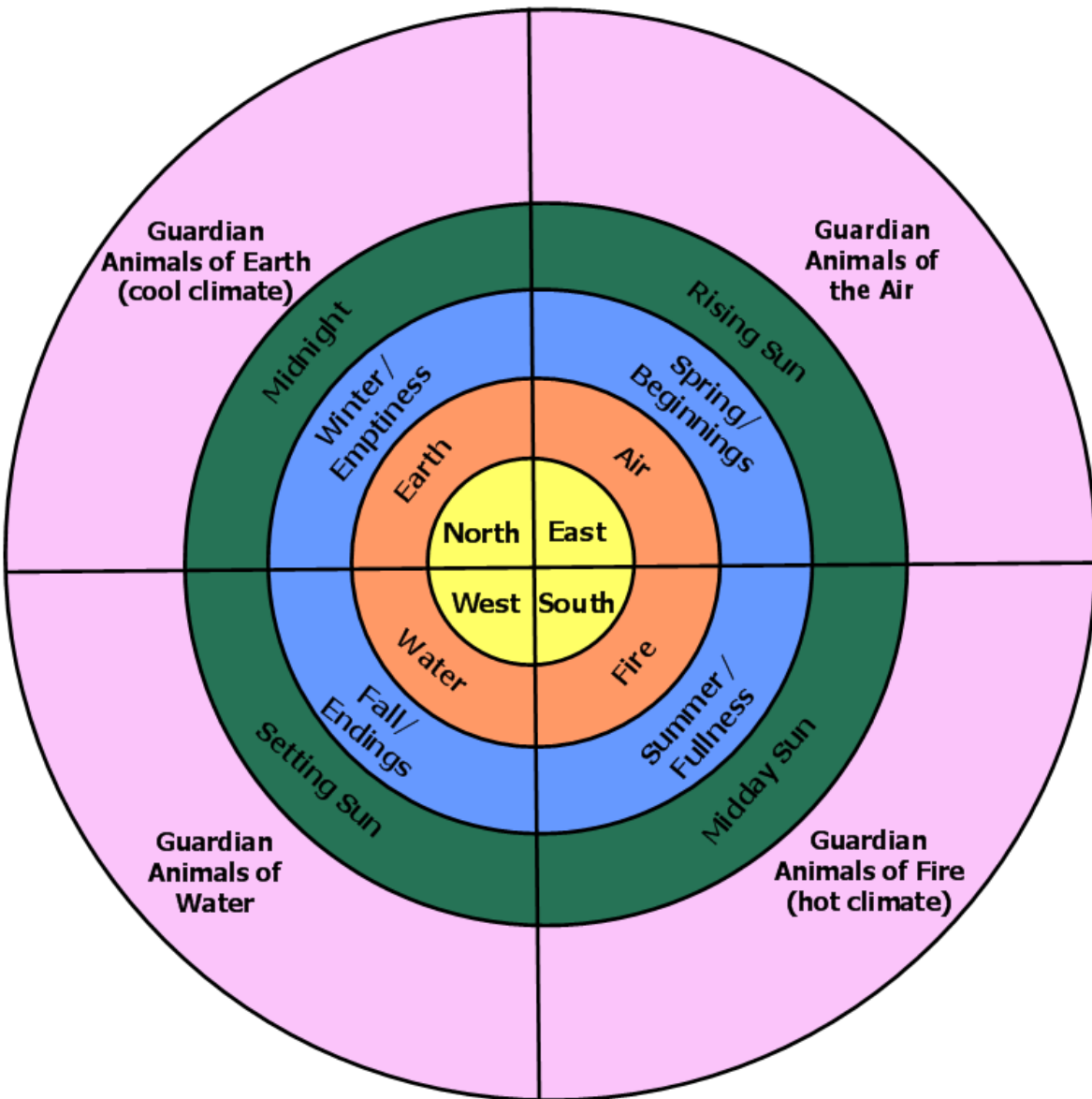
2. **Connect with the earth.** Feel the earth beneath you. Breathe into your heart and imagine a line of light and love travelling from your heart down into the earth, connecting with the great mother and all of her guardians (earth spirits, devas, crystals, etc.). Keep breathing slowly until you feel the earth's sustaining and nurturing energy rising to meet and surround you.

3. **Say your invocations.** It doesn't matter what direction you begin with or what order you say them in. I always start with East, and then call in the balancing energy of the West, then South and North. *Find what works for you.* It's nice if you know where the physical directions are, but it's not necessary. After each invocation, pause and feel the energy of that direction/element coming toward you. Take a moment to greet it and get a sense for what it feels like. When you have said all 4 invocations, just notice the sense of balance in your body and energetic field.

4. **Connect with the sky.** Breathe into your heart and imagine a line of light and love travelling from your heart up into the sky, connecting with the divine father, the angels, guides, guardians, star brothers and sisters, ancestors and ascended masters. Keep breathing slowly until you feel their loving, protective energy descending to meet and surround you.



5. **Feel your sacred container surrounding you.** Mother earth supports you from below. Father sky protects you from above. All the elements, directions, animals, guides, guardians and angels send you love and support. Your sacred container is anchored through your heart. Now is a good time to engage in any spiritual work, journaling or emotional processing.



<p><b>Guardian Animals of Earth</b></p> <ul style="list-style-type: none"> <li>• all arctic animals (penguins, polar bear)</li> <li>• all cool climate animals (bears, caribou, wolves)</li> </ul>	<p><b>Guardian Animals of the Air</b></p> <ul style="list-style-type: none"> <li>• all birds and flying creatures (hawk, eagle, hummingbird, bats)</li> <li>• all flying insects</li> </ul>
<p><b>Guardian Animals of Water</b></p> <ul style="list-style-type: none"> <li>• all fish</li> <li>• all water mammals (dolphins, whales)</li> <li>• all water insects</li> <li>• all crustaceans (crabs, clams)</li> </ul>	<p><b>Guardian Animals of Fire</b></p> <ul style="list-style-type: none"> <li>• all dessert animals and insects (dessert fox, hare, tortoise)</li> <li>• African savannah animals (lions, giraffes, elephants)</li> <li>• reptiles (rattlesnakes, scorpions)</li> <li>• all hot climate animals</li> </ul>