



GODDESS YOUNIVERSITY

Workbook



DE-STRESS

JEANNE STREET

De-Stress Setting Sacred Space



De -Stress - Setting Sacred Space

Creating a sacred space gives you a place to do the **you** work. It's a space where you can go to do your meditation, yoga, relaxation, reading, writing and/or art.

This is a space that's just for you, so make sure to make it your own!

The sacred space you make for yourself will serve you as you continue to strengthen your bond with spirit and nurture your spiritual growth.

What Is An Altar?

An altar is very similar to a sacred space, it's another beautiful way to create a personal and loving place for you to connect with yourself and the divine.

It's also a place where you can bring specific items that have healing tones and high vibrational tones. Ultimately, it's your very own space to come and pray, meditate and connect with that beautiful and abundant place inside yourself.

What Do I Put On My Altar?

Bring specific items that have healing and high vibrational love tones.

Some examples are:

Religious items and mementos.

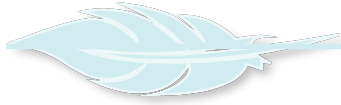
Crystals.

Prayer cards or written petitions

Oracle Cards.

Pictures that have a significant meaning for you.

De-Stress Setting Sacred Space



Items found in nature, like a rock from a stream that runs along your favorite hiking trail.

Have it serve as a reminder to go with the flow. Or a feather to remind you to let your dreams soar because you know you will be lovingly supported when you finally take flight!

And of course, your journal is the perfect companion anywhere you go and in any sacred space you create!

When in doubt, bring the things that serve as joyful, peaceful, spiritual and loving reminders. You can't do this wrong, so bring what you love to the table!

Embrace The Change!

Your altar or sacred space doesn't need to stay the same forever. Keep it flowing, changing, evolving!

Find new things that inspire those feelings of connectedness to spirit. Those feelings of love and peace, joy and faith, have them be your reminders, a visual intention of your spiritual path and the growth you are making on your journey.

De-Stress Setting Sacred Space



As you set your sacred space, be sure to say a prayer and set your intention.

Example: I offer a candle, as symbol of the love that has been ignited in my heart. May this sacred space and this offering help guide me and connect me to the divine.

And don't forget to sage! As your spiritual practice evolves, you'll find that a lot of emotions will begin to the surface. That's totally normal! Just make sure that you take the time to clear out those old stagnant energies and emotions by honoring them, letting them go and clearing with Sage Off of both your sacred and personal space.

You are on the journey of manifesting your greatest desires for love, healing, creativity and connectedness to the divine.

De-Stress Setting Sacred Space



Are you enjoying the content you're receiving so far?

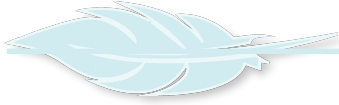
Do you want to take a deeper dive into *YOU*?

Follow the link below to join our *Goddess Youniversity* community and get even more of the of the content you're loving.

Go ahead, invest in yourself!

www.goddessyouniversity.com

De-Stress Setting Sacred Space



NOTES