

SETTING UP YOUR SACRED SPACE AND ALTAR

Let us begin by creating a sacred space for your Temple Body Arts journey!

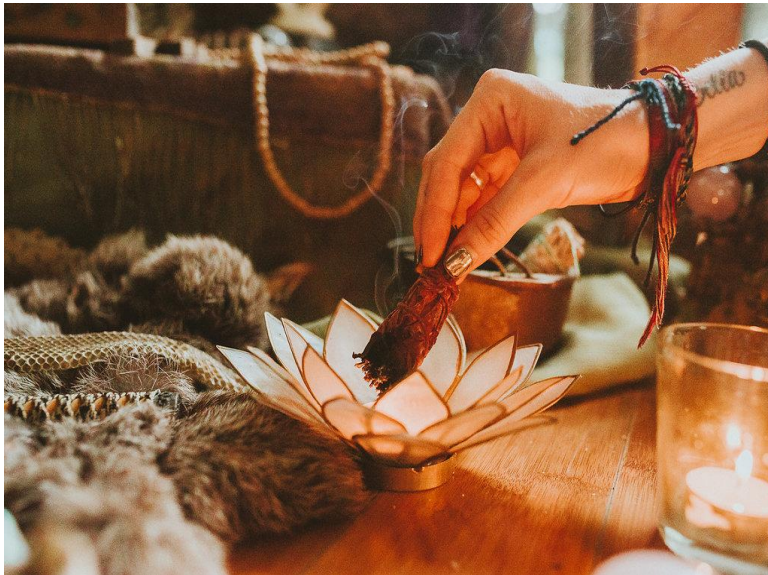
Reflect on your sacred space in your home...

What are the seeds you want to see flourish in your life?

FOR THIS JOURNEY TOGETHER, I INVITE YOU TO

- ❖ Create a Sacred Space for your birthing process and a space to attend our LIVE calls and be with your Temple Body Practices.
- ❖ Create a new altar to represent your Sacred Why and deepest intentions for this journey.
- ❖ Gather your precious stones and sacred items.
- ❖ Intentionally choose each item to support you in holding space as you dive deep.
- ❖ In each cycle, you are invited to continue listening and seeing if any other sacred objects desire to be part of your altar and sacred space.

TO PREPARE YOUR TEMPLE BODY AS A SACRED SPACE, REMEMBER THESE SIMPLE WAYS TO SHIFT YOUR STATE INTO RITUAL SPACE



- ❖ Light candles, burn sage or incense, take a cleansing shower, and more!

- ❖ When taking time for your practice and self-reflection in a shared living space, ask those around you for what you need to support you in creating a sacred and ritual space.

- ❖ Work with your sacred blood. Have a special vessel or jar with a lid to contain your blood for rituals. Keep this vessel on your altar or in a special place just for you. If you are not bleeding, you can also use red paint or red wine to symbolize your blood.

When we create a sacred space and altar in our home, it creates our connection with divine creative spirit in tangible form—recognizing that all of life is sacred, the mundane, and the extraordinary.