

*My*

*Sacred*

*Place*

**By Julie Whitfield**

# My Sacred Place

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## DISCLAIMER

The intent of this book is to guide individuals to enhance the energy of their homes and offices and thus their lives and to promote spiritual practice. When following suggestions in this book, proceed with care – lighted candles and burning herbs are a fire hazard and should never be left unattended, in a draft or in a hazardous situation such as near curtains or other flammable objects.

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## Chapter 1

### Space Clearing

Space Clearing is a sacred ceremony that has been performed by religious and native peoples for thousands of years to change the energy of their living space. These subtle healing vibrations lift stagnant energy to a place of peace and love, which opens the path of your journey to new beginnings and positive outcomes.

Your home not only provides protection from the elements or an escape from the outside world, it is somewhere safe where you can nourish the very essence of your soul. This is your sanctuary, a place that makes your heart and soul sing, somewhere you feel deeply connected with. Space Clearing releases any blocks that you may have with your higher inspiration, tuning into the rhythm of the natural world and Universal energy.

### Impressions

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Impressions are created when there has been periods of financial strain, arguments or relationship difficulties which all contribute to the 'feeling' of the home. Impressions can of course leave a positive effect when everyone and everything is living in harmony. When stagnant energy has been dispersed it can reveal the spirit of the home that has been hidden beneath the 'impressions' that have been instilled.

Have you ever walked into a home or business and known immediately whether you liked being there or not? Maybe you've walked into a room after an argument and known that you could 'cut the air with a knife'? There are places that I have visited where I knew that love was present, I immediately felt welcome and safe, and that it was a happy environment.

### **Effects of Stagnant Energy**

Some of the effects of stagnant energy in your space -

- feeling lethargic
- inability to focus
- feeling stressed
- disharmony in relationships
- feeling irritable or confused

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- no time for yourself
- lack of creativity
- depressed
- feel like you're in a rut
- lack of spiritual connection
- blockages to abundance

## Claim Your Energy

It is easy to "take on" the energy around you. Think back to a time when you were feeling great, you had a spring in your step and felt you could take on the world. You stopped and had a chat to someone you knew and it turns out they were not feeling as terrific as you were and as you walk away "WHAM!" All of those wonderful feelings are gone. Not only are they gone but you are left second guessing yourself, or wondering who you thought you were to believe that you have what it takes to achieve your dreams, or something equally devastating. These feelings creep up on you and it is not always obvious the minute that you take them on. This can create confusion as you may not understand why all of a sudden you are having doubts about yourself which only leads to more irritability, lethargy or even anger which will only cause your energy to plummet even further.

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However, if you are constantly aware and have learned to take responsibility for your own feelings, you will recognize other people's low vibration and know that you choose not to be affected by it.

Imagine what it is like to live in an environment such as this. Constantly exposed to lower vibrations, it won't be long before your defenses weaken and you give in and join the suffering, lack, disconnection to spirit and constant feelings of stress.

## Moving Into A New Home

If the impressions from the previous occupants remain, whatever problems existed in the home before you moved in will still be there to influence your life. If there were previously many arguments, lack of abundance and even divorce then this atmosphere supports further disharmony.

Space that leaves the occupants feeling sluggish or depressed, overcome with fear, sickness or similar problems recurring again and again or experience a general feeling of being 'stuck' in their life benefit enormously from a space clearing ceremony in their home. It won't remove the cause of the problem but will clear the way for a fresh start for good health, better flowing relationships and prosperity to grow.

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### Illness

When there has been sickness in the home for prolonged periods it is necessary to clear the energy that has developed from the pain and discomfort of the person who was ill. There may also be the energy of anxiety and social disruptions felt by other members of the home left lingering.

Pay particular attention to the Family/Health sector of the bagua and put in place something from the Wood or Water element to support the flow of good health and strength. To find out more about the elements claim your own copy of The Spirit Of Feng Shui at <http://www.TheSpiritOfFengShui.com>

### Therapists

Therapists provide guidance and a safe place for people to heal, often suffering from burnout themselves. This is a result of the energy that lingers after their client releases the debilitating situation that they sought help for in the first place. To prevent wearing your client's energy space clear regularly.

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## Chapter 2

### Chi

Working with the chi of your environment is referred to as Feng Shui, the chi of your body is referring to the flow of energy through the system known as the meridians. There is another major energy system called the chakras - the seven major energy centers of the body. Everything in your environment has a unique vibration affecting you, your body and your life at all times, and the energy of your body and thoughts affects your home. It is either uplifting you or draining you.

#### **Everything Is Alive**

The 'feeling' that you experience from a space, place, person or object is referred to as chi. Everything and everyone in the Universe is emitting and receiving energy at all times, creating a

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unique expression of energy.

## **Everything Is Connected**

Nothing in the Universe stands alone. Everything is connected and part of the whole. Everything around you either supports and nurtures your life or leaves you feeling depleted.

## **Everything Is Constantly Changing**

As energy is constantly moving, your life is in a constant state of change as well.

Chaos in your mind creates chaos in your environment and vice versa, therefore to make any significant and lasting change both your environment as well as your mind (changing your thoughts) need clearing. If you only address your environment and not your thinking, your effort will not last very long as your personal chi will disrupt the energy of your home and the energy of your home directly affecting everyone who spends any significant time there. If you don't change your thinking you will only create more of the same situations in your life. As the saying goes, "If you keep doing what you've always done, you will continue to get what you've always got".

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If you are serious about changing your life seek the help of a Life Coach who will support you in making these changes long term.

Creating an optimal path for positive chi to move with the least amount of resistance opens up the path for being in the flow to receive the blessings of the Universe.

Resistance or stagnant energy is often caused by an accumulation of clutter which acts the same as damming a river. If you block the flow, the chi cannot penetrate anywhere beyond the blockage and it then becomes stagnant and unhealthy. Trapped energy affects you mentally, physically, emotionally and spiritually.

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## Chapter 3

### Clutter

Everything in your environment is a reflection of your thoughts and your thoughts are a mirror image of your environment. If your surroundings are chaotic then you will attract more chaos into your life. It cannot be any other way. Working with Universal Laws is about living your life by design rather than by default.

**Clutter is anything that is -**

- unfinished
- unused
- unresolved
- tolerated
- or disorganized

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Any of those situations listed above tend to leave you with a feeling of something 'hanging over your head', a feeling of dread or of something 'not quite right'.

Being exposed to constant irritations leads to anxiety which also causes blockages in the energy system of the body, the symptoms of which is poor health.

This is the impact that clutter can have on you - all of those irritations around every corner you turn ... stacks of newspapers or magazines that need throwing out, shoes that you trip over at the front door, paperwork that needs sorting, a broken door handle etc.

Depending upon where in your home the clutter is will depend on where in your life these obstacles show up. The art of Feng Shui tells us that life falls into eight main categories.

1. Career/Life Purpose
2. Wisdom/Self Cultivation
3. Family/Health
4. Wealth/Abundance
5. Fame/Reputation
6. Love/Relationships
7. Children/Creativity
8. Helpful People/Travel

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If your front door (find out where your front door is by checking out the bagua, chapter 4) is in the Wisdom/Self-Cultivation sector and you have a habit of leaving shoes scattered in the door way for everyone to trip over, this could show up in your life as lessons that you never seem to get a grip on, repetitively tripping over the same situations.

A broken door handle in the Children/Creativity sector could be preventing doors from opening to new opportunities, creative ideas, joy and happiness.

## **Unwanted Gifts**

Even though a lot of your clutter may be hidden, such as gifts given to you by someone that you do not resonate with (and you only ever take out when they visit), your subconscious knows that it is there. By making space in your home - read your life, it creates space for something better to come along. Holding onto gifts that you don't like just to please someone else is giving your power away and will be reflected in other areas of your life. When you give someone a gift, give it freely without expectation and let it go so the recipient can do whatever they choose with it and claim the freedom to do so yourself.

## **Broken Objects**

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If something is broken and cannot be repaired then throw it out - yes, even precious objects that you were given a special occasions. The energy of something broken has a negative association, but the energy of someone you love is always in your heart with an endless supply of love and joy, whereas broken items create an irritation that you don't need. If the object can be fixed then do so, the sooner the better. Wherever the broken item is stored, there will be more opportunities for 'breakages' in that area of your life, according to the bagua. Imagine the consequences of having this stored in your relationship, wealth, family or fame sector.

I have a globe of the world in my family sector, as my children are "my world". And as more than 70% of the earth's surface is covered in water, it is perfect for this position as the element of water supports or "feeds" the element of wood which is the element that enhances family and health (to find out more about the elements enhancing your life grab your own copy of *The Spirit Of Feng Shui*). I noticed that the covering of the globe was starting to fall apart. It wasn't until family disharmony had reached the stage that I didn't know what to do next when a friend pointed out that "my world was falling apart" that it clicked. Needless to say the globe was repaired immediately and harmony was able to return.

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Now this might sound like a miracle but these are the kind of results that you can expect. Of course there is always going to be other things that need addressing. After repairing the globe I realized that I had been spending more time working than is ideal and not giving my boys the amount of attention that they needed.

While Space Clearing and Feng Shui offer seemingly miraculous cures, it is a tool that is to be used while addressing other underlying causes and issues in a holistic fashion. While the remedies can help bring balance to your life, remember that you are the Creator of your world, and what happens in one area affects all others.

### Test For Clutter

Sometimes you're just unsure if you value something enough to hold onto it or not. You may think it's something that you want, but then it just might be old habits in your thinking, that one day you might use it, or I paid too much for this thing to get rid of it. There are many ways of disposing of unwanted items. You could sell it on ebay or sell it through your local newspaper. You may choose to give it away, and when you do ask the Universe to return its value multiplied by ten. There are other things are junk so dump them.

Now how to tell whether to get rid of it or not! Take a few moments and if you are able to, hold it in your hands and .... listen or observe

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the feeling in your body that you get from the object. If any part of you constricts or tightens it would be safe to let it go. If, however you feel light and your heart is open, I would be keeping that!

### Organisation

Think about the last time you walked into a space that was very untidy and disorganized. If you had to work or live in that kind of space it would create disorganization in your mind, which manifests as more disorganization in your life. This creates disharmony in relationships, feeling stressed, inability to focus and never having time for yourself as there is constantly disarray, a cycle that can best be broken by clearing your space, then everything else will be better able to flow.

*Out of clutter, find simplicity.*

*From discord, find harmony.*

*In the middle of difficulty lies opportunity.*

*-- Albert Einstein*

Take a few moments to consider the space you live and work in. What feelings does this conjure up? Everything in your personal space, without exception is a physical manifestation of your internal

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process. If you feel frustrated or annoyed with what you see around you, this is a mirror of what is happening on an inner level. If you feel calm and peaceful, congratulations, this is an indication that your home has been instilled with this energy on a regular basis and much effort has been made for peace to flow.

People who live in cluttered homes often feel tired and lack the energy to clear their clutter. No wonder, as everything in your home is energetically and emotionally attached to you. Living amongst so much 'stuff' from the past is like dragging a ball and chain behind you. Surround yourself with objects that uplift and inspire you as you are emitting and absorbing energy all of the time.

When you only have objects in your space that are special and sacred to you it lifts your energy and you feel lighter, happier and better able to go with the flow.

*'Your home can be a power point, a vortex of energy on the planet. Like an echo heard throughout infinity, your home can be a transmitter of luminous energy'. ~ Denise Linn*

## Spring Clean

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Before you begin any space clearing, there is one more kind of clutter to clear out and that is dust, spider webs, dirt and grime. This too has energy associated with it so clean your space first. This includes your windows as this indicates how you 'see' things outside of yourself. If you need more clarity on a particular issue the windows are a great place to start your cleaning.

When cleaning it is best to avoid substances that have written on the labels the words "warning" "poison" or "danger". Many products that are somewhat safer have the word "caution", and often the products that are less harmful list the ingredients anyway. The least amount of chemicals you bring into the home the better.

Cleaning alone has a huge impact on the feeling of the environment. Everything feels lighter, more welcoming, your pathway is more open to receive and your vision is clearer.

Some time ago I had my two boys help me clean out the garage. We had stored fire wood along the walls in there for ease of access in the colder months, and with all of that wood leaving chips and debris all around I never felt motivated when I was in there. It always felt irritating when we had to go to the car, and we were always in a rush to come or go. But when the weather was warmer we were looking forward to "opening up" so we could access those cool summer breezes to cool down on a hot afternoon.

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So together we spent about an hour moving the left over wood into the shed, (stored in a tidy pile of course) and dusted the walls for spider webs and dirt and swept out.

For years now I have been teaching my children about energy. Now our garage falls in the wealth and abundance sector (or fortunate blessings) of our home and it was after cleaning out this space that particular day that my younger son who was ten years old at the time commented on how great it felt to have the garage cleaned and I noticed how he enjoyed going in there and did so several times that afternoon just because it 'felt' good. It was this day that he started to understand energy. This, to me is a blessing that touches my heart... my son experiencing an "aha!" moment. And right in the fortunate blessings sector.

It was at this time that the tyres on my car needed replacing. While driving one morning, just days after cleaning the garage I was thinking about the tyres and the expense of replacing them. I turned my worry to thanks-giving to the Universe in advance that I was driving on safe new tyres. *Four hours later* a friend turned up at home with a voucher for new tyres *and* a wheel alignment. I was speechless. The reason for the gift was simply because she noticed that I had a need. Yes, people like this actually exist. How blessed am I? Coincidence? Not likely. This is common in my life

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now that I have learned to harness and bless the energy that flows through me.

### **Start Small**

You will set yourself up to fail if you think you are going to do a life-times worth of de-cluttering in one day. I don't wish to disillusion you, but it took about two years before I felt I had tackled the obvious mountain of clutter. This is an ongoing task so don't be hard on yourself that you never seem to get to the bottom of it. The tricky thing with clutter in a consumerist society is that it grows again rather rapidly. So start small and set yourself a goal of one drawer and commit to doing small amounts everyday. Moving or re-moving three things a day will eventually make quite an impact.

Before long you will start to notice how much lighter and happier you feel. As these layers of clutter are removed you will start to re-connect to what it is that's hidden beneath - your authentic self and the connection to all that is. Blessings!

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## Chapter 4

### The Bagua - Map Of Life Associations

Depending upon where the clutter is found in your space will depend upon where in your life you will feel the most effects. In Feng Shui there are eight aspects of life that are represented in eight different areas of your home. The center influences all areas.

So when your life is not running smoothly, decide which area of the home your particular issue falls into on the bagua map and look to see what clutter is lurking in that area.

Following is the map of the bagua. It is essential that this be placed correctly or you may create more problems. Align the Wisdom/ Self-Cultivation, Career/Life Purpose, Helpful People/Travel edge with your front door.

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Wealth & Abundance	Fame & Reputation	Love & Relationships
Family & Health	The Center	Children & Creativity
Wisdom & Self- Cultivation	Career & Life Purpose	Helpful People & Travel

\_\_\_\_\_ Place Your Front Door Along Here \_\_\_\_\_

OR

If you use the compass directions  
Career/Life Purpose faces North.

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The following is a description of each of the eight areas and how it influences your life.

### Feng Shui And The Eight Areas

**Career and Life Purpose** - affects your career, business relationships, networking ability, as well as your life path.

When blocked: It is a struggle to move forward in work activities, deadlines missed, losing clients and you begin to question your purpose.

**Wisdom and Self-Cultivation** - this area is about education, wisdom, life experience, life lessons, how you develop and cultivate yourself. Your spiritual inner life. Governs the way you see yourself, self - awareness.

When blocked: Your confidence wanes, life lessons are not learned and hence need to be repeated, and it is difficult to learn new skills. Feeling dissatisfied with life.

**Family and Health** - represents your family, ancestors, your earth tribe, new beginnings, and your health.

When blocked: Family relationships are in disharmony, and health issues arise.

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**Wealth and Abundance** - financial and emotional success and triumphs. Your fortunate blessings - your ability to receive.

When blocked: Unexpected bills arrive, feelings of lack and your financial reserves may deplete. Life feels empty and not rewarding.

**Fame and Reputation** - how you present yourself to the world and how others perceive you. Your passions, your highest vision of yourself. Self-realization.

When blocked: Impacts others vision of you and your abilities and who you really are. Feeling of not being appreciated.

**Love and Relationships** - this affects your life partner and also anyone else that you have a relationship with, including your business partner. Also governs the feminine energies.

When blocked: Makes your relationships challenging or blocks the path to meeting your ideal mate, it makes partnership issues difficult to resolve.

**Children and Creativity** - anything that you invent, create or bring into being, including your children. Also influences your desires, joys and happiness.

When blocked: Limits your creativity and your ability to complete projects. Feelings of unhappiness.

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**Helpful People and Travel** - influences your support systems, mentors, being in the flow with Divine Wisdom, angels and guides, intuition and synchronicity. Masculine energy including your father. This area also governs travel - your journey.

When blocked: You feel a lack of support and synchronicity. Nothing goes according to plan, not in the flow. Travel plans go astray.

**The Centre** - the overall balance in your life. Anything that impacts the center will affect all other areas of your life.

When blocked: Everything will be hindered.

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## Chapter 5

### Connecting The Body & Home

As everything in the Universe is one and nothing stands alone, your body is also connected with your environment. Each of the chakras corresponds to a sector of the home.

#### What Are The Chakras?



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Everyone has seven major chakras at their inner core. These chakras are spinning wheels or vortexes of energy that receive, assimilate and transmit vital life energy - sometimes known as chi or prana. The chakras link our emotional, mental, spiritual and physical selves to a whole indivisible oneness. These sacred centers are the bridge between the universe and personal and planetary transformation. The chakras are the points where the mind/body interface takes place, linking our psychological perspective to the experience of the body.

Everything begins with consciousness. Everything that manifests around you, or happens in your body and in your life, begins with something happening in your consciousness.

### **You Are A Being Of Energy**

Your consciousness is your expression of yourself through your thoughts, your experience of being - this is your energy, chi, or prana. This energy flows throughout your entire body. Your consciousness is connected to every cell in your body, communication with every organ and tissue flows through consciousness. This energy or vibration can be measured by a process known as Kirlian Photography. When a Kirlian Photograph is taken of your hand, a certain pattern of energy is shown. If you

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were to think of someone you love, the Kirlian Photograph will show a different pattern - a different energy or vibration. This energy field around your body is called the aura, changes in the aura reflect changes in the consciousness.

The Kirlian Photograph shows 'holes' or spots in the aura where a weakness is present in parts of the physical body. The interesting thing about these weaknesses in the energy field is that they show up long before there is any evidence on the physical level.

So, this means that the process of manifestation starts in the consciousness creating a change in the energy field, before there is a change on the physical level. What you see as an end result in the physical manifestation, is the result of a process that begins with the consciousness, not the physical body creating the aura or energy field.

## You Create Your Own Reality

To understand how the energy field impacts upon the body it is essential to understand the chakras. These transmitters of energy are not physical, but more dense than the energy of the aura. The chakras are a funnel of energy that interpenetrates the physical body and the etheric body.

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A blockage in the energy field is created when someone makes a decision that leaves them with a feeling of stress, which results in a symptom on the physical level. The chakras relay the story of what is happening in your consciousness that causes an injury or illness to a particular part of the body through the endocrine system and the nervous system. Each chakra is associated with one of the seven endocrine glands, and also a particular group or system of nerves called a plexus. The chakra associated with a particular endocrine gland or plexus controls specific functions of the body and emotions.

If there is stress in the physical body, it is instigated by stress in your consciousness. Where you feel the stress depends upon why you feel the stress - which chakra is expressing the consciousness. If the stress is from hurt in a relationship it will be felt in the heart, through the heart chakra (unconditional love). If you are fearful your legs tremble (survival) - the base chakra. By understanding your chakras and which parts of the body they are related to, you can take a look at your consciousness - your thoughts, and clear the thinking that has caused your physical dis-ease.

Imbalance occurs when there is too much or too little energy flowing through the chakras.

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### **Base Chakra** - Survival - Self Preservation

The base chakra is located at the base of the spine and its color is red.

It affects issues of survival, security, safety, grounding, family and home. When blocked it produces fear.

Physically it influences the legs, hips, bones, large intestines, lower back, the elimination system and the adrenal glands.

### **Sacral Chakra** - Feeling - Self Gratification

The sacral chakra is located approximately 5cm below the naval and its color is orange.

Emotionally it affects sexuality, creativity, emotions and desires. When blocked it produces feelings of guilt.

Physically it influences your kidneys, bladder, sex organs and the reproductive system as well as the elimination system.

### **Solar Plexus** - Thinking - Self Definition

The solar plexus is located about 5cm below the breastbone and its

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color is yellow.

Emotionally it affects your personal power, ego, autonomy, spontaneity, passion impulses, and will. When blocked produces shame.

Physical Body: Stomach, liver, gall bladder, pancreas, small intestine, spleen, the skin and the nervous system.

### **Heart Chakra** - Caring - Self Love

The heart chakra is located at the center of the chest and its color is green.

Emotionally it affects love – for yourself as well as others, compassion, intimacy and forgiveness. When blocked produces grief.

Physically it affects the heart, lungs, shoulders, arms, hands, upper back, the thymus and circulation system.

### **Throat Chakra** - Expressing - Self Expression.

Located at the V of the collarbone, its color is light blue.

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Emotionally affecting sound, expression, timing and rhythm. When blocked produces lies.

Physically affects your neck, mouth, nose, teeth, ears, thyroid gland and respiratory system.

**Brow Chakra** - Intuiting - Self Reflection.

Located between the eyes, its color is indigo.

Emotionally it affects ESP, intuition and imagination. When blocked produces illusion.

Physically it affects your eyes, face, lower brain, lower skull, pituitary gland and the entire endocrine system.

**Crown Chakra** - Being - Self Knowledge.

Located behind the top of the skull, its color is purple.

Emotionally it affects spirituality, enlightenment, awareness, inspiration, idealism. When blocked produces attachment.

Physically it affects the upper brain, upper skull, pineal gland and the entire nervous system.

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Wealth Abundance -Solar Plexus-	Fame Reputation -Crown Chakra-	Love Relationships -Sacral Chakra-
Family Health -Heart Chakra-	The Center -Heart Chakra-	Children Creativity -Heart Chakra-
Wisdom Self- Cultivation -Brow Chakra-	Career Life Purpose -Base Chakra-	Helpful People Travel -Throat chakra-

\_\_\_\_\_Front Door Along Here\_\_\_\_\_

**Base Chakra** - Deals with issues of survival and security which links with your Career/Life Purpose.

**Sacral Chakra** - Is associated with emotions and sexuality linking it to the Love/Relationship sector.

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**Solar Plexus** - Governs your personal will which is necessary to accumulate a steady growth of wealth - thus associated with Wealth/Abundance.

**Heart Chakra** - The heart is associated with love, not the romantic kind, but rather family and friends, connecting the Family/Health, The Center and Children/Creativity sectors. The heart chakra is located at The Center of the chakra system.

**Throat Chakra** - For help to be available to you on your journey you must ask for it to be given - Helpful People/Travel.

**Brow Chakra** - When you cultivate a relationship with yourself you have a strong vision of who you really are. Self-realization.

**Crown Chakra** - The highest vision you could have of who you truly are is your fame in spirit.

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# My Sacred Place

## Chapter 5

### Healing Essential Oils

#### How Do Essential Oils Work?

At our basic level we are all made up of atoms, photons, quanta and sub-atomic particles that make up all of life. This includes the chair that you are sitting on, a flower, a ladybug, and even your body and your thoughts. Everything is made up of, emits and receives energy.

There are millions of levels of frequencies, and all are connected. Even the non-physical has energy, it just vibrates much faster than a physical object. Scientists are now able - with the help of a powerful microscope - to perceive the slowest vibratory rate that is at the core of physical objects. While objects may appear solid, when observed through these microscopes you will see lots of space between the molecules.

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All energy is magnetic, sending out a frequency that attracts the same frequency of energy as itself. As stated in "Ask And It Is Given" by Esther and Jerry Hicks, "Anything like unto itself is drawn", or put more simply, 'like attracts like'.

Essential oils come from nature and do not have the vibration of limiting beliefs that most humans tend to carry. Limiting beliefs are stories from your past that you have been told and that you believe that limit you and keep you small in your thinking and thus in your life, such as "Don't attempt that, you don't have what it takes" or "you'll never amount to anything". By using essential oils you are seeking to raise your vibrational level.

*"Measuring in hertz, we found that processed/canned food had a zero Hz frequency, fresh produce had up to 15 Hz, dry herbs from 12-22 Hz, and fresh herbs from 20-27 Hz. Essential oils started at 52 Hz and went as high as 320 Hz, which is the frequency of rose oil. A healthy body, from head to foot, typically has a frequency ranging from 62 to 78 Hz, while disease begins at 58 Hz.*

*Clinical research shows that essential oils have the highest frequency of any natural substance known to man, creating an environment in which disease, bacteria, virus, fungus, etc., cannot live. I believe that the chemistry and frequencies of essential oils*

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*have the ability to help man maintain the optimal frequency to the extent that disease cannot exist".*

Dr. Gary Young, N.D. Young Living Essential Oils

### **Ways to raise your energetic vibration include -**

- eating fresh, organic fruit and vegetables
- meditation and prayer
- expressing gratitude
- carrying or wearing crystals that have been tuned
- smudge yourself with white sage or other cleansing herb
- ring a bell over each chakra
- bless your food and drinking water
- inhale or absorb essential oils
- receiving an energy healing
- listening to uplifting music

## **Goddess Potions**

Goddess Potions were specifically created to balance the energies

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of your own personal energy system - your chakras, which correspond to areas of your home when aligned with the bagua.

Made in Australia from pure essential oils, the Goddess blends have been instilled with the energy of the Goddesses that portray certain characteristics that strengthen and bring balance to different aspects of your life that may be lacking.

Goddess Potions have been lovingly created specifically and carefully for this purpose.

\*

The base chakra Goddess Potion is called **GAIA**. Gaia represents the Divine Mother. She provides a strong foundation for physical health, wealth, survival and security. The career/life purpose area of the bagua relates to the base chakra..

Use to support your career and business relationships including networking which leads to prosperity, but also creating balance should you become overly materialistic. Use when feeling fear, spacey or restless as Gaia helps to ground you, providing the feeling of stability and trust. This blend is great to use when de-cluttering. Gaia brings clarity to discovering your purpose for being on Mother Earth. Goddess Gaia supports your physical well-being.

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Ingredients are grapefruit providing zest for life and well-being inspiring survival skills, ylang ylang to calm nerve wracking situations, patchouli releases anxiety and is supportive in manifesting, clary sage to relax the body, sandalwood to reduce stress and petitgrain calms panic and gives reassurance.

**Affirmation - It is safe to be here.**

\*

The sacral chakra Goddess Potion is called **ISHTAR**. The love/relationship area of the bagua connects with the sacral chakra. This chakra deals with emotions, desires, appetite and sexuality. Any blockage in this chakra can affect your relationships, emotions and ability to feel pleasure. ISHTAR is the Goddess of love, fertility, passion and war and dares you to follow your dreams.

This blend supports you in attracting your ideal mate or if you already have a partner helps to strengthen your relationship, also nurtures all of your current relationships with friends, work colleagues and other partnerships. Allow Ishtar to support you if you are feeling over-emotional or have obsessive attachments. She will help you to set boundaries and overcome sexual addictions. Use to release feelings of frigidity, impotence, emotional numbness or a

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general fear of pleasure. Goddess Ishtar encourages you to go with the flow and to release your creativity, develop a healthy sexuality and enjoy the pleasures of life.

Ingredients are ylang ylang which is a powerful aphrodisiac, exceptional in overcoming sexual problems. Sweet orange is bright and cheery while grapefruit lifts melancholy. Patchouli releases anxiety regarding sexuality.

**Affirmation - It is safe to feel, to want.**

\*

The solar plexus Goddess Potion is called **ARTEMIS**. The wealth/abundance sector of the home connects with the solar plexus, which is the seat of your will, your source of self-confidence, determination and motivation, characteristics that are required for achieving success and abundance. This chakra relates to your personal power, self-esteem, self-confidence, passion, spontaneity and will. ARTEMIS says this is your life and you have the power to rule *your* world *your* way. The Greek Goddess Artemis, who refuses to conform to convention or tradition is self-sufficient, living on her own terms, comfortable both in solitude and in holding the reins of leadership. She illuminates those places that terrify you and she lends her strength to bring you safely through your fears.

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Use Artemis to transmute the energy of emotions into your soulful passion for life, anger into action and to enhance your will, determination and motivation. Use if you are feeling a sense of lack in any way - money, friendship, connection to spirit etc. Start to express gratitude regularly, your will to manifest will be supported and you will attract to you all the abundance that Mother Earth and Father Sky are constantly offering.

Enlist the help of Artemis when you are blaming others, feeling aggressive, shame, lack of self-esteem, dominating, constantly active or scattered as in these states you will not feel empowered. Sudden outbursts of anger or feeling burned out can result when the solar plexus has been overworked. You don't need to assert your will aggressively to have what you want in our life.

Ingredients are lemongrass and lemon which uplift, refresh and purify, with rose for confidence, peppermint to stimulate, bergamot for soothing frazzled nerves, while lime purifies, energizes and revitalizes the body.

**Affirmation - It is safe for me to think and to act.**

\*

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The heart chakra Goddess Potion is called **QUAN YIN**. The family/health, the center as well as children/creativity sectors of the bagua are reflected in the heart chakra. These all speak of the power of love. These areas of the bagua are across the center of the map, while the heart chakra is at the center of all the chakras, at the 'heart' of the matter.

Quan Yin is the Chinese Goddess of compassion and mercy, she encourages us to love and forgive each other. When these areas are blocked in your life it creates grief. Call on Quan Yin to help you release feelings of loneliness, isolation, possessiveness or bitterness. She encourages you to forgive and supports healthy, loving relationships with your family, loved ones and to release you from the bonds of not forgiving. This Goddess Potion inspires growth and the ability to make a fresh start, joy and happiness.

Ingredients are soothing ylang ylang which transforms anger into peace, love and happiness, jasmine lifts your spirit and stifles worries and is often used in love rituals. Bergamot is uplifting to your soul and relieves everyday tensions. The exotic fragrance of palmarosa is also used in rituals of love and is a powerful healer.

**Affirmation - It is safe for me to love and be loved.**

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The throat chakra Goddess Potion is called **ATHENA**. The helpful people/travel sector is connected with this chakra. When you have a healthy throat chakra you are able to communicate your needs. When the helpful people/travel sector is enhanced, it opens doors to opportunities that otherwise may not have been possible, ensuring a smooth and supportive journey.

Athena, the Greek Goddess - defender of heroes, champion of justice and military victor, is the one to call on when you wish to make a stand and be heard. Athena helps to creatively express kindness, truth, knowledge and wisdom, persuading clients and customers and fortunate blessings to look your way. Intuition and synchronicity are enhanced.

Ingredients are lavender which calms and relieves tension to enable you to hear and trust your intuition while clary sage induces euphoria. The compelling fragrance of palmarosa supports you in knowing that help is at hand, when you ask!

**Affirmation - It is safe for me to speak and be heard.**

\*

The brow chakra Goddess Potion is called **BRIGID**. The wisdom/

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self-cultivation sector of the home relates to the brow chakra. The brow chakra allows you to interpret clearly, but also gives you vision to things you cannot see with your physical eye. The wisdom/self-cultivation sector of the bagua, when enhanced helps you to absorb new information and to apply that information to your life, connecting with and understanding your higher self.

Use this Goddess Potion to enhance poor memory or if you have difficulty in concentrating. It is also beneficial for accurate interpretation and to support your efforts in developing your psychic perception, imagination and visualization. BRIGID, the Irish Goddess of healing, divination and prophecy kindles the flame of inspiration within us, setting our minds on fire with the passion to create. Listen to her guidance. Trust your intuition. Follow your heart.

Ingredients are patchouli which calms and relaxes the mind, while frankincense promotes tranquility and insight. Myrrh is for stillness and inner peace, meditation and visualization, with sandalwood encouraging higher states of awareness.

**Affirmation - It is safe for me to see.**

The crown chakra Goddess Potion is called **SOPHIA**. The fame/

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reputation sector of your home corresponds with this chakra. The crown chakra is where you are connected to the loving energy of the universe. If this chakra is imbalanced you do not have an awareness of who you really are and spiritual enlightenment eludes you. The fame/reputation sector of the home demonstrates and expresses who you are and what you are known for. You are unique and there is no other like you in all of the universe. When these energy centers are working in harmony it allows you to connect to your essence and then to demonstrate that to the world.

Use this potion when you are limited by your beliefs, overly intellectual, skeptical or feeling alienated from your source. This blend is supportive of cultivating your special talents and wisdom, to be recognized for your abilities and to have the courage to be true to yourself. Goddess Sophia - Christ's feminine counterpart helps you to let go of illusions and to live in the present moment. Call on Sophia to unite you with the Universal source and the world as a whole. With Sophia's guidance, your soul is freed from limitation and you are able to see the bigger picture, attain a higher level of consciousness and spiritual awareness and to blossom in your unique way.

Ingredients are peppermint and sweet orange which purify the conscious mind, clove for healing, protection and courage, lavender

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calms any emotion that threatens the mind while jasmine invokes love, peace and spirituality.

**Affirmation - It is safe for me to know.**

\*

## Using Essential Oils

There are several ways to use essential oils to gain the benefits of their healing properties. There are beautiful oil burners available where you fill the cup at the top with water and add up to ten drops of oil. Below the cup is a place to burn a tea light - a very small candle that heats the water and oil, vaporizing the oil and releasing the healing properties into the air, filling the room with a wonderful fragrance. Never leave naked flames unattended.

You could add some oil to your bath for a relaxing treat. A beautiful way to inhale the oil is to apply several drops of your choice of oil to a mister and 'spritz your aura' - spray it into the air and walk into the mist as it descends over you like a cloak.

Never apply essential oil directly to your skin, add the oil either to water or to a carrier oil first, your body will then absorb the oil in a safe way.

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# My Sacred Place

## Chapter 7

### Preparation For Space Clearing

#### Timing

No matter where you live, be it in a high-rise apartment or a leafy suburb, humans are becoming detached from Mother Nature and her cycles. We have lost touch with what our ancestors practiced where they consulted the moon before instigating any project of importance.

It is most beneficial to perform your space clearing between the new moon and the full moon. The new moon represents new beginnings and the full moon is a time of completeness. This is an ideal period of time to set new intentions for your life.

#### Protection

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Always protect yourself when working with energy, as it is too easy to tune in to the lower vibrations that do not support you. Simply visualize a ray of white light being directed toward you from the Universe and allow this light to create a bubble around you. Space clearing is a safe practice for personal use, however it should never be done if you are not feeling well, if you are pregnant or if you feel fear or any apprehension at all!

If you are not well a space clearing would help the healing process, but you would be better off enlisting the help of a friend or hiring a professional to do this for you. The same goes if you are pregnant, let someone else clear the negativity and you can simply relax and enjoy it.

Remember that space clearing is moving stagnant energy only and is not exorcism - that should be left strictly to the professionals!

Don't be concerned that you will be clearing out the positive energy of your home as only heavy, dense energy is moved, actually raising the vibration of the already higher levels. Once the stagnant energy has been released and moved, it is no longer harmful. Put away all food and drink as this will absorb any energy that is moving.

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Work alone unless other people understand what is happening, as energy in your body moves throughout a space clearing as well, and anyone unfamiliar with this could react with fear.

Turn off as many appliances as possible, including music as you need to tune in to the vibrations of the space around you. Use the music to create a new atmosphere after the clearing is finished. Open some windows to allow the chi to move but not so much that you create a rush of air that makes it impossible to sense the energy.

Space Clearing can release a lot of stored up emotion so always get permission to do this exercise if it is not your home.

## The Elementals

Fire, Earth, Air and Water.

To live in harmony with and to feel a sacred connection to your environment you need to have the four elements present which invoke the elementals or nature spirits (these four elements are not to be confused with the classic five element theory of Feng Shui cycles). These invisible life forms love to be with us but find our harsh environment very difficult to be around. By providing a source

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in your home for these elementals to work through makes it more welcoming for them to support you.

There are many sources of the elements available for you to use.

**Fire** - Passion and creativity. Fire energy bursts into life, sparking excitement for life and igniting passion. It warms your blood and lights your path. The sun, hearth fires or candles introduce the fire element into your heart and your home.

**Earth** - Physical manifestations and stability. Earth energy is the building block of your life. Like soil, to be healthy you must be nurtured to remain productive. Flowers, plants, crystals (natural gems from the earth), stones and salt all provide the supportive and grounding energy of earth.

**Water** - Intuition and feelings. Just like life, water is ever moving and changing, providing you with the ability to flow and transform, changing shape to any situation that it meets. It's strength lies in not being rigid, but in being able to move on, to purify and let go. Create and sprinkle holy water, or take a bath with Epsom salts or essential oils to welcome the energy of water.

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**Air** - Intellect and communication skills, freedom and perception.

Your breath is your constant reminder of the importance of air. A certain smell can instantly transport you back to another time and place. Smudge with sage, or incense and then infuse with essential oils.

I choose to use candles, flowers and salt, crystals, holy water, sage and essential oils for the Space Clearing.

### Creating An Altar

An altar is a sacred place, connecting you with the spirit of your home and Universal healing energy. It is a place for keeping only your precious objects and statues or images of higher inspirations. It is here that you are reminded to set your intentions for your life, clearing a pathway for you to send loving energy to anyone who may be in need. If you do not have an altar, make a temporary one for your space clearing.

Before you start make sure you have gathered together the tools you will be working with. You will need -

- a small table to be used as an altar
- a special cloth for the altar

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- candles and saucers
- flowers
- sage or other dried herb with cleansing properties
- a bell or cymbals
- holy water (create by saying a prayer or affirmation over it)
- rock or sea salt
- essential oils

Prepare an altar in a central position where you will put your tools to work from. Place the candles on the saucers and arrange flowers around the edge, put in communal places such as the living room, kitchen as well as areas you use daily for cleansing such as the bathroom or laundry. Use crystals that you are drawn to - for more information see Crystal Living, an ebook that you receive when you grab your own copy of The Spirit Of Feng Shui. You will find 30 crystals and their meanings, where to place them in your home for the most benefit as well as which crystals to use for balancing the chakras.

### Intention

In order to get your desired results when space clearing, visualize and very importantly *feel* what it is you wish to achieve. When you do so, you are giving yourself a living vision of the desired result.

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You are making it real to yourself, and thereby making it an attainable goal. You are also targeting that particular result, so that your actions have a direction and a purpose, rather than being an aimless force.

It is fairly simple to integrate intention into your space clearing, and it's essential that you do so if you wish to have good results. Intention is similar to self-awareness or self-knowledge. Therefore, using intention to support your space clearing can be as simple as gaining clarity as to the intended outcome.

Speaking your intentions is one of the most powerful ways of helping to create or bring about your desired change. When you speak, whisper or even think about something, you express it outward, into the universe, where it has already started to take shape.

What is your intention for clearing your home? Ok, so you know what you don't want but if this is on your mind as you proceed with the clearing then this will be the intention that you set.

It's obvious that you don't want illness, irritability, arguments, lack or strife. So what do you want? Is it peace? Happiness? Abundance?

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Create an affirmation (or choose one from over 250 in "Affirmations For Success With Feng Shui" which you receive when you claim your copy of "The Spirit Of Feng Shui") which sets the intention for what you want. The Universe is an unlimited stream of well-being, to tune in to that simply feel good and intend that it be so. And remember, gratitude strengthens any desire you have.

It might be "Thank you Divine Wisdom for this Sacred Place where peace prevails. And so it is!"

Or, "Dear God, Thank You for the unlimited prosperity that is available to me now".

"Holy Spirit, Giver of all Life, thank you for the blessing of my family and the love that we share, Amen."

"Thank You for the Pure Potentiality that is in me, that IS me, I AM blessed, I AM love, I AM! I AM!"

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# My Sacred Place

## Chapter 8

### Space Clearing Ceremony

#### **Your Guides And Angels**

As you light your candles invite your angels and guides to be present. Center yourself and visualize all of your chakras perfectly balanced. Keep your breathing even as you allow your energy to flow.

Standing at the front entrance, connect with the Spirit of the home. Take a few moments to do this, listening for any guidance you may receive. Now is the time to set your intention, or make your affirmation for clearing. What is your intent?

As you enter your home allow your aura to expand and fill the entire building, allowing love to flow from your heart. Following one direction around the inside perimeter - clockwise or anticlockwise,

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whichever feels the most comfortable, use your hands to sense anywhere that there may be stagnant energy, noticing any 'impressions' you receive.

You might like to practice sensing with your hands before you start. To do this bring your hands together in prayer position but apart just enough to fit a tennis ball in between. Slowly move your hands apart far enough to be able to fit a beach ball in between. Now very slowly bring your hands back almost together again and as you do notice the sensations in your hands. You may be able to sense the energy being compressed. Again, slowly spread your hands apart and see if you can feel the energy 'stretching'. Try bouncing the energy between your hands, and have a play with it so you can become familiar with what it feels like.

## Clapping

To start the clearing, again from the front entrance, clap around the room, this is the best way to break up heavy, dense energy, again following the same direction that you started with. You may choose to use a drum for this but clapping is just as effective. Pay particular attention to corners, nooks and crannies where it is difficult for energy to flow freely, as this is where energy gets caught. Start by clapping low then directing the clapping up high. Any areas that you

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cannot reach, 'throw' a clap into that space. If you find it difficult to make a crisp clap, persist in that area until the clap is clear.

If your home is multi-level, start at the bottom and work your way up. Proceed throughout the home, moving slowly through every room ensuring the energy is clear, while keeping in mind your intention. Continue until you have circled the entire home. As you finish this part of the space clearing it is important to wash your hands thoroughly as you will be 'wearing' the energy on your hands and lower arms.

## Bells

Take your bell or cymbals (make sure these are pleasing to hear) to purify your space with sound. The vibration of a bell can purify and finely tune energy that clapping or drumming cannot. Ring the bell as you go, though only periodically, enough so that the sound continues, and while it is still ringing move the bell in the direction of the 'infinity' symbol - the shape of the number eight lying down which creates a sacred circle of sound. This sets the intention of 'and so on', making the effects of the space clearing last much longer.

## Smudging

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The fire energy is already present with the candles, and earth energy is in place with the flowers and crystals, now it is time to instill the presence of the air elementals by smudging. Light the end of your smudge stick or the loose smudge in a bowl and let it burn for just a few seconds before gently blowing the flame out, being careful not to spread any embers, the sage will then smoulder and smoke. I have used white sage for several years now, the result is a feeling of clarity, freedom and lightness.

### Smudge Yourself First

Begin by wafting the smoke towards your heart, directing the smoke with a feather over the top of your head, down your arms and right the way down your body. Imagine the smoke lifting all negative energy away from you. As you do this affirm your choice of affirmation such as "I break up and release negative and stagnant energy, may love and light be ever present."

Inhale a little of the smoke (taking great care if you suffer from asthma or other respiratory problems) visualizing yourself being purified from the inside out. Now direct the smoke all the way down your back, lifting your feet to smoke away any energy that is lurking there. Breathe in courage and love.

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Again starting at the mouth of chi (the front entrance) progress throughout once again with the smudge still smoking, taking great care with the embers.

Stop in the center of each room, taking a moment to ground yourself, turn to the east and fan the smudge into that direction while saying "Great Spirit of the East, spirit of the earth, ground and cleanse this space." Turn toward the south, and while directing the smoke in that direction, command "Great Spirit of the South, Spirit of Fire, energize and protect this space." Next turn to the west, directing the smudge to the west and say with intention "Great Spirit of the West, Spirit of Water, strengthen and bring peace to this space." Turn to the north and direct the smoke in that direction while affirming "Great Spirit of the North, Spirit of the Air, cleanse and inspire this space."

Return to the center of the room and while looking up and directing the smudge command "Great Father Sky, protect this space from above." Finally, squat towards the ground and direct the smoke downwards saying "Great Mother Earth, nurture this space from below."

Standing quietly for a moment, imagine the Great Spirits that you have invoked are protecting you from all four directions and the loving energy of Father Sky and Mother Earth are protecting you

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from above and below. Give thanks to all. Continue throughout the home with the smoke being 'intended' into each direction.

### **Bless Your Home**

Add a few drops of whichever Goddess Potion inspires you to your holy water, or create a blend of your own. To bless yourself you can either anoint yourself with your hand or lightly dip a flower head into the holy water and sprinkle it all over you. Continue to gently dip the flower head into the water and sprinkle throughout the space, again following one direction. Intend that this initiates peace into your home. This leaves the home feeling fresh, sacred and alive.

Now place some sea or rock salt across the threshold of your doorways as this will absorb any negativity that attempts to enter your home. Remember to sweep up after about 24 hours and discard onto the earth for cleansing and healing.

When you have completed the clearing smudge yourself one last time. Take a moment to draw your aura back close to your body.

*"I love myself; therefore, I provide for myself a comfortable home, one that fills all of my needs and is a pleasure to be in. I fill the*

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*rooms with the vibration of love so that all who enter, myself included, will feel this love and be nourished by it." ~ Louise Hay*

When you realize how alive and vibrant your home becomes and the effect that it has on you, you will start to address your clutter and clear your space as soon as any problem arises in your life.

Managing the contents physically as well as energetically puts you back in control of your life. Space clearing helps you to live in the present by releasing the past and opens the way for new opportunities.

Space clearing is not just clearing stagnant energy but honoring your home, your life and your family. Simple heartfelt ceremonies are more effective than fancy elaborate affairs that do not connect you to the Guardian Spirit of your home.

End the space clearing ceremony with a blessing. Include music such as sacred chants along with a prayer, use fragrance while you burn a candle that has been set with the intention of filling your home with light and love, or whatever it is that you choose. Make it very personal and from the heart, as this is your sanctuary, Your Sacred Place.

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