

Get Your Feng Shui On: A guide to creating your sacred space

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Get Your Feng Shui On

Creating Your Sacred Space

Make a place in your home that feels like you are in a sacred world

Build your energy with the art of Feng Shui to empower your inner self

A step-by-step program to relax, meditate, soul search, and focus

Follow this easy guide to build your sacred space and

Get Your Feng Shui On!

Deeply Well Presents Get Your Feng Shui On

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Get Your Feng Shui On

Introduction

Feng Shui can be an integral part of your home, office and even car and it's important because it's about the correct use and alignment of energy.

This packet will provide you a way to create and build your Feng Shui Space so you can use this very powerful energy in your very own environment. This will lead you to strengthening the energy that is inside of you.

In this course I've included a poem titled; Silence, reading materials and suggestions to build your sacred space. I will share with you some things that I practice which helps to bring my mind, body, emotions and spirit into balance in my sacred space. I've also written about places in your home you might choose to build your space as well as a shopping list you may want to use.


It's my wish for you to experience a very special journey as you build your sacred space. May it help you have greater levels of energy in and around you!

I hope you enjoy this package. I would love to get your feedback after or during the building of your sacred space. I would appreciate you taking a moment to write me a little note on how it may have helped you. Please send me an email at info@deeplywell.com

The very best to you in your journey as you create your sacred space.

Enjoy!

Elizabeth



*If you take time with silence
You begin to hear life
If you move out of your head for a while
You can listen to your heart*

*It's not always easy to listen to your heart
But when you do, when you can: it sings*

It sings

*And it sounds like
The sun when it rises and sets
Like the wings of the butterfly and the eagle*

Silence

*It sounds like the budding of the rose
And the drops of dew
The peaks of mountain tops
After their new blanket of snow
And the grains of sand moving under your step*

*When you listen to your heart
Embracing the silence*

*You uncover the serenades
Of love all around*

*And this, my dear,
Is silence
When it gives itself to you*

Elizabeth L. Lukacs

Get Your Feng Shui On

Creating Your Sacred Space

Find “The Spot” for your Sacred Space

Building your sacred space is a very special time; it is fun and very easy to get started. It’s something that you can enjoy in a variety of ways as you change and enhance it for years to come!

Finding your space can take time... so, don’t rush it. I recommend that you start out with a few items and continue to build your space with things that are deeply meaningful. You’ll want to find the space that feels right for you. I recommend that you move around your home and try to get a sense of how you feel in different spaces in your home. For example...in my office area I feel a sense of accomplishment, in my art area I feel a sense of exploration. In my kitchen, I feel excitement because I absolutely love to cook and bake, and in my closet I feel expression. When I sit at my island where I write, I feel a sense of exhilaration, pleasure in writing, and creativity, and at my fireplace I feel introspective. In my bedroom; I feel a great sense of peace and relaxation.

Here are some ideas on where to create your sacred space.

- ❖ Make a list of each the places you are considering for your sacred space. I have done this with index cards; I write each location on a card and fold the cards placing all of them in a hat. I draw from the hat and go to that area. I sit there quietly and I see how I am feeling. I then write a number from 1-10 on the back of the index card. 10 being the most positive energy I feel in that space and 1 being the least. I repeat this process with all the cards in the hat. I do this because I like to test myself on what area’s I am intuitively picking. I then put all the cards back into the hat, mix them up and pick one last time as I ask your higher self to pick the spot that feels right. I reach in and pull the card. If you try this and feel unsure about the index card you picked. For example, maybe you choose the index card that had a lower number on it. Here is what you can do....
- ❖ Take the index card you just picked out of the hat and take the index card that has got the highest rating (10) and sit with both cards in each area. Feel what comes up...you may wish to journal about each place and list the reasons why you like both of them and perhaps you want to take a few days to think about it. You will know where to choose, it will absolutely come to you when it’s right. Another way of picking your space which is super easy...

- ❖ Let your body tell you what space is right for you by using this technique... place your arms across your chest and have your hands opposite on each shoulder... like your hugging yourself. Physically be in the place you would like to use while standing and begin breathing in and out with your eyes closed. Ask your higher self; is this place right for me to build my sacred space? If your body leans forward it is a yes. If you sway backwards it's a no. If you sway side to side or in a circular motion – it means undecided and there may be a better place to look for.

Finding the right place to build your sacred space:

- ❖ Bedroom

This by far is my favorite because the energy from the sacred space I have built in my bedroom allows me to enjoy the energy when I sleep. I feel it in my dreamtime. This sacred energy can be used by our subliminal mind, and our subconscious. Before going to bed I set an intention that during my sleep time I enhance my body, mind and spirit and heal any emotions. Our bedrooms are special all on their own because this is the place that we rest. And, building our sacred space here, our bedroom becomes a huge amplifier to enhancing our inner well-being.

- ❖ Closet

Believe it or not our closets can become a very sacred place to generate enormous power. This is because of its small area. Our closet is filled with our personal things; the energy circulates greater frequencies when working in this area. If you are looking to really enhance your energy, intentions, and build a sacred commitment to yourself use the space in your closet to get great effects.

- ❖ Den or Office Space

Having your space in your den is another option, you can create a wonderful space that will help support the work you do in your office and provides great conversation and wonderful energy to those who visit or spend time in your den or office. I suggest when you are having “your” time in your sacred space that you have this space all to yourself unless you wish to invite others to join you!

- ❖ Living Room

The same applies to the living room as the den. I have found that people who set up shop in the living room are willing to, and do in fact, take their TV out of the living room and find another place for it. The living room is a wonderful place to spend quiet moments while your energy fields are re-booted.

❖ Attic, Garage, or Barn

Because quarters were small when raising my kids I had to become clever in finding my sacred space. I have used attics, garages and barns for my space and you can too. If you have spaces like these available to you, it's a lot of fun to create your sacred spot there.

Find a place that feels right in the area you have chosen and bring some light into the space. Light a candle and sit quietly for a little while as you focus on your breathing. Imagine what this particular place will look like and note how your energy feels. It is important that you spend some time cleaning up or organizing the area you have chosen for your sacred space. Taking the time to do this prepares your space, help's you to sink into the space more comfortably, and will support your creative energy.

The Gifts, Medicines and Tools to Use

Consider the checklist below after you have found your sacred place. Taking time to gather sacred items is a special journey in itself. Enjoy the time you spend while you're out collecting. When I go shopping for my sacred space it means a great deal to me. I dress up. I write it in my calendar weeks before, I take myself out to eat or go to a museum, conservative, coliseum, or a special park. I cherish the time I spend in the moments. I take time to meditate, pray, as I spend time in silence. Going within and being introspective during the whole experience. I have gathered sacred trinkets from other countries, antique stores, thrifty stores and higher end stores. I remember where, when, and what I did on that special day and it just becomes all the more personal and sacred.

If I get something on a trip or from one of my favorite places I note it in my journal...the journal that I keep in my sacred space. This journal holds so many special things of my life, I write about my thoughts, feelings, the meditations I experience, visions I see, answers to questions I have received and I also write where I have gotten my trinkets from. My journal is a deeply personal experience of expression with what I do within me and everything about my sacred space. It is very meaningful to look back in previous writing and embrace the magical growth of my life and what I have gained from this very special place and practice.

Here is a checklist of things that I have in my sacred space:

- ✓ Get candles, large small medium any color or scent or none-scented. Tapered or votive or both.

- ✓ Find a metaphysical store and purchase sacred medicines/tools to honor your space by choosing from the following list of sacred items: Cedar, Sage, Sweet Grass, Holy Wood, Aromatherapies, and Incense. Any, all, or just 1 or 2 of these items will do just fine.
- ✓ Buy a stainless steel bowl or an abalone shell. For burning the above medicines in your space.
- ✓ Find a Tibetan bowl or bell, crystal bowls and/or any bell... I have one from Tibet and one from Fatima and I use a number of different chimes, bowls, and bells for tone therapy. It helps to get centered in my body, mind, spirit and emotions.
- ✓ Use or purchase any stones that you feel are appropriate for you. Stones are also considered medicine...but more on an energy level... used to amplify your intentions and strengthen your own personal power. Treat yourself to a trip to a “stone” shop... you will love how you feel if you take some time there to tune in.
- ✓ If you don’t have a stone book, I recommend you find one that has photos with descriptions. Choose some stones that feel right for you at a metaphysical store or reach out to my longtime friend Sandy. Sandy will intuitively know the stones that are right for you and get them in the mail to you or you can go visit her. She is amazing! You will love what she has got and if you’re looking for something particular...she can find it! Here is her contact: 651-246-2022
www.stonesbysandy.com
- ✓ Find a cloth, scarf, small blanket that is special to you. It can be silk, wool, cotton, any size or printing... What’s important is finding and choosing things that you are attracted to and has a sense of meaning for you. If nothing comes to mind you can purchase something new that has your favorite color.
- ✓ Find a very special journal, pen, pencil, markers and/or colored pencils.
- ✓ Choose an artifact that supports your beliefs and place it in your sacred space.

Honor, Bless and Make Sacred

I respect where people are in their personal beliefs, what they value, their morals and principles. I have my own, everyone does. I trust what you hold sacred and what you believe in - is what works for you. When I speak of Honor, Blessings, and Make Sacred I mean that you choose what is right based on your values and beliefs. And maybe, you will want to try something new. The most important thing is that you do what feels right to you and bring in what you love. I was blessed to have a variety of teachers in my life who have given me many gifts. Some of these gifts include following a certain practice, prayer, mantra, and intention to honor our sacred space. What I will be sharing below are some of these

teachings. They come from many different belief systems, cultures and religions. What I have gained from my teachers is that we all are united, we have different paths to the same Summit, we are a part of evolution, we are all on our own unique journey, we are a piece of the whole, and we all hold things sacred.

Here are some ideas in what you can try, experiment with and see what fits. The suggestions are what I have used for my sacred space and for my journey in well-being. These practices have blessed my life, they've taught me how to honor and respect the journey as I experience others and myself more sacredly.

The Meaning behind the Medicines

- ❖ Sage when burned is a cleanser... it is believed that when sage is lit ... Great Spirit – The Creator comes thru the smoke to bless you, the space and the things you are smudging
- ❖ Palo Santo Holy Wood when lit is believed to bring holiness where it is burned. Cleansing and purifying.
- ❖ Cedar heals, protects, and cleanses our spirit, emotions and our minds
- ❖ Incense is used to lighten the area, clear negative energy and create a balanced harmonizing atmosphere. If you cannot use burning materials like these – the above items can be found in aroma therapy.
- ❖ Aroma Therapy - take time to explore the many options of aroma's available. Read up on their medicinal properties and pick the smells you love! Please consider investing in a quality product. I use DoTerra, because it last a very long time and it is an environmentally conscious company. I believe that out of all the senses; touch, taste, sound, sight, and smell...our sensory of smell is the most powerful to produce chemical changes within our body, mind and emotions . Get your senses on... pick a few that you like and use in a diffuser. I myself place a small amount under my nose when I am meditating in my sacred space. I am always mixing it up and I use many different essential oils for a multitude of things.
- ❖ Candles provide cleansing, healing, and a great sense of peace. Candles are like light houses, both represent a beckon of light to help guide our way. I use candles every day, just having one candle - a flame, provides me a feeling of comfort.
- ❖ Stones have many qualities and gifts to enjoy. I have used stones all my life for grounding, peace, and wisdom. I hold them while I meditate, I keep them under my pillow, and I carry

them in my pocket, purse, and car. I have a Stone Medicine Bag that holds special stones that I've collected and I have stones all over my home. They are empowering when you activate them and begin building a connection with them. Having a crystal grid built in your sacred space will super charge and support your intentions made.

- ❖ Journalizing helps us to look into ourselves and shows us how much we have grown. Journals help support our own personal responsibility to our happiness, prosperity, and freedom. By journaling we can gain what we desire and intend. Also, it is a great track record on our progress.
- ❖ Cloth represents another form of sacred tools. When we drape something with cloth we are honoring it. When we use a cloth that is deeply meaningful it is all the more special. I have hankies from my mother... I use them often to cover my gifts in my sacred space and I feel a sense of my mom being with me. I also use cloth with my aroma therapies when I am silent in my space. Smelling the aroma on the cloth always brings me within and calm.
- ❖ Meaningful treasures are important to all of us. I myself like things from earth. Having an artifact or treasure that is handed down from family is also very special.

Use any of the above ideas or use your personal creativity and start to build. Be in reverence...it your very own sacred space...feel deep love in your heart as you fill it with gratitude for the gifts you have and for what you will gain in your journey as you create your sacred space.

Making Intentions

When you're ready to start working in your sacred space and trying out the medicines, gifts and tools you have chosen - you'll need to make powerful energy connection in this space. You do this by making intentions out loud. Create your own or use some of the ones I have used.

- ❖ I ask for guidance as I ring this bell/bowl, I relax in my sacred space and listen to my higher self.
- ❖ As I hold _____ (name stone, gift, trinket), I ask that I receive the energy I need to guide me to my greatest good in all that I do, speak, and act upon.
- ❖ From all that is peace, love and the purest light...I light this _____ (name what your lighting; candle, incense, sage, etc.) with the intention to fill me and my thoughts with more clarity, understand, love, purpose, meaning...(whatever you wish to receive at the time) Then light the candles or medicines.

- ❖ I fill myself with peace in my sacred space – breath in and out as you repeat
- ❖ Or I simply say, I settle deeply in the essence of my being

I move into quiet meditation within my experience and am available for what shows up. I journal my experience when finished. I always close with gratitude for my experience and for the gifts received.

Summery

- ❖ Find the place in your home that feels right to you by body testing or writing down areas, picking out of a hat and sit in the area's to see how you feel. Decide where your sacred space will be and light a candle as you start sending out positive energy in that space. You may wish to say a prayer or a mantra as you light holy wood or sage to bless the place that you have chosen.
- ❖ Take some special time to gather and find some meaningful items that are important to you. Things that have deep sentimental value to you or belongings from your youth. Gather sacred tools, medicines and gifts from shops or trips that you find deep meaning or a connection to your heart and soul - make it a special occasion as you shop for your sacred space.
- ❖ To honor your space, spend time there regularly meditating, journalizing and using the tools, medicines, stones, bowls, colors, music, candles, special objects. Make your intentions of what you wish to experience in your sacred space to help you strengthen your vibrant energy and peace filled thoughts within and all around you.
- ❖ You will find that the more time you spend in your sacred space... the more relaxed and revitalized you will feel. Enjoy your moments!

The Shopping List

Take this list with you when you set out to buy your gifts for your sacred space. Here is a list of things you could collect:

- ❖ A end table or long table to hold all of your sacred belongings
- ❖ Drums
- ❖ Soft lights as in a Himalayan Salt light
- ❖ Feathers
- ❖ Dream Catcher
- ❖ Wind Chimes
- ❖ Orbs
- ❖ Anything that can hang from the ceiling
- ❖ Chrystal's
- ❖ Any Stone that has meaning or Stones with particular powers to enhance the energy in your space.
- ❖ Ringing Bowls and Bells
- ❖ Rain Maker
- ❖ Flowers
- ❖ Photos of loved ones or favorite places or animals
- ❖ Natures Gifts
- ❖ A colored cloth for each one of your Chakras
- ❖ Sage, Cedar, Sweet Grass, Holy Wood, and Incense