

Subtle Energies & Intuitive Skills

Holding Sacred Space Procedure

1. Ground your body and energy, drop in to Present Time, and kick back into your Meditation Sanctuary.
2. Greet, welcome and accept yourself with gratitude for all that you are in this moment.
3. Sense your Heart Chakra. Open, heal, clear and adjust it to the moment with an intention to Hold Sacred Space and Bear Sacred Witness.
4. Greet your subject Spirit to Spirit and invite them to be held in Sacred Space.
5. Create a Mountain and River made of Universal Consciousness Energy between you and the subject to support the separation of energies. Place the subject on the other side of the river in a safe and supportive space.
6. Create a Grounded Universal Consciousness Energy Container of Love, Safety and Acceptance for yourself and the subject in your heart.
7. Grow and Surround your own heart, your body, then the subject in the Grounded Universal Consciousness Energy Container of Love, Safety and Acceptance. Use the gesture of receiving, Hands Open Palms Up, to help maintain it with psychometry.
8. Bear Sacred Witness in silence, full acceptance, without judgment or commentary.
9. As they appear, reach in, crumble up and throw each distracting thought into the river.
10. Notice what happens as your subject is witnessed and held with your Present Time Attention and Symbolic Sight.
11. Notice what happens to you as you hold Sacred Space and Bear Sacred Witness.
12. End with gratitude and love in your heart when you sense it's time.
13. Go down to brown, release the subject, dissolve the container and throw the remnants in the river. Then, erode the mountain into the river and let the river run dry.
14. Do an Objective Detachment.

***Connecting Physical Presence to Spiritual Awareness and Mindful Actions,
then Using them to Awaken and Serve.***