



LESSON 6



Now let's move along and expand our luminous energy field

"Simply let experience take place very freely, so that your open heart is suffused with the tenderness of true compassion."

- Tsoknyi Rinpoche

We have been talking about our Chakras, we have focused on the main seven centers within your radiant body orb. Now I ask you to look up and draw in the powerful spirit energy from your hands stretched above your head and bring it into your **personal space**. This is the beginning move to create sacred space for yourself and others.

We create sacred space by utilizing the light of the eighth chakra, above the head. The power of sacred space is amplified many times when you expand this radiant orb and rest within it. The eighth chakra resides inside the Luminous Energy Field, outside the physical body. It is that part of us that is always one with the divine, God/Goddess. When we expand it like a crystal dome, we can actually sit within it and shield ourselves from the static of the world.

It is important to always close sacred space after you have completed your work. However please do not overly worry if you forget! It happens to us all and life goes on.

"The core task of the shamanist is to dream her world into being. Otherwise, she has to settle for the collective nightmare that is being dreamt by others." Alberto Villoldo

Personal Sacred Space

Invoke sacred space with the greatest respect. Holding sacred space is like holding the tone of a single note. Your song must be true and crystalline for its quality to be pure. The energy is radiant and clean; there is a palpable magnetism in the room.

It requires all of our love and intent, as well as practice, to hold sacred space. With practice, though, it becomes effortless. The space sustains itself.

When to Invoke Personal Sacred Space

This is a technique to protect your energy when there will be other energies coming through, such as:

- Before calling in the quarters or Sacred Medicine Space.
- Before Sleep, since your soul may roam around without your conscious knowledge. Your body needs the rest, but your soul doesn't. Who knows where it will go and what kinds of energies it will bring back.
- Before parties, large crowds, or meeting someone new.

Please engage with this exercise in opening and feeling into sacred space:

1. Imagine your eighth chakra (at around 2-4 inches above your head) like a small radiant sun.
2. Use your imagination to picture an orb the color of the rising sun.
3. Imagine its brilliance shimmering on the surface, rippling across it like waves, bathing you in vibrant orange and yellow hues.
4. Bring your hands over your chest into Prayer Pose.
5. Slowly raise your hands, still in prayer pose, until they are above your head.
6. Sense your fingertips entering the globe of the eighth chakra.

7. Sense how this spinning sun yields and opens to you.
8. Very slowly, like a peacock opening its fan, expand the circumference of this brilliant orb to envelop you by turning your palms outwards and extending your arms.
9. Bring your arms down until your hands touch the chair you sit on or the bottom of your feet, close your hands there and bask in the light of your eighth chakra.
10. Bring your hands up to prayer pose in front of your heart.
11. Experience yourself within this luminous sphere. Sense the quiet and stillness that pervades this space.
12. Pay attention to your breathing. Follow your inhalation and then exhale slowly.
13. Explore the inside of this radiant orb with your awareness. What does the inner membrane feel like? This is the vessel that houses your soul in between incarnations.
14. Feel it glowing.
15. Bring your hands again over your chest to prayer pose to conclude the exercise.

How to release your Personal Sacred Space and Medicine Space:

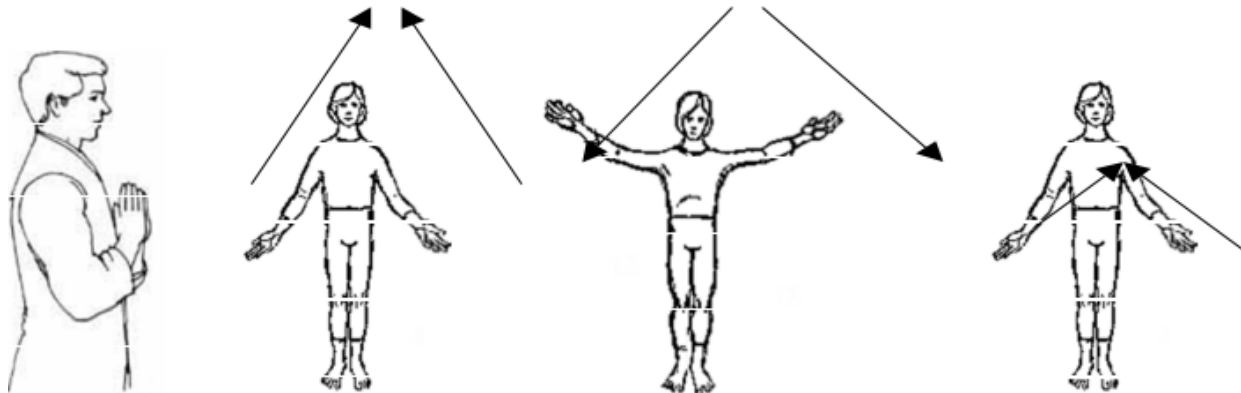
1. When you have explored this space to your satisfaction, with arms outstretched bring your hands to the floor and upward slowly, like a peacock closing its fan, until you have gathered this luminous chakra again above your head.
2. If you worked with Sacred Medicine Space, release the spirits of serpent, jaguar, hummingbird, and eagle/condor by releasing Sacred Medicine Space backwards, beginning with Above, then Below, West, North, East, and at last South.
3. Bring your hands again over your chest to prayer pose to conclude the exercise.

Open your personal space



- Begin with hands in prayer position at the heart centre.
- We now reach up into our eighth chakra, a luminous centre which resides above our physical body but inside our luminous energy field.
- Next we open and expand this radiant orb to envelop us. We do this by bringing our hands down on either side of the body till they point to the earth. In doing so we create a micro universe that is outside ordinary space and time. The eighth chakra is the energetic structure of the soul.
- Finally, we return *our* hands to prayer position at the heart centre.

Opening Personal Sacred Space:



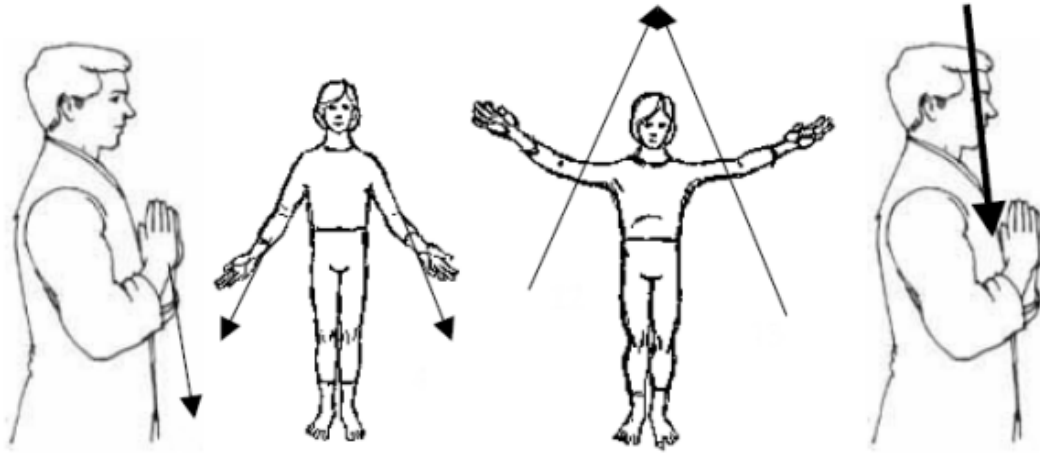
First and final position- prayer pose

Expand your arms out and upwards

Bring the light orb from over your head around and down, completing the circle at your feet or chair and closing your hands together there.

Come back to heart center and finally back to prayer position where you started.

Closing Personal Sacred Space:



Start in prayer position.

Draw hands down to the place where you completed (feet or chair)

Bring them up to meet above your head

Draw them down to heart center back into prayer position.