



Creating a Sacred Space

Using 4 natural elements:

AIR- *wind chimes, bells, flowing fabrics, feathers, gold color.*

WATER- *fountain, bowl of water, aromatic spray, blue color.*

EARTH- *natural plants, flowers, jasper quartz.*

FIRE- *candle, incense, red color, cinnamon.*

* Add one item from each element to your sacred space. Be Creative!

Checklist

- ☐ **Clean Area:** *Clean any dust or spider webs from the area.*
- ☐ **Natural Light:** *Area should have good natural lighting during day.*
- ☐ **Comfortable Seat:** *Have a nice chair, pillows or sofa to feel comfortable and relaxed.*
- ☐ **Noise:** *The place should have a natural quietness for you to be able to relax or music can be enjoyed through earphones.*
- ☐ **Small Table:** *Have a small table to place any decorations or any of the 4 natural elements.*
- ☐ **Good ventilation:** *Make sure to have good air ventilation for the use of incense and candles.*

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