

MODULE 1

# Lesson 2

CREATING SACRED SPACE



## A SNAPSHOT

# Module 1 Lesson 2



In order to develop, grow and expand you'll need to make room for it! This is where creating sacred space comes into play.



We know we need space when we're feeling uptight, overwhelmed, overworked, unacknowledged, unappreciated, etc.



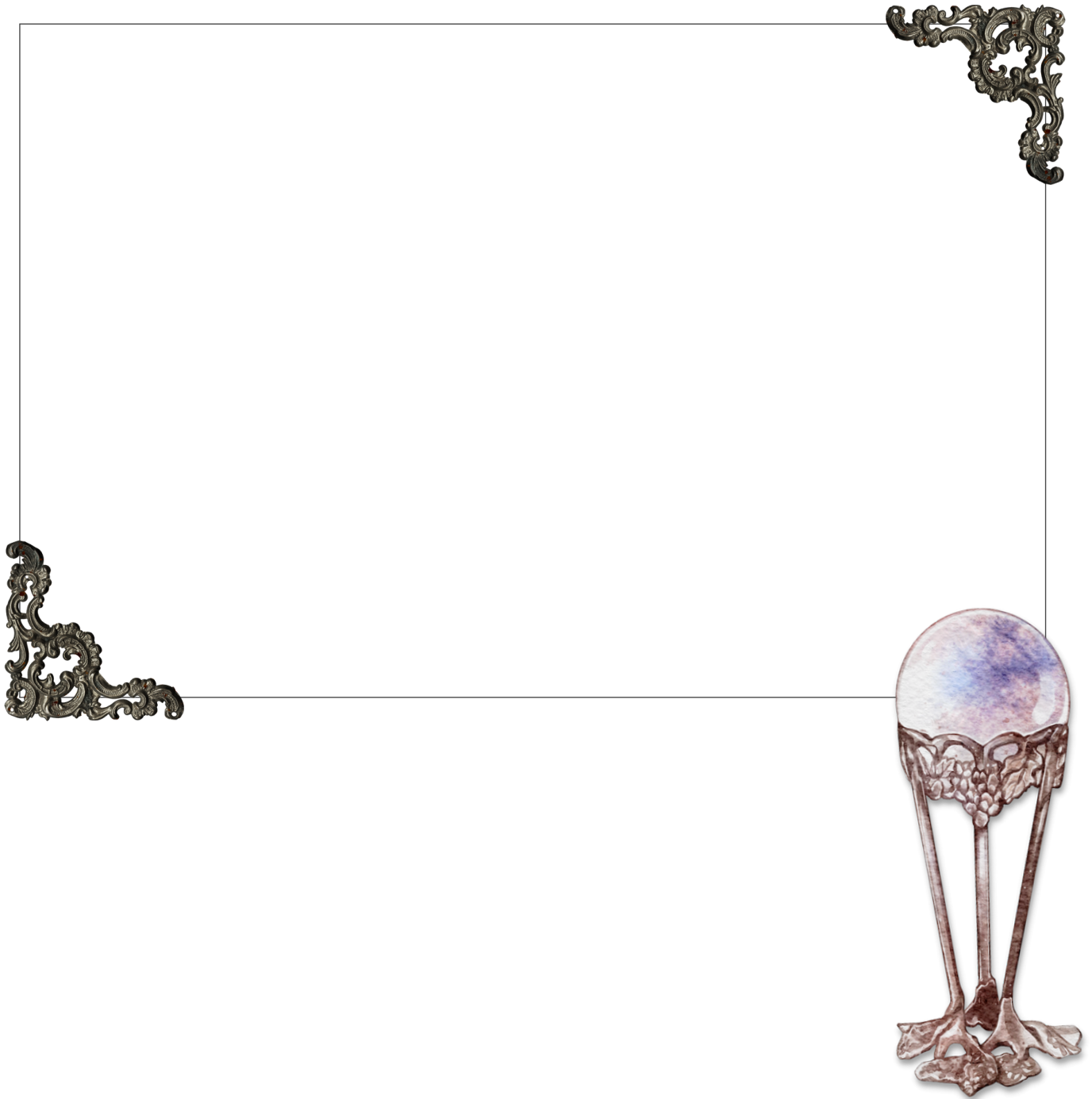
By making space, you're giving Spirit permission to work closely with you.



Creating sacred space is essentially connecting more intimately with your true nature and giving yourself the opportunity to fully live your soul purpose.

# CREATING SACRED SPACE

Use this *space* to come up with your own definition of "sacred space".  
Make it meaningful. Think and write from your *heart-space*.



# THE MANY WAYS TO Create Space

You can't keep +++ adding +++ more and more to your life without feeling overwhelmed, stuck, under pressure, etc. In order to have what you *truly* want, you'll need to make room for it! Which of the following ideas will you apply in order to create space, internally *and* externally? How will you do it?

Change (even if it's scary):

Get rid of negative energy:

Get rid of materialistic items:

Let go of unwanted thoughts/feelings:

Let go of old/outdated beliefs:

Release by talking:

# THE MANY WAYS TO Create Space

You can't keep +++ adding +++ more and more to your life without feeling overwhelmed, stuck, under pressure, etc. In order to have what you *truly* want, you'll need to make room for it! Which of the following ideas will you apply in order to create space, internally *and* externally? How will you do it?

Express your real, raw, ruthless emotions:

Move, walk, run, box, stretch, dance, etc.:

Create a room/area for creating:

Invite your Higher Self *inn*:

Make time for YOU:

\_\_\_\_\_ :

# WHAT'S THE CULPRIT?

## Your Frustrations

Being in your comfort zone is NOT comfortable. You're here because you want to grow, live + discover more. But something may be holding you back. What's the culprit? What's the source of your frustration, anxiety, etc.? Spirit and your Higher Self are here to support you while you reflect *and* take action.

Source of Frustration #1

*How will you change it (even if it's scary)?*

O1

O2

O3

Source of Frustration #2

*What will you do about this?*

O1

O2

O3

Source of Frustration #3

*How can you make this better?*

O1

O2

O3

# THE FREEDOM OF Sacred Space

Creating space can be scary, challenging, and tiring BUT it's also liberating, freeing and soul-fulfilling. So let's look at the positive side! List all of the wonderful benefits you'll experience after making these long-overdue changes:

01

02

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# NOTES



# NOTES



# NOTES

