

“CREATING YOUR SACRED SPACE”

For Meditation and Receiving Spiritual Healing Assistance

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To create your Sacred Space, you may use the following wording, or modify this according to your needs:

Dear God, Buddha, Mother-Father God, the Goddess Energies (whatever you wish to say),

Please create a column of White Light from the ethers of the Heavens to the very heart and core of our Mother Earth. Please mirror this Light all around me, above, and below, reflecting back any negative thoughts, words, or deeds that may be being sent to those sending them, with Love and Light. Please extend your protection to the corners of this room, the building, and the surrounding area. I ask that this protection be around me while I meditate.

We ask that the energies necessary to carry out this work now be allowed to travel the Light safe and sound from the fifth dimension and above only please, to carry out this work to the best of everyone's abilities.

Any souls gathered here, please now step into the Light and return home, both to meet your loved ones who have gone on before you and to further your own soul's purpose.

We ask that this work be carried out in peace, harmony, and most of all, in love.

Amen.

You may now invite into the room your Guides, Teachers, Spiritual Doctors, (it is not necessary to know their exact names) and any of the Divine Beings or Ascended Masters that you wish to assist you. The following may give you some ideas of themes:

Archangel Michael for Protection and Assistance with Removing Interference

Archangel Raphael and the Angels of Healing for Information & Assistance with Healing

Chief Geronimo for Assistance with Strengthening and Healing the Body and Spirit

Jeanne d' Arc (Joan of Arc) for Strength and Determination in Challenging Times

Jeshua ben Joseph (Jesus) for Assistance with Illumination, Compassion, and Love

Kuan Yin for Mercy and Forgiveness

Lady Portia for Personal Guidance and Perspective on Freedom, Justice, and Opportunity

Mother Mary for Love, Compassion, and Healing

Saint Germain and the Angels of the Violet Fire for Transmutation and Cleansing