



# Guide to Creating a Sacred Space

It's important to have a home for your practice and to create a space where your inner work can be done in peace and comfort. Even if that space is just a small corner of a room, anyone can cultivate that few square feet into something that feels sacred.

Here are more elements to incorporate:

## SEATING

- cushion, mat, bean bag chair, couch or chair

## LIGHTING

- lamp, white string lights, paper lanterns, candles

## SCENTS

- scented soy candle, diffuser with essential oil, spray bottle with essential oil

## ORGANIZATION

- small table, shelf, basket, or bins for organizing your tools

## INSPIRATION

- quotes, painting, photo collages, dream boards

## DECORATIVE

- room divider, plants, rug, curtains

## COZINESS

- blankets, pillows, slippers, shall

## SPIRITUAL

- statue of Buddha, Christ or other sacred figure; items from your travels such as a rock or shell you found at a special moment in time

