

## CREATING YOUR PERSONAL SACRED SPACE

Do your best to find a quiet space with as few distractions as possible. This will encourage the act of listening with your body. If escaping the noise of life is impossible due to roommates, children, a spouse, or other factors, consider wearing headphones and listening to quiet music (instrumental is preferable to songs with lyrics). Keeping your sacred space in a consistent location will make transitioning into your quiet time of listening and reflecting easier.

You can find a free instrumental playlist for your enjoyment here: <https://open.spotify.com/user/whitrsimpson/playlist/3Lrq7Y1Zj9kRWJEQmrDpXT>

Preparing your sacred space can be as simple or as intricate as you want. Include a candle, a religious icon, or any other symbol of your faith journey in your sacred space, as well as any other supplies you need to participate in your daily activities there—a Bible, a journal, writing instrument, crayons or markers, a yoga mat (and props if desired), and one or more essential oils.

Think about incorporating items that stimulate each of your senses. Consider these examples or create your own.

**See:** a Bible, visual art, religious art (icons), cross, stone, plant, flowers, water fountain, shells, candle

**Hear:** music, sounds of nature (ocean, rain, birds), water fountain, singing bowl, chime

**Smell:** incense, essential oil, candle, flower or plant

**Touch:** stone, prayer beads, prayer shawl or blanket, a Bible

**Taste:** herbal tea or other hot or cold beverage

Discover creative ways to prioritize your quiet time with God. Even a few minutes each day will make a difference in your physical and spiritual well-being. Start where you are with the weekly prompts—anywhere from five to thirty minutes is great. Discovering a consistent time of day that works best for you may help your holy listening to become a practiced ritual. Listening to your body may become a habit that you guard and protect for your physical, mental, emotional, and spiritual health. While this journey is one you can ultimately take anywhere, you will find that entering a dedicated sacred space at a designated time will soon feel like a homecoming.

Adapted from “Ancient Tools/Sacred Space,” *Holy Listening with Breath, Body, and Spirit* by Whitney R. Simpson.

