

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



“Your sacred space is where you can find yourself again and again”

Joseph Campbell

In this issue...

Happiness – Sweet Sanctuary – 5 Steps to Make Your Sacred Space Special

Five Steps For Energy Space Clearing

What's new?

Treat Yourself –
Now the treat yourself section has a list of products provided by local businesses. You can also add a product yourself.

E-Classifieds –
This new section is available for you to put in your classified ads.

Stories –
Artist – Soulful Singer
Business – Balony Beauty
Community – Wildlife Woman

Links –
www.womenforwomen.org
www.homebirthaustralia.org

Special Space – August Edition 2009

I recently went to visit Balony Place the beautiful retreat and workshop space owned by Renai this month's feature business. It is a stunning place and it reminded me of how blessed I am to live where I do. We chose the house we live in because it nurtured our need for privacy, for simplicity and for nature. The internal of our home is furnished in colours, material and décor that symbolises harmony and happiness to us. I have a room that contains my altar and client space. I work on keeping my inner space of mind, heart and spirit clear, healthy and harmonious. It is said that your outer space is a reflection of your inner space. Is it time for you to take stock of your special space? Do you put as much effort into your internal world as you do cleaning and caring for your home? Having a place both within and without that is safe and special to you, that provides a supportive and nurturing environment, that allows you to dream and manifest, is essential to your overall well being. This month take the time and create space to create your space.

Natalie

Happiness – Sweet Sanctuary – 5 Steps to Make Your Sacred Space Special

By Joyce Lee

Remember when you were little? You had a special place, a secret place. Maybe it was a corner of your closet, a shed in the back yard or a house in the trees.

You made your sanctuary, it was for you and your closest, most "best-est" friends only. In it, you kept your special things, your special secrets and spent hours dreaming your special dreams.

Chances are you still long for that sacred, secret space. The good news is that with a bit of imagination and determination, you can recreate that feeling today.

Here are 5 Steps to Create your Sweet Sanctuary.

1. Decide what you need:

Do you need a place to sit quietly with a cup of tea, a book, and your journal? A place to pray and meditate and do yoga? Your needs will dictate the amount of space you need. Do you need sunlight and a view? You deserve a beautiful space. Remember that your needs are important.

2. Find your special spot

Walk around your home and look for your special piece of real estate.

Consider privacy and location. Once you have found it, clear away everything that doesn't fit with your sanctuary theme. You will not want to share your sacred space with your children's toys or your partner's sports magazines and remote controls.

3. Cleanse and Bless your Sanctuary

Workshops –

Teaching from the Inside Out
- Supporting the Emotional &
Behavioural Well-Being of
Children & Adults in
Educational & Child Care
Settings

This Month's Recipe

SPACE BALLS

1 c. peanut butter
1/2 c. instant dry milk
1/2 c. honey
1/2 c. sunflower seeds
1/2 c. raisins
Dash of cinnamon or
nutmeg

Mix all ingredients. Roll
into small balls (can be
rolled in coconut).
Refrigerate. (Great snack
for kids)

This Month's Poem

There is a Solitude of Space

By Emily Dickinson

There is a solitude of
space
A solitude of sea
A solitude of death, but
these
Society shall be
Compared with that
profounder site
That polar privacy
A soul admitted to itself -
Finite infinity.

Once you have found the perfect spot and cleaned it out, you need to rededicate it to its new purpose. You may want to burn some incense or sage and smudge the space to clear out the old energy and make room for the new. Set your intention for this to be a place of safety, of your special purpose.

4. Build your alter or shrine

Every sacred space needs a focal point. This is the heart of your sanctuary. This is a place to concentrate on your intentions, whether in prayer, meditation or activity of your choosing. Cover a table or dresser with a beautiful cloth. Add candles, elemental representatives, pictures of ancestors, anything of personal significance. There are many resources for creating your alter/shrine available.

5. Create the rest of your space

Design the rest of your sanctuary to allow you to spend your time as you like. Concentrated body movements, journaling, reading, meditating, daydreaming etc... You may want floor pillows, yoga mat, music and a basket for your journals and books... make it all about you.

Creating sacred space does not need to be difficult. Your sanctuary can be as simple or as elaborate as you like. There is no right way, no wrong way, only your way with this. Have fun with it...

Decide to spend regular time in your space, getting quiet, going within, centering and dreaming your dreams. The beauty of creating sacred space is that it will answer a yearning in a way that nothing else can.

Namaste.

Wishing you Peace & Abundance... Joyce Lee "Your Life Empowerment Coach"
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Five Steps For Energy Space Clearing

By Marti Angel

There are times that a space clearing is necessary within your living space. It could be after a break-up or divorce; it could also be after the visit of unwelcome or disturbing company.

Whatever the reason, it is important to pay attention to the energy within your home. If it feels as though you can't breathe or something about the room just doesn't feel right, then it is time to cleanse the energy of the home.

It is also a very good idea to do a space clearing once a season. It is especially needed after winter, when the doors and windows have been closed for most if not all of the season. The energy in the rooms can become stagnant and you may find things in your life feel the same.

It is also important to do a space clearing when you purchase something for the home, before introducing it into the home, such as a permanent item of fixture. It is equally important to sage the item using wild sage – not the kind used for cooking – gently light the tip of the dried plant and let the smoke waft over and around the item to be placed in the home) before it enters the home.

We all know that everything has energy and as is its nature, energy needs to move about. Energy is constantly changing; it moves into and out of form. This is how it maintains its balance.

So we need to balance the energy of our space within our own home to ensure that we keep the good energy flowing and moving.

Space to Expand Your Mind

Your Altar : Creating a Sacred Space for Prayer and Meditation

By: Sandra Kynes

Living in the Heart: How to Enter Into the Sacred Space Within the Heart [With CD]

By: Drunvalo
Melchizedek

Here are the 5 easy steps for space clearing to ensure you keep the good energy flowing.

1. Light a white candle encased in a jar to allow it to stay lit until it burns out naturally.
2. During the late morning hours open all the windows in the home. Allow the breeze to penetrate the home space.
3. Use a brass bell or Pythagorean lyre (a lyre or bells tuned in a precise way) and walk around ringing or chiming. Make sure to get all the corners closets.
4. Burn white sage or organic sandal wood incense in the middle of each room.
5. Mentally chant this Sanskrit mantra "Om gum Ganapatayei Namaha" this particular mantra is used to remove blockages, it means literally "I remove all blockages which I may be feeling, mental, physical or emotional".

Conclude your space clearing ritual by saying a mental thank you and begin to close the windows in each room. Then sit in silence with your eyes closed and feel the vibration of good energy. Visualize a harmonious atmosphere within your home – and then you're done!

Remember that your health is your wealth!! Keep your thoughts positive!
"take control of your health"

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