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# SPIRIT, MIND & BODY

## Transformations

### Sacred Space and Ritual Enhance Home, Office and Spirit

by Pamela Bell

**W**hat do the words "Sacred Space" mean to you? They have a different meaning for everyone, but for many of us a sacred space is a place to go inward and be still, a place to reflect and renew, and a place to connect with God or consciousness.

Where we find sacred space varies with each individual, but often we find our sacred space in nature, on vacation, at spas or retreats, or in a particular practice such as yoga. All too often, however, our sacred space is not where we are when we need it most, especially when we rely on a place or condition outside of our daily environment.

Creating a sacred space in your home and office may allow you to access your divine nature more readily and can

act as a wonderful grounding tool when life's complexities seem more than you can handle. Creating sacred space in your home or office is easy to do and can be deeply inspiring and gratifying. You'll be saying to yourself that you are important and worthy of this special time.

In your home, choose a quiet place with good natural light and circulation -- a place where you can be alone, comfortable and at ease. You may want to create an altar using things that hold special meaning for you and make you feel good when you're in their presence. Light a candle or incense and begin the session with a favorite mantra, prayer or quote. Give thanks for the good things in your life.

In your office, you might not have the same space or flexibility. But there is no

cubicle or desk on earth that doesn't have room for an object or photograph that reminds you of your inner world and the importance of the work you do there.

Creating a sacred space and a ritual around it can be beneficial for several important reasons:

A place where we can invoke and communicate with our higher consciousness can be a necessary step in spiritual evolution and self-understanding. If we are always "acting" instead of "being", we are probably not listening to the subtle, yet powerful, messages our bodies and spirits are trying to give us.

A place to communicate and connect with God, deities of our choosing, meaningful symbols or treasured relics -- even a place to pray -- can bring peace, comfort and a connection to all that has gone before us -- and to the spiritual world we can not see.

A sacred space is a place to set our intentions for the quality of life we wish to have. There is power in the act of asking. Often, just by asking, we shall receive.

A sacred space is a place to be quiet -- to be still and to connect. It is a place to pray, to intend, to offer gratitude and appreciation, to reflect, and to realign. Through renewed clarity, peace and connection with your values, our ability to achieve our goals is strengthened. The beauty of it all is that our sacred spaces are ours to create! Each of us can assign it a personal meaning and purpose.

Connecting with our sacred spaces daily basis strengthens our commitments to our deepest desires -- improved health and well-being,

greater abundance, spiritual awakening, strengthening relationships with family and friends, finding our creative voices or building meaningful careers. Through the rituals we create in our sacred spaces, we let the Universe know we're serious and build confidence in our own beliefs.

For me personally, taking the time on a daily basis to sit in my sacred space makes my life go more smoothly and happily. I feel grounded in my values, clear about my intentions and connected to beneficial forces. I feel confident, at peace and full of a spirit that transcends time and space. I feel more loving and more capable of receiving love. I have a greater desire to give to others. My thoughts turn toward well being for the whole, rather than just for myself.

When I don't spend time in my sacred space, my life becomes confusing, chaotic and disconnected. My doubts grow large and my hopes diminish. My thoughts and ideas are more often of self.

My world seems limited and frustrating and my belief system becomes fragile.

Why would I let one single day go by without spending time in my sacred space? If the benefits are so great, why would I let one single day go by without at least a few minutes spent connecting with the deepest and most profound part of me and my existence?

Let's make a commitment to each other and to ourselves. Let's each create a sacred space for ourselves -- and let's take time on a daily basis to visit it so that our spirits can thrive.

**Special Thanks:** For all of you who take the time to call or write letting me know how much you enjoy my column and how it has impacted your life, I am deeply grateful. It reminds me of why I write and of the importance of sharing with each other. Keep reading and I will keep writing. Keep writing and I will keep relishing. Blessings.

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**BALLARD STREET**  
 by Jerry Van Amerongen

It's been 15 minutes without a mistake, and Tobin's beginning to wonder if he's gifted.