



Opening Sacred Space

The practice of opening or creating a sacred space is ubiquitous through time and culture, almost every culture or belief system has a version of this practice.

You will most likely find that you have your own unconscious practices already, things like cleaning your room and arranging it in a way that feels clean and comfortable or makes you feel held and safe or even inspired and activated.

As with all shamanic or esoteric practices the purpose of opening sacred space is fundamentally to create a conscious connection and awareness of our intent. To bring us into the present, connect us with our bodies but also to open our awareness of non-ordinary, non-linear reality. When we open sacred space we are calling in the elements, archetypes, ancestors and guides that will assist us in our intended purpose.

when opening sacred space we are creating a container within which to do our work, whether that be ritual or ceremony or simply creating a deeper connection and awareness of our personal practices and connection to our guides.



How to Open Sacred Space

When opening sacred space we are in essence creating a container or you may want to think about it as building an energetic room.

You create the four walls, the floor, the roof and then fill the room with your own special medicine.

So we begin by calling on the four directions or winds - South, West, North & East.

And then on the Earth beneath us & Heavens above.

Lastly, we call inwards to ourselves.

And so our "room" has four walls, a floor, a roof and ourselves held within.

As your practice, understanding and ability in working with the non-physical world develops, the ways and methods you use to open sacred space will shift, grow and change - but to begin it is important to keep it simple and resonant, so you are able to fully connect with authentic intention to what you are creating.



How to Open Sacred Space

Begin by calling on the Four Winds:

Using a compass identify where the directions lie and then turn to each as you call on them.

To the Winds of The South
To the Winds of the West
To the Winds of The North
To the Winds of the East

To Gaia / Pachamama / The Earth

To the Heavens / To Father Sun & Mother Moon / To the
Star Nations

Inwards to The Hara & The Heart / From Root To Crown

Invite your ancestors & guides, Invite the archetypes &
animal spirits you resonate with, call on the elements -
Fire, Air, Water, Earth & Spirit.

Call on archetypal & ancestral support to hold and guide
your space and channel your medicine & intention.



How to Open Sacred Space

As you delve deeper into this practice you will note that each culture & place has different animal archetypes, elements or colours connected to their opening space prayers - these are usually reflective of their medicine wheel as opening space and working with the medicine wheel are interconnected practices.

I encourage you to work with what resonates most for you.

Connect with the place where you are opening sacred space, with the land, the animals and natural features present around you, allow them to guide and support you in your opening prayer.

For example, if you have mountains west of where you are call on them, if the ocean is in the south, call on the medicine of the sea, if there are elephants in the north call on their medicine.



Sacred Space Prayer

These words are an example of how I would open sacred space, feel free to use them if they resonate.

I call on the winds of the South

On Sachamama - Great Serpent Mother, to teach me how to shed my skins, to come down onto my belly and listen to the voice of My Mother the Earth. To guide me back onto the path of The Beauty Way. I call on you Serpent Mother to guide me, to wrap your coils of light around me and hold me as I do this work. I call on the Sisters, Brothers & Ancestors of the South to guide and hold this space with me.

I call on the ... (here I will add the natural elements/animals etc that lie to the South of where I am opening space) to hold and guide and bring in their medicine.

I call on the Winds of the West

On Mama Otorongo, Jaguar Sister, Leopard Sister, I ask that you guide me, bring me wisdom and courage to open my True Eye, to awaken my luminous warrior and walk through the shadows without fear.

I call on the Sisters, Brothers & ancestors of the West to guide me and bring me your wisdom - track with me and teach me.

I call on the ... (here I will add the elements/animals etc that lie to the West of where I am opening space) to hold and guide and bring in their medicine.

I call on the Winds of the North

Great Teacher, Siwar Q'inti, to the Ancient Ones, the Stone peoples, the ancestors and way showers, guide me on my journey, teach me how to draw the sweetness out of life, teach me how to walk far and remember who I am, to know my path and walk it bravely with a clear heart, integrity & intent.

I call on the ... (here I will add the natural elements/animals etc that lie to the North of where I am opening space) to hold and guide and bring in their medicine.

To the Winds of the East

Great Mother Eagle / Condor, lift me high above, let me fly with you wingtip to wingtip so that I may see with clarity. Lift me from illusions of probability and deliver me to all that is possible. Illuminate my vision like the rising sun, allow me to see with clarity.

I call on the ... (here I will add the natural elements that lie to the North of where I am opening space) to hold and guide and bring in their medicine.



Sacred Space Prayer

I call down to Pachama, to Gaia, to the Magdalene Made Manifest.
Mother hold and guide this container,
Receive what is released here to be transmuted and transformed into
new life

for only the medicine to walk with me from this place.

Guide me in the Medicine of the BeautyWay.

I thank you Mother for creating and holding this container with me now.

I call up to Father Sun, Mother Moon and the Star Nations, I call on the
unnameable, the infinite, on Sophia Ennoia, on Her of ten thousand
names - On the Infinite and the Divine I call on your Medicine to hold and
guide this container I thank you for wrapping your wings of protection
around me.

I call inward now, to my Hara and my Heart, from my Root to my Crown,
may my medicine be strong and come with integrity and intent.

I open this Sacred Space
Aho

Please note that this is an example of the words I may use when opening
space for a ceremony, ritual work or at the start of my day when working
in session with clients so that my practice space is held and guided.

My prayer is never the same twice, I speak from my Heart and work with
intention, calling on the entities, elements, ancestors, archetypes etc that
are resonant to the work that I am doing in the space so my prayer is not
a one-size-fits-all work of repetition, I share the words here simply as a
guideline to how one may open the space and encourage you to find
your own words or a prayer that truly resonates with you.



Opening Sacred Space for Protection & Guidance

You may also like to open sacred space in or around your home, this is a slightly different practice from how we would open a space for ceremony or ritual.

In this case, you would work with the intention that the space remains held over time.

You may use similar words and call on each of the directions with the addition that the space remains held and protected and that those that enter or leave the space do so in Ayni (reciprocation and alignment)

Once the space has been opened you may want to choose a day each month (as the moon begins to wax, just after the new moon is a good time) to feed your prayers and reinforce the space being held, this can be done by repeating your prayer & giving thanks as well as bringing little offerings to the four directions. If you are working with a room, home or property, you may want to leave a little offering in each of the directions as well as make a small offering to the Pachamama of the place, Father Sun, Mother Moon & the ancestors.

After you've reinforced your prayers and made your offerings, work with a cleansing ritual of your body and your energy field and reset your intentions.

This can be done by smudging with sacred smoke (please use something that is indigenous to your surroundings) or a ritual bath or shower. If you are blessed to live near the ocean or a river you may also use those waters to cleanse your body.



Working with sacred space is a powerful way to open yourself to the guidance and protection of the unseen realms as well as assist in expanding your ability to perceive and receive guidance from Spirit and Ancestors.

If you have any questions or would like to delve deeper into these practices book a session or Alchemy Mentorship Container.

**In Alchemy
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