



Artistic Alchemy

Infusing Inspiration into your Sacred Space

Discover the art of intention setting, explore the energy of crystals, explore aromatherapy, connect with the natural world, and infuse your space with meaningful symbols.

Whether you're an artist, writer, or anyone seeking to enhance their creative process, this workbook is your roadmap to harnessing the power of your sacred space.

Unleash your inner muse and bring your creative visions to life as you embark on this transformative journey.





Clarify and Visualize your intention

Creating Your Sacred Space with Purpose

Before you begin, take a moment to reflect on your objectives for creating a sacred space. Consider the following questions:

- What do you hope to achieve in this space?
- How do you want this space to make you feel?

Close your eyes, take a few deep breaths, and visualize your sacred space with your intention fully realized.

- What does it look like?
- What emotions do you experience?

Take note of your answers and let them guide you as you create your ideal sacred space.



Choose Your Location

Creating Your Sacred Space

A sacred space is a special place where you can connect with your inner self and the divine. Creating your own sacred space is a beautiful way to establish a spiritual practice and find solace.

- **Selecting Your Space:** Begin by selecting the location where you plan to create your sacred space.
- Briefly describe the space and explain why you chose it.
- **Making It Yours:** What changes or preparations do you need to make to transform this space into your sacred sanctuary?
- When selecting your space, consider a quiet and relaxing area where you can be free from distractions. It could be a corner in your bedroom, a small room, or even a specific place in nature. Once you have chosen your space, take some time to describe it and explain why you chose it.



Engage Your Senses

Sight

- List three colors that resonate with your intention and inspire you. How will you incorporate them into your space?

Sound

- What type of sounds or music will you incorporate into your sacred space to create a soothing auditory atmosphere?

Touch

- Describe the textures, seating or cushions you plan to use. How will you make this space physically inviting and comfortable?

Taste

- Will you include a small table for tea or snacks? What types of refreshments will you keep in your space?

Smell

- Choose a scent or aroma that aligns with your intention. How will you introduce this scent into your space?



Spiritual Significance

Creating a sacred space can be a powerful tool for enhancing your spiritual practice and connecting with your inner self. One important step in designing your sacred space is identifying meaningful items that you want to incorporate into it. This could include religious or symbolic items, such as statues, candles, or incense, that hold special significance for you. It could also include personal items, such as photographs or mementos, that remind you of loved ones or important experiences. Take some time to reflect on what items hold the most meaning for you, and consider how you can incorporate them into your sacred space in a way that feels authentic and inspiring. By surrounding yourself with items that hold deep personal meaning, you can create a space that truly supports your spiritual growth and wellbeing.

List any religious, symbolic, or personal items you plan to incorporate into your sacred space. Explain their significance.



Daily Rituals

Establishing daily rituals is an important part of creating a sacred space. These rituals should be customized to suit your personal preferences and the intention you have set for your space. Some people may choose to meditate or journal daily, while others may prefer to light candles or burn incense as a way of creating a calming atmosphere. Whatever your chosen ritual may be, it should help you to connect with your intention and create a sense of peace and balance in your sacred space. It is important to establish these rituals as a daily or regular habit, as they will help to reinforce the positive energy in your space and create a sense of routine and stability in your life. Over time, these rituals will become a natural and essential part of your daily routine, helping you to stay centered and focused on your goals.

- Outline the daily or regular rituals you intend to perform in your sacred space. How will these rituals help you connect with your intention?



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Commitment

- Creating a sacred space can be a powerful tool for cultivating inner peace and connecting with the divine. However, it's not enough to simply create a space and perform rituals once or twice. To truly reap the benefits of a sacred space, it's important to commit to consistent engagement.
- One way to do this is by setting a regular schedule for your rituals and sticking to it as much as possible. Whether it's a daily meditation practice or a weekly ceremony, make sure to prioritize this time and treat it as sacred.
- Another way to engage with your sacred space is by infusing it with intention and mindfulness. Before each ritual, take a moment to ground yourself and set an intention for your practice. Throughout the ritual, stay present and focused, allowing yourself to fully immerse in the experience.
- Ultimately, the key to consistent engagement with your sacred space is to approach it with reverence and respect. Treat it as a holy place and honor its power and significance in your life. With this commitment and intention, your sacred space can become a source of comfort, inspiration, and spiritual growth.
- Write a short commitment statement about how you plan to consistently engage with your sacred space and its rituals.

The Process

Have all your supplies ready!

1. Give yourself time and private space, as this gift to yourself
2. Play some soft music if you would like, or perhaps just bask in silence.
3. Gather your supplies. Lay down your table or space covering.
4. Using sound, or lighting candle/incense, mark the beginning of your ceremony.
5. Engage your senses by noticing all the sounds, smells around you.
6. Take a few moments to pause and breathe.
7. Drop your awareness out of your head, into your heartspace and listen.
8. Allow the creation of your space to emerge.
9. Perhaps begin with the laying of your base, if you are using one.
10. Ask the divine, your muse, the universe what items would most support your creative journey.
11. Sit with this energy for a few moments.
12. Assemble your space.
13. Take a few moments to allow the energy to settle.
14. Slowly open your eyes and while in this state of relaxation, take note of how you feel, using all your senses.

Dis-assembling your space

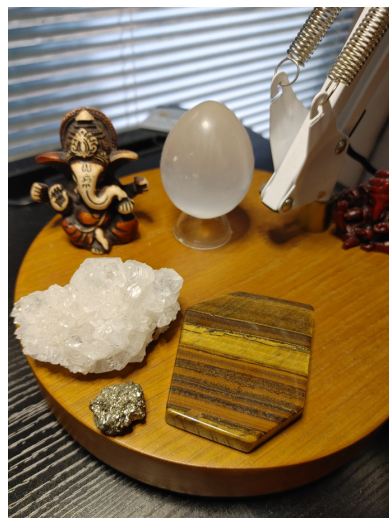
When to move on...

1. Your space can stay set up as long as you would like, or perhaps just for one session.
2. Ask your space if it would like to stay.
3. Listen to what your space is telling you, feel into what the energy is saying.
4. If you keep your space up for a period of time, it is good to check in with it! Say hello, ask if it needs anything to be added or taken away.
5. When your space feels complete, or you need to move it, make it a small ritual in itself.
6. Take a few moments to thank the space and its components. Thank the divine for the wisdom and inspiration it brought to you.
7. Replace the items in their "homes".



Sample Spaces

A few I have created





Meet the author

Lauri Ingram, Certified Interspiritual Counselor

Lauri Ingram combines over 40 years of corporate experience with deep passion for spiritual well-being. Lauri is an ordained interfaith/interspiritual minister as well as a certified interspiritual counselor. She is extensively trained in healing modalities including Reiki, Crystal Dreaming and is a certified Cosmic Smashbok guide.. Grounded in mindful practices, Lauri guides her clients to discover their true, authentic selves. Lauri offers both 1:1 work, as well as small and large group presentation and workshops, offering practical and real-world ways to connect with your true nature, and allow your life path to unfold.

“Allow your spirit, your essence to speak to you, Listen, and discover the wonder that is you”

Have questions?

696 Amity Road, Unit B-1
Bethany, Connecticut

lauri@lauriingram.com
203.435.5650
www.lauriingram.com



[ig.com/revlauriingram](https://www.instagram.com/revlauriingram)



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