



Setting Sacred Space for Creativity

Inviting in Divine Guidance!

Setting Sacred Space is a creative practice in itself! When I go into a creative mode, I have a practice of inviting in the divine, the muse, higher self. Whatever it is for you, whether God, the universe, whatever energies support and guide your creative journey, setting an intention and an energy for your creative area can be a wonderful addition to your practice.



gather your components

There is no right or wrong way to create a sacred space, or altar, to support your creative endeavors. I am sharing what I typically do, and it varies depending on what I intuitively tap into! Have fun, and make this its own creative opportunity!

- A space for your altar, it can be on your worktable or a space nearby that will be undisturbed.
- A cloth or table covering
- A base; I usually use wooden mandala bases, that i also use for creating crystal grids. You can use paper, bamboo mats or nothing!
- A candle and/or incense
- Sound, such as a tibetan bowl
- Crystals
- Sacred statues, such as Ganesha
- Mala or rosary beads
- Items from your ancestors
- Items from nature

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, begin your creative session.

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)



[fb.com/laurim](https://www.facebook.com/laurim)



www.lauriingram.com