

CREATING A SACRED SPACE

We create the environment that creates us. By setting aside a special space to be used for sacred purposes, you will discover the space itself empowers your spiritual efforts.

Space is not passive. It is evocative. Think of qualities you would like to possess and then build them into your space. You can use pictures, statues, flowers, geometric shapes, incense, stones, sacred music, wall rugs and other objects to create a presence of the sacred.

As you engage in spiritual efforts – prayer, meditation, inspirational reading etc, you also encode the space with your personal energy field. Over time this field grows in power until it creates a palpable presence whenever you or anyone else enters the space.

Your sacred space may be a small meditation room, your den, a sunroom or other area that will be primarily used for spiritual purposes. When you enter the space your mind and soul are prepared for spiritual efforts.

Sacred spaces also need to be created in our health care institutions. They can take the form of meditation gardens, reflection pools, chapels, labyrinths, walking paths, solariums, or waterfalls. In addition sacred architecture and music reinforce the healing intention of patients, families and staff.

The hospital of the future will be both a healing and curing place. This means the symbols of science and spirituality should be prominently displayed in the lobby and throughout

the premises. The future hospital is a mythic place that resonates with the souls of all who walk its halls.