

WORKBOOK

# BUILDING SACRED SPACE

LAYING THE FOUNDATION

NORTH



WEST

EAST

SOUTH



# GETTING CLEAR

**Before we begin to work and build sacred space, we must be cleansed, and the surrounding area must be cleared. There are many good ways to purify ourselves, but there is one universal solvent that is accessible and readily available almost everywhere on the planet, and that is \_\_\_\_\_ and the second is \_\_\_\_\_.**

## WATER = SOL + VENT = LIGHT OPENING

In our universe, water is the vessel for the life-force OR light-force! Without water, there would be no life on this planet, and with-out light (our sun), everything would be frozen in time. Water is a channel that opens the window (or conduit) for light, and life, on account of its polarity, giving it the ability to dissolve or dissociate particles that are both positively and negatively charged. Hence it is the perfect universal solvent; capable of extracting information straight from the vibrational field (through intention) reorganizing its molecules to react accordingly.



**In the Vedic tradition, water is offered to the Sun in the evening. As the drops fall they convert themselves to stone, which cause death to demons.**



**The Mandaean (the original baptizers) practice regular ritual baptism every week, in which it must be performed in moving water.**

From a scientific point of view, energies (whether helpful or not) tend to be nothing more than charged ions, and negative (or a better word) dense energies are nothing more than overly agitated positively charged ions (for example, static electricity or poltergeists). To clear space (or a better description) to create a neutral space, we simply need to apply different techniques to repel positively charged ions or release negatively charged ions to balance or neutralize the agitated energy. Thankfully, there is no better tool than salt, the second principal component to clearing space. Its ability to absorb negative energy from the body and the air has been revered since ancient times, making it one of the most cherished and sacred elements on the planet.

### FENG-SHUI SALT WATER CURE

- Salt
- Container (glass, porcelain or metal)
- Six Chinese coins (made from brass)
- Water (to fill 3/4 of container)
- A protective plate



**It is recommended to take a saltwater bath before ceremony or ritual to cleanse the body and aura or at least have a shower and put on fresh garments. When possible, take a dip in a moving river!**

To learn more about the nature of water watch this video!

*YouTube "Nature Was My Teacher" The Vision of Viktor Schauberger*

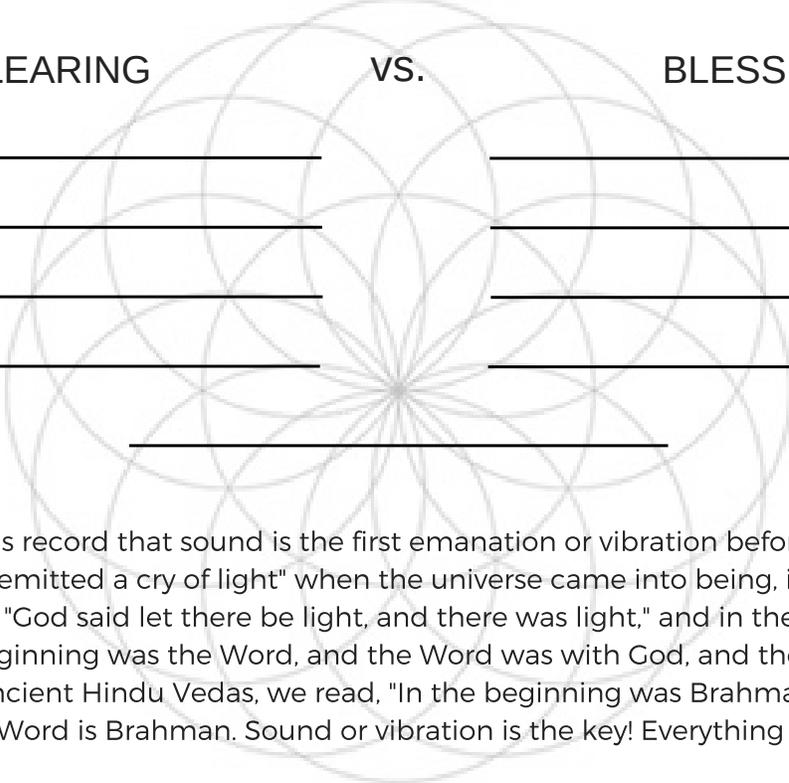
# THE POWER OF SMOKE AND SOUND

**Every tradition has come to recognize the power of smoke along with sacred chants and songs offered to the gods and goddesses. We are so blessed that Mother Earth has supplied us with powerful plants that work on our behalf. It's important to understand which ones to use for clearing vs. which ones for blessings.**

CLEARING

VS.

BLESSING



\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

All sacred teachings record that sound is the first emanation or vibration before anything is made manifest. It is said Ra, "emitted a cry of light" when the universe came into being, in the Old Testament of the Bible, it is written, "God said let there be light, and there was light," and in the New Testament John wrote, "In the beginning was the Word, and the Word was with God, and the Word was God." Interestingly, in the ancient Hindu Vedas, we read, "In the beginning was Brahman with whom was the Word, and the Word is Brahman. Sound or vibration is the key! Everything makes a sound!

**The first sound to come into existence, according to the Upanishads, is OM (AUM). "OM" has the power to bind us with the universe and derives from within its incredible strength. "OM" is wonderful for clearing the mind and space.**

**Making noise and music is also part of clearing and maintaining sacred space – drums, chimes, bells and singing bowls are all excellent tools for the job!**

**The power of sound is not only used to create but to destroy. When clearing a room, it is vital to speak or chant out loud your intentions and prayers. If you tell a demon to go, it goes because of the power you hold within. Use your voice!**

**SOUND IS THOUGHT  
IN ACTION!**



**SPEAK AND SING YOUR  
PRAYERS!**

*Brenda Williams Triad Wave - [gaia.com/video/frequencies-heart-brenda-williams](https://www.gaia.com/video/frequencies-heart-brenda-williams)  
FOCUSED LIFE-FORCE ENERGY - <https://www.flfe.net>*

## APPLICATION

Set your intention over the coming week to get yourself and your space clear!

Put a plan in motion to clear-out closets and dirty corners around your house. Move any stagnant energy by cleaning and organizing your stuff. At some point, open all your windows and doors and play loud music or drum around your space while making noise and smudging the entire area! Afterwards, to quiet and settle the energies, play or sing sacred songs or chants and diffuse calming essential oils. Now is the time to start a daily practice of smudging!



### SMUDGING TOOLS

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NORTH

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WEST

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EAST

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SOUTH

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### BLACK SALT

*Gather the pieces that are left over. Let nothing be wasted (John 6:12)*

There is nothing more valuable to someone in a magical practice than the ashes of smudges and plants as they (the ashes) represent the finite particulars of the plant's spirits who have been through the alchemical stages of transmutation, burnt and refined into their base elements. Store your ashes in a jar, and when you have enough take a mortar and pestle and grind them up with salt, this makes a potent powder for protection on the land and around your home.

**Just as water is used to clear space, so can fire, and in some extreme cases, it is required.**

**To make a cleansing fire, place Epsom salts in a pot with rubbing alcohol. Then light it on fire. Walk around the room/space burning up the impurities in the air. Call all unwanted energies into the light where they may be transmuted and released. Have a lid handy to extinguish it when you're done.**

### Prayer of Consecration for salt and water

When you see this symbol ( + ) take a moment to lift the element to the four directions. Alternatively use the "two fingers of blessing" (the right hand) to point and make the sign of an equal armed cross, symbolizing the four directions.



#### 1. Recite over a bowl of salt

( + ) *I call on the powers of the four directions and offer this salt to the Creator, that it is purified of all ignorance.*

**Placing the flat of the right hand over the salt to bless it** *Creature of the earth adore the Creator!*

**Lifting it to the heavens, then to the earth, then in front of your heart** *In the name of the Creator above and our Mother below and the Spirit that lives with-in me, I consecrate you to the service of the highest good.*

#### 2. Recite over a bowl of water

( + ) *I call on the powers of the four directions and offer this water to the Creator, that it is purified of all ignorance.*

**Placing the flat of the right hand over the water to bless it** *Creature of the earth adore the Creator!*

**Lifting it to the heavens, then to the earth, then in front of your heart** *In the name of the Creator above and our Mother below and the Spirit that lives with-in me, I consecrate you to the service of the highest good.*

#### 3. Recite as you pour the salt into the water

*In the name of the Creator above, and our Mother below and the Spirit that lives with-in me. I ask this salt to give me physical health and this water spiritual health. **Pour the salt into the water...** I ask they be granted the power to banish all powers of adversity and ignorance within and around me, returning me to a state of purity. So be it (Amen).*

### Basic Exorcism Prayer

In the name of the Creator of All, that is, I exorcise all influences of adversity and ignorance from this place. All chained or bound angels who are not in service to the highest good of all, I free you from your bindings and release you to return from where you came. I exorcise all entities, demons, parasites, ghosts, thought-form, golems, curses, spells and bindings from the place. You are now banished to the place the Creator has prepared for you, where you cannot harm others or myself. Go Now! In the name of the Creator, the Divine Mother and the Spirit that lives with-in me, So Be It (Amen).

**Modified prayers & recitations from Josephine McCarthy Magical Knowledge Book 1**