

### **Create your own sacred space (not only for Beltane)**

This space is a place where we move away from the mundane world and connect with our inner self, inner gifts and spirits world.

Find a space for yourself in your room or home. Choose a place where you usually don't sit or don't spend a lot of time during the day ie. spot on the floor or the corner of the room. For example, if you choose a floor, put a blanket over the spot where you are about to sit. Add cushions to it to make yourself comfortable or create with them a kind of nest. Bring special objects that awaken your heart and soul. This could be a photograph, flower, book, soft toy.

Light a candle.

Feeling the energy from the May Queen and Green Man:

Pull the energy in with both hands, pulling it towards you and down your body.

Do this several times.

Putting your arms out to the side, slowly spin around in a circle to make a safe spiritual space with the energy.

Find a comfortable place in your circle to sit down, and cross your hands over the centre of your chest. Rest your fingertips on your skin. Gently, and slowly, flutter your hands, like the opening and closing wings of a butterfly, flapping against your chest. And feel the energy you have drawn flowing into you.

Anchor your energies through the four elements or whichever element feels strongest to you.

Air: light incense, feel the wind, hold a feather.

Fire: light a candle, sit in sunny spot, feel the sun on your face.

Water: use bowl or glass of water, hold a shell, feel the rain.

Earth: hold a pebble, crystal, bring a house plant to the space.

*Welcome to the inner world.*