

Lesson One: Working in Sacred Space

Opening sacred space takes only a few seconds, yet it makes the difference between approaching your healing work as a **muggle or a magician**.

I discovered this many years ago: taking even a brief moment to perform a simple ritual before each client session dramatically increased my clinical results. When I skipped it - convincing myself I was too busy to spend 20 or 30 seconds - my sessions were often “good,” but they rarely carried the kind of breakthrough magic I knew was possible.

Sacred space is more than a ritual. It's a quick way to acknowledge your healing team, honor your own divinity, ground your energy, and clear your treatment room. Not bad for 30 seconds or less!

When I say “healing team,” I mean the supportive intelligences of the highest light that become available when you ask, align, and listen. In the Quechua language this is an **Ayllu**, a spiritual community. I just call it my team.

If you've ever faced a scary case and felt your belly tighten, this is one of the fastest ways to soften that contraction and come back into authority.

Transcendence Key: Before your next session, pause. Breathe. Ask for support. Then notice what changes in your body. The body always tells the truth.

Below are simple, reliable methods you can use to open sacred space. They may be done silently, and they work whether you are preparing for an in-person session or remote healing.

Step One: Purity Blast

This step clears the energetic atmosphere of your treatment room or virtual space.

- Set your intention to clear all stagnant or residual energy.
- Declare it out loud or silently. I often use the phrase: **“I now command a Purity Blast!”** while raising my right hand in the air.
- You don't need to use this exact gesture or phrase. What matters is that you choose something simple you can remember and speak with confidence.

When spoken with authority, your command calls in pure light that instantly sweeps through the space like a vortex, clearing impressions left by previous clients or by yourself.

Remember: healing sessions often release negative energies, traumas, or obsessive thought patterns. That's good for the client, but traces of that energy can linger in your treatment room or Zoom room. A Purity Blast completely resets the field, leaving it fresh and clean for the next person.



Step Two: Embodiment

Our attention tends to scatter outward toward people, tasks, devices, and distractions. This disperses our healing power.

- Make a simple declaration: **“I now call all of my energy back into my body.”**
- Speak it with certainty. As you do, you may begin to feel subtle threads of energy rushing back to you, restoring presence.

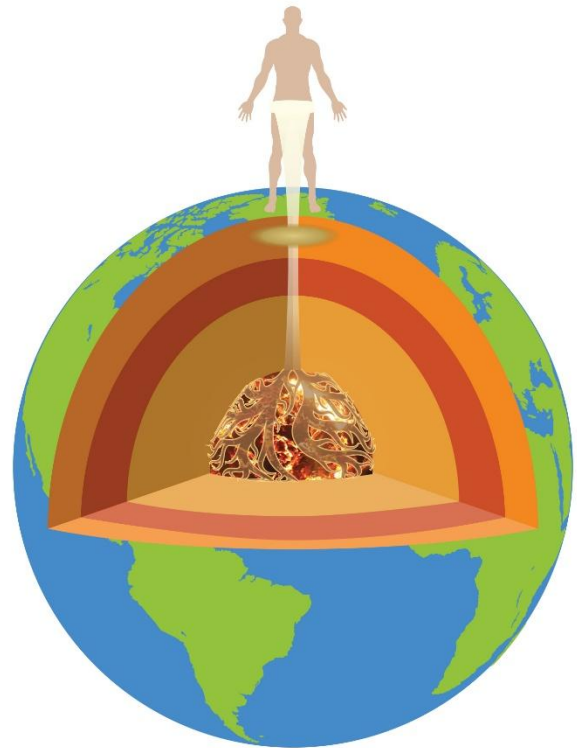
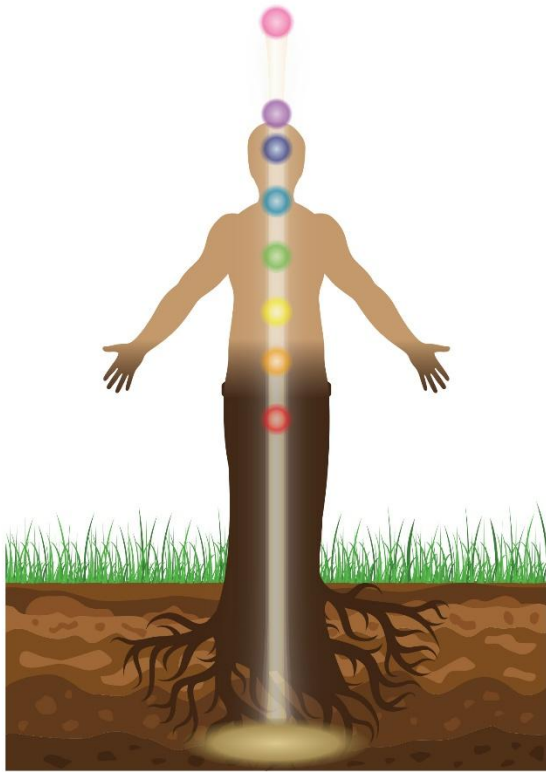
A helpful gesture: extend your hands in front of you with palms facing inwards, then slowly bring them toward your chest as you inhale and repeat the phrase. Feel your energy collecting back into your center.

Step Three: Grounding

Grounding establishes stability and alignment with Earth energy.

- Place the tip of your tongue against the roof of your mouth, just behind your two front teeth. This “master hookup” instantly balances yin and yang energy flows in your body.
- Take a deep breath in through your nose. On the exhale, intend to direct energy downward through your feet and root chakra into the Earth.
- Visualize connecting with the **Earth Star Chakra** - a point about 24 inches (0.6 m) below the surface of the Earth directly beneath you, no matter how high off the ground you are.

As you connect, allow your center of gravity to drop gently into that point. You’ll notice an immediate sense of stability and presence.



Step Four: Calling Your Team

Finally, acknowledge your helpers in the subtle realms.

- Say aloud or silently: **“I now call upon my healing team to help bring miracle results for this client.”** You may also call upon your angels, Christ, the Divine, or whatever form resonates most with you. Phrase this request in any way that suits you.
- Open your heart with expectancy. Feel yourself receiving support and guidance.
- Take a moment to rest your awareness in your heart chakra, focusing on genuine love and caring for the client or group you are about to serve.
- End with a moment of surrender, releasing control of outcomes and offering the session to the Divine, trusting that the highest and best results will come through.

Opening Sacred Space with the Soul Star Chakra

Another powerful ritual for beginning a session is to bathe you and your client in the pure energy of the **eighth chakra, or Soul Star Chakra**, located above your head. This chakra acts as a gateway: stepping down the infinite light of Source to a frequency your body can receive, while at the same time raising your vibration and providing protection. It is also called *Wiracocha* in the Peruvian Quechua language.

Shamanic traditions have long honored the six directions* and sacred space, and this practice builds on that foundation.

Here's how to work with the Soul Star Chakra:

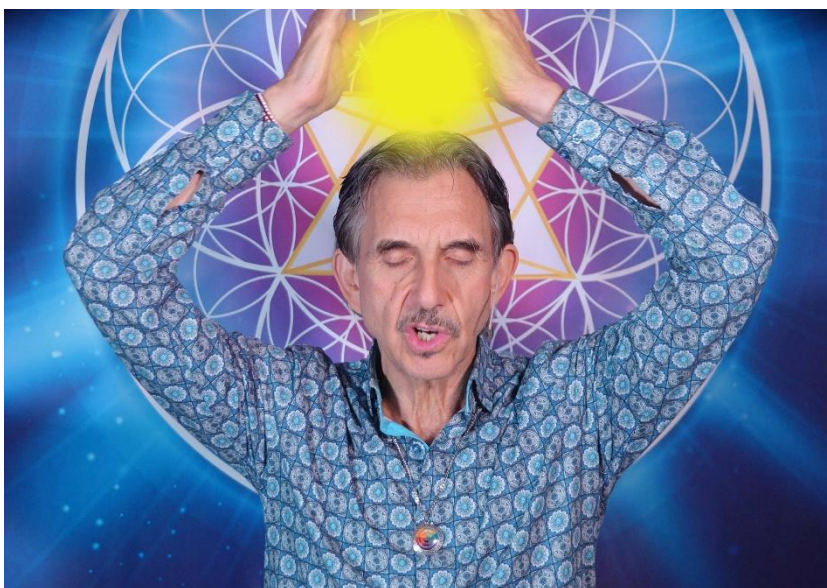
Place your palms together at your heart. Connect with reverence for the healing energies you are invoking.

Inhale and raise your hands 6 - 8 inches (about 20 cm) above the crown of your head. Separate your palms, keeping them facing each other, and sense or imagine a golden orb of light above your head.

If you don't feel it, simply visualize it. Imagination itself opens the channel.

Once you sense or imagine the orb, touch your fingertips together and exhale as you draw that sphere of light down around your body while your hands move down your sides. Envision the orb surrounding you completely like a light cocoon, above and below.

Repeat the gesture: palms together at the heart, then lift upward again. Connect with the Soul Star orb once more. This time, instead of drawing it around yourself, extend your palms forward to envelop your client (or group) in that light.



This creates a field of protection and Divine resonance for both you and those you serve. It is a wonderful practice to lead a group of people through, in person or over video conference.

When your healing session or meeting is complete it's vital to close sacred space, as follows:

Sweep the palms of your hands through your energy field, gathering up the folds of the sphere of light you created at the start of the session.

Lift it up above your head, then bring it all back into your heart. Silently decree that the field for that session or meeting is closed.

Final Note

As you can see, it takes some words to describe each step of creating sacred space in detail. But once familiar, the entire process can be completed in less than a minute. It is one of the most powerful practices you can use to amplify healing results.

If you are using these methods for working with several clients in a row it's valuable to reinforce sacred space for each one, and close it afterwards. Once you're familiar with these methods you'll be able to do it within seconds. Open and closing sacred space consistently expands your healing power and higher sense perception.