

# Create your Sacred Space

A FREE ROADMAP BY  
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*Hi, I'm Vicki*

I'm passionate about helping individuals like you awaken their inner mastery, align with their deepest purpose, and create lives filled with clarity and connection.

I've created this Sacred Space Roadmap to guide you in transforming your home or workspace into a place that feels energetically clear, supportive, and truly sacred.



# Your Guide to Creating Sacred Spaces

**Welcome!** This guide is your step-by-step companion to designing a sacred sanctuary for presence, body awareness, and spiritual connection.

## HERE'S WHAT YOU'LL DISCOVER:



### **Grounding: Connecting Mind and Body**

Simple, mindful exercises to align your physical and energetic self.



### **Resetting Your Space: Declutter and Realign**

Tips for clearing distractions and reintroducing items with intention.



### **Energy Cleansing: Refresh Your Space**

Techniques to remove energetic imprints and invite light, supportive energy.



### **Self-Energizing: Infuse Your Space with Light**

Visualizations to fill your sanctuary with warmth and positivity.



### **Activating Your Space: Light Language Connection**

Harness divine energies to elevate your space with a guided audio activation.



### **Body Awareness: Align with Your Inner Wisdom**

Exercises to improve alignment and deepen your connection to life force energy.



### **Grounding Through Nature: Reconnect to the Earth**

A guided meditation to anchor yourself in nature's healing energy.



### **Journaling Your Intentions: Manifest with Clarity**

Create your reality with heartfelt intentions and purposeful writing.

This guide is about more than just creating a physical space—it's about cultivating a deeper connection to yourself for greater awareness. **Let's begin!**

# Grounding: Connecting Mind and Body



**TUNING INTO YOUR BODY AND ENERGY IS SIMPLER THAN YOU THINK—LET'S DO THIS TOGETHER:**

- Close your eyes and bring your attention inward.
- Stand with your feet shoulder-width apart, knees soft, and let your feet sink into the ground.
- Give your body a little wiggle to shake off any tension you're holding onto.
- Place one hand on your heart and the other on your lower belly.
- Breathe deeply and slowly through your nose. With each slow inhale and exhale, switch the positions of your hands.
- Bring your palms together in front of your chest. Take a deep breath in through your nose and let it out with an audible sigh.
- Stretch your arms up overhead, then open them wide to the sides and bring them down.
- Lift your heels just slightly off the ground and gently drop them back down, feeling the landing ripple through your body.

**Pause for a moment. How does your body feel now?**

Notice any shifts—perhaps you feel lighter, calmer, or more connected.

# Room Awareness: Feel the Energy of Your Space



## **NOW THAT YOU'RE GROUNDED, LET'S CHECK IN WITH THE ENERGY OF YOUR SPACE:**

- Take a look around—what vibe does the room give off?
- Notice the items that feel perfectly in tune with your energy.
- Let go of anything that doesn't resonate anymore—it's completely okay to release what no longer serves you.
- Arrange your space in a way that feels good and supports your energy.
- Trust your instincts—this is your space, and it should reflect your unique energy and vibrancy.

**When your room is aligned with your energy**, it becomes a homing beacon for your frequency—a space where you feel safe, grounded, and inspired, *allowing resilience and creativity to flourish.* ✨

# Resetting Your Space: Declutter and Realign



Our thoughts and feelings leave energetic imprints on the spaces around us, so regular cleansing is a must to keep your environment feeling fresh and supportive.

## HERE'S HOW I LIKE TO DO IT—FEEL FREE TO MAKE IT YOUR OWN:

- **Clear the room.** Take out furniture, decor, plants, crystals, and anything else you can move.
- **Clean all surfaces.** Get into every corner and those sneaky hard-to-reach spots.
- Don't forget **the curtains and walls.** Shake or vacuum your curtains and clean above the rods. A damp stocking over a broom head works wonders for dusting walls!
- **Wipe surfaces with intention.** Use a damp cloth and a few drops of eucalyptus oil—it smells amazing and refreshes the space energetically.
- **Mirrors and pictures** need love too. Spray them with vinegar and wipe with newspaper for a streak-free shine.
- **Pamper your plants.** Take them outside for a gentle shower and let them dry in the sun and breeze. Or, give them a spa day in the bathroom shower!
- **Cleanse your crystals.** A light water rinse outside works well—just lay them on a towel to dry.
- For a **powerful reset**, use the ocean (keep small ones safe in a laundry bag), or let the **full moon** work its magic. Not every moon cycle is the right fit, so trust your intuition about when it feels aligned.

When you combine a physical spring clean with energetic cleansing, you'll create a space that's not only sparkling clean but also buzzing with activated energy.

**It's like giving your environment—and yourself—a fresh start!**

# Energy Cleansing: Refresh Your Space



Now that your space is physically and energetically clean, it's time to reintroduce your items with intention. Start by reconnecting with your body and tuning into your energy, just as you did before.

Show gratitude for the sacred space you've cultivated by pausing to ask for permission to re-enter. As you slowly bring each clean item back, don't rush—this is an opportunity to assess and align.

## HERE'S HOW TO INTUITIVELY RESET THE ENERGY IN YOUR SPACE:

- **Check for resonance.** Hold each item and sense whether it feels aligned with the room's energy.
- **Feel the frequency.** Bring the item close to your heart—does it feel expansive and uplifting, or heavy and contracted? Trust what your body tells you.
- **Adjust mirrors and placements.** Face mirrors toward doorways, windows, or areas that reflect light and energy positively.
- **Ask for guidance.** Let your crystals and plants “tell” you where they want to be placed. Sometimes their energy aligns better in new spots!
- **Add supportive touches.** Consider what might enhance the space: a comforting oil burner, a journal for reflection, cozy cushions, colorful decor, or even a special chair for grounding moments.

**In my experience,** Selenite lamps are perfect for maintaining a calming, comforting energy that supports deep work, while Himalayan salt lamps are great for balancing electromagnetic frequencies.

**Take your time as you set everything up**—it's not just about organization; it's about crafting a space that reflects and supports your energy. When you're done, **step back and take a deep breath**, feeling the harmonious vibration of your sacred space.

# Self-Energizing: Infuse Your Space with Light



Now that you've grounded, cleaned, and reset your sacred space, it's time to fill it with vibrant, supportive energy. **This step helps your space become a powerful refuge where you can ground, recharge, and connect with your spirit self.**

## HERE'S HOW TO GENERATE ENERGY WITHIN YOUR SACRED SPACE:

1. **Settle in and breathe.** Take a seat in your space and close your eyes. Begin slow, full breaths—inhaling through your nose and exhaling through your mouth. Let your breath guide you into your body.
2. **Reconnect with your body.** Feel the weight of your feet heavy on the floor. Notice how your body feels as it softens and settles.
3. **Visualize light.** Imagine a warm, radiant light flowing from your heart space. Let it fill your entire body, then extend outward, bathing your energetic field, and sacred space in love and light.
4. **Enhance with grounding oils.** For deeper connection, rub a drop of Manuka oil on the soles of your feet. This ancient oil, cherished by indigenous cultures of New Zealand and Australia, helps anchor your energy while supporting clarity and healing.


**Spend as much time as you feel drawn to in this energetic state.**

The more you use your sacred space for grounding, meditating, and being present, the stronger and more supportive its energy will grow.

**This practice also allows you to access higher vibrational frequencies,** connecting you to timelines of clarity, wisdom, love, and purpose. You may find yourself reflecting on different versions of yourself—each offering insights and guidance for your journey.



# Remember, this is your safe space.



Here, you can embrace every part of yourself—the good, the bad, and the messy. It's a sanctuary for releasing what no longer serves you and returning to the frequency of love, aligned with spirit self.

Use this space as often as you need, especially during times of challenge or uncertainty. It's your portal to **deeper connection, inner peace, and transformation.**

# Sacred Space Activation



**This light language transmission is a short but deeply transformative experience, infused with water frequency and faery energies.** It's designed to purify and align your space with Source energy, creating a harmonious environment for meditation, creativity, and spiritual practice.

## **EXPERIENCE:**

### **1. Audio Room Activation**

- When you're ready, listen to the room activation audio to help initialise your space and attune it to your energy.

## **DURING THE ACTIVATION YOU'LL:**

- Ground your body and energy field into your space
- Clear anything not of your light
- Activate and harmonize your sacred space
- Reconnect to your body, mind, and light for healing, resilience, and creativity
- Tune into your chakras and invite elemental and universal energies



# Sacred Space Activation



## HOW TO PREPARE:

- Set aside 10–15 minutes of uninterrupted time
- Find a comfortable spot in your sacred space to sit

## AFTER THE ACTIVATION:


- Take 10+ minutes to rest and integrate the light codes
- Follow your body's guidance—rest, walk, or something grounding (chocolate always works!)
- Reflect on what's calling you to explore, create, or receive, and write down your intentions
- Use the **Intention Setting Journal Activation** if you want a guided step

This practice is about creating with belief, frequency, and intention—not striving for perfection.


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## Room Activation

▶ [PLAY ACTIVATION](#)



*Trust the process, embrace your intuition, and let spirit guide you to peaceful alignment and clarity.*



# Body Awareness

## *Inner Wisdom*



Your body holds a deep, innate wisdom that knows exactly what it needs. By becoming a quiet observer of your body's sensations, you can uncover what feels good and move in ways that support your optimal alignment and energy flow.

This connection will help you align with your life force energy, bypassing the assumptions your mind may make on autopilot.

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### **Body Awareness Exercise to Enhance Your Balance**

#### Grounding & Gravitational Alignment

▶ [PLAY VIDEO](#)

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### **Revitalize Your Energy While Sitting**

#### Mindful Movement & Posture Reset

▶ [PLAY VIDEO](#)



# Gravitational Balance Exercise



## 1. START WITH STABILITY:

- Stand with your feet shoulder-width apart, and feel the ground beneath you.
- Focus on the sensation of your feet connecting with the earth.

## 2. SUBTLE SHIFTS:

- Gently shift your weight forward, noticing how the pressure under the balls of your feet increases.
- Lean backward, observing the weight move to your heels.
- Gradually shift slightly to the left, pad of heel to ball of little toe.
- Then to the right, pad of heel to ball of little toe.
- Complete one full cycle, moving in one direction, then returning to the center each time.

## 3. STAY PRESENT:

- Relax your breath, jaw, shoulders, and knees as you move.
- Only shift slightly—just enough to feel a natural spring drawing you back to center.


## 4. HOLD FOR AWARENESS:

- Pause at each position for about 10 seconds to feel the subtle pull of alignment.
- Let your body guide you; trust its cues as you shift and center.

## 5. PRACTICE WITH PATIENCE:

- If the exercise feels tricky, return to center, give yourself a gentle wiggle, and try again, limiting to two cycles if needed.
- **Remember**, this exercise is about fine-tuning your listening skills.

# Key Insights



**Your body's innate wisdom will communicate when it feels safe and supported.** If your mind or ego tries to take over, your body may quiet its signals until you're ready to truly listen. Honor this process—there's no rush.

Each attempt strengthens your ability to listen and learn from your body letting it lead you deepening your connection and awareness. Body, mind, light.

**This practice is a gentle way to build trust in your body's wisdom, inviting balance, clarity, and flow into your daily life.**

# Grounding Into Gaia



**Connecting with nature is such a powerful and soul-nourishing experience.**

When you surround yourself with the peaceful presence of trees, you're not just enjoying the scenery—you're stepping into the magic of forest bathing.

**It's like nature's way of offering you guidance, healing, and a reset.**

You can bring that connection indoors by activating your sacred space with nature's calming frequencies. **Bonus Transmission Alchemical Creation.**

**Give this simple exercise a go—it's a beautiful guided grounding from Gaia.**

**READ THESE WORDS SLOWLY TO FEEL THE ENERGETIC FREQUENCY WITHIN THEM:**

Place your feet gently on the earth  
allow your soles to make contact with the surface of what's under your feet  
breathe and settle into your body  
feel your body become rested  
relax into what you are feeling under your feet  
inviting a meeting with Gaia  
allow her time to meet with you  
the meeting only happens when she knows you are in your truth  
treat her like she is an ancient one, a guardian  
slow sure and steady deserving of your respect  
when she knows you are ready to commit to her  
she will join you and you will be welcomed into her embrace  
feeling her embrace around your feet and ankles  
a glistening blanket of energy  
take time to settle in, do not rush this experience  
you will feel yourself exhale, and your body will soften deeper  
your truths will become apparent  
what is truly important will become apparent to you  
once you have resolved into her embrace  
settle in and be open for wisdom to unfold...

What you receive is what you need to receive. Embody the visions with ALL of your being.

**Awakening light streams of eternal source energy within!**

# Grounding Tree Mirroring



This Tree Mirroring Grounding Exercise gives you another simple way to come back into your body and feel steady again.

Using a clear visual and gentle body awareness, you can release tension and reset your energy, whether you're indoors or outside. If you can't get into nature, the visualization lets you step into a forest in your mind, and your system responds to it.

The practice helps you reconnect with your own creator energy and the supportive beings in nature.

## Quick 10 Min Guided Grounding Meditation: Nature Connection and Stress Relief

▶ [PLAY VIDEO](#)

*Continue on  
the following page:*



### HOW IT WORKS

In the exercise, we focus on:

- Bringing awareness to your body and breath
- Visualizing a forest walk and approaching a tree mindfully
- Mirroring the tree's structure with your own body
- Letting tension, old stories, and stress flow into the earth
- Takes 2 - 5 minutes

Think of it as a mini energy reset that can be done in just a few minutes!

# Grounding Tree Mirroring



## **1. Arrive in Your Body**

Take a slow breath in through your nose.

Let your body soften on the exhale.

Do two or three rounds until you feel yourself land a little.

## **2. Call in Your Tree**

Visualise a tree that feels right for you today.

It might be one you've walked past before, or one that simply appears in your mind.

Just let it come forward.

## **3. Walk Up to the Tree (No Touching)**

Imagine yourself on a forest track – dirt, roots, the feel of the ground under your feet.

Walk up until you're standing face to face about a foot from the trunk.

Think of it as “mirroring,” not hugging.

## **4. Let the Tree's Energy Wrap Around You**

Feel the presence of the tree wrap around and behind you.

No forcing, no trying – just letting it meet you.

If your breath feels short for a moment, that's simply your body adjusting.

Relax the exhale.

## **5. Connect Your Structure to the Tree's Structure**

Visualise the roots rising up through your feet, legs, pelvis, spine, arms, and head.

Feel your own bones respond – your framework getting steadier and clearer.

Let the tree hold the weight you've been carrying.

## **6. Release What's Not Yours to Hold**

Let the tension, the expectations, the pressure, the old stories drop down through your body and into the earth.

You don't have to solve anything here.

Just breathe and let the tree move it through.

## **7. Finish the Connection**

Feel the energy running through you, back down into the ground, and up into the tree.

Flushing gently and slowly back and forth between you and your tree.

Let it run through you

Let it go.

You'll feel the shift – more breath, more space, more of you.

# Journaling Your Intentions: Manifest with Clarity



As you start this journaling practice, I encourage you to be honest, kind to yourself, and focus on what truly matters to you right now, from your heart.

Intentions don't have to be complex—what's important is the energy and belief you infuse into them.

**For me, this practice has been deeply healing.**

As I write, I honor my journey of grieving the loss of my youngest daughter, Sacha, who passed at the age of 18 in February 2023.

Your story will be unique, just as mine is, and through this process, you'll create space for **healing, clarity, and transformation from a space of love.**

*Continue on  
the following pages:*



# Journaling Your Intentions: Manifest with Clarity



## MY INTENTIONS:

Set your intentions with simplicity and honesty, keeping them grounded in actions and feelings that resonate with you.

### Here's a prompt to get you started:

- "I wake up each morning feeling \_\_\_\_\_. My day begins with \_\_\_\_\_."
- "I commit to \_\_\_\_\_ and am open to receiving support from \_\_\_\_\_."
- "I choose to focus my energy on \_\_\_\_\_."

### Complete these sentences or create your own:

- "I am willing to \_\_\_\_\_."
- "I am \_\_\_\_\_."
- "I am \_\_\_\_\_."

## I NOW RELEASE:

Letting go is just as important as setting intentions.

Release what no longer serves you with compassion to create space.

### Use these prompts:

- "I now release all feelings of \_\_\_\_\_."
- "I let go of unresolved emotions about \_\_\_\_\_."
- "I release any limiting beliefs about \_\_\_\_\_."
- "I free myself from \_\_\_\_\_."

**For example,** I've used this space to release anger and unresolved words surrounding Sacha's passing. It has allowed me to create room for love and understanding.

**What do you need to let go of today?**



# Journaling Your Intentions: Manifest with Clarity



## **I AM READY TO RECEIVE:**

This is your opportunity to embrace the energy, love, and support that are available to you.

### **Write with openness and trust:**

- "I am ready to receive \_\_\_\_."
- "I welcome the opportunity to \_\_\_\_."
- "I embrace the love and guidance of \_\_\_\_."

For me, this has meant embracing the bond with Sacha's spiritual self, Seraphina, and accepting my journey to serve others through Source Light.

### **What are you ready to receive?**

End your journaling session with this affirmation:

**"I am the I am that I am! And so it is - Aho!"**

# Journaling Your Intentions: Manifest with Clarity



## **YOUR TURN:**

Take a few moments now to reflect and write.

**There's no rush—your journal is a safe space to explore your thoughts and feelings.**

**Remember**, this is your journey, and every word you write is a step toward your truth and experiencing it in this life.

## **MY INTENTIONS:**

- "I am willing to \_\_\_\_."
- "I am \_\_\_\_."
- "I am \_\_\_\_."

## **I NOW RELEASE:**

- "I now release \_\_\_\_."
- "I let go of \_\_\_\_."
- "I release any \_\_\_\_."

## **I AM READY TO RECEIVE:**

- "I am ready to receive \_\_\_\_."
- "I welcome \_\_\_\_."
- "I embrace \_\_\_\_."

**"I am the I am that I am! And so it is – Aho!"**





# Congratulations!

**You've taken a beautiful and meaningful step forward in your spiritual journey.**

With your sacred space now created, let it be a sanctuary that energizes, inspires, and supports you. **Remember to enjoy its creative atmosphere and the peace it offers as you continue to grow.**

Whenever you feel uncertain or overwhelmed, take a moment to **pause and listen to your body, mind, and spirit.** Trust your inner wisdom to guide you in finding balance—between stillness, presence, and the ongoing care of your space. This is an ever-evolving process, unique to you. **Your personal and spiritual growth is a journey, not a destination.**

**Embrace it with curiosity and kindness, knowing that every step is significant.** We're here, cheering you on and sending love and light your way.

*x Vicki & Team*

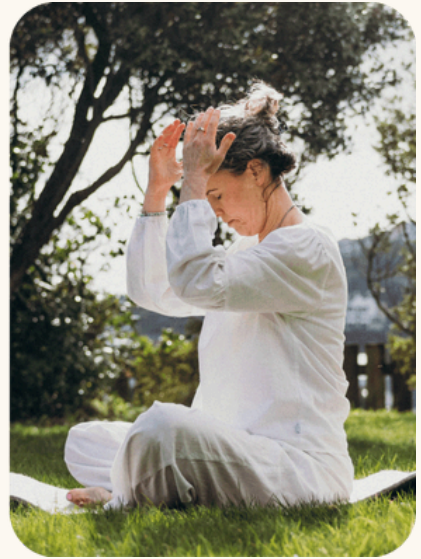




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& expand your energetic practice



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