

# Sending Sacred Space

(Sending energy to a grieving friend)



This ritual is a form of prayer; standing with a grieving friend and sending them energy as well as sending a sacred space for their grief work. The purpose of sending sacred space and healing energy is to give your friend a "place" to go in order for them to grieve in a safe space. This can also be considered a Reiki attunement if you use Reiki for building and sending the energy ball.

## **Ritual tools:**

**Sacred Space Candle:** Choose a color that is soothing or safe to you. I chose a light blue for peace, but the color is open to preference.

**Incense:** smudge tools to purify space...white sage and cedar for cleansing and purification, then sweet grass for bringing in good spirits. You may also use dragonsblood resin for protection.

## Ritual:

Take a ritual bath.

Purify your space with incense or your smudge tools. Light your sacred space candle.

Call your circle, inviting Goddess in any aspect she chooses to help you (or your Mother Goddess), as well as the directions, your helpers, animals, guides, etc.

Creating the Sacred Space: Sit in meditation. While focusing on your sacred space candle, feel the energy of the space you are creating fill your body. Meditate on the feelings your friend will feel emanating from this space...safety, peace, love, protection, acceptance, etc., as you fill your aura with the energy. Visualize this energy forming into a huge ball of colorful light. Feel it pulsing with a heart beat as it expands into a visible space. Observe what it looks like. What is in this sacred space? What are the gifts that Goddess is sending them in their space? When the space is prepared, sit with it and infuse your love into it.

Sending the Sacred Space: After infusing the energy ball, either throw the energy ball to your friend, or you may also take a deep breath and blow the sacred space to them. You are placing this sacred space into the awareness of their Higher Self. Your friend can then be instructed to verbally accept the sacred space. This space can be used for grief work or just to "be" in a safe place.

Open the Circle and give thanks.

Ground.

\*Optional:\* You may, if your friend is curious, describe in writing what you felt and saw while visualizing their sacred space. Be sure to tell them that when they meditate and visit their space, they may see something more, or they may see something totally different, and that is fine. The space may change from visit to visit, depending on their immediate needs.

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