

February '06 Featured Article from *bodymath.com*

Creating Sacred Space

“Creating Sacred Space” is a term that has perhaps been most widely coined by shamanic practitioners with its concept being as age-old as the origin of shamanic practices in early aboriginal man. (Tom Cowan’s book, *Shamanism: As a Spiritual Practice for Daily Life*, is an excellent intro to this fascinating topic.) However the ability to create sacred space has been by no means limited to the realm of the shaman. ***It is something women are born to do naturally, even if this ability has been ‘programmed out’ of the mass consciousness of women in most white-male dominant cultures.*** However, there can be found a few of the male persuasion who are quite adept in creating sacred space (gay men particularly), even though men are not naturally ‘hard-wired’ to do this, as women are. The practice of burning women at the stake, done as recently as the early days of our current North American culture, was a very effective method of ‘de-programming’ women from this ability. In fact, it has carried over into future generations through ancestral imprinting as well as through past-life subconscious memories (for those that believe in such). Both means register in the second layer or body of the electromagnetic field, the human aura. This is the emotional subconscious layer, referred to as the emotional body of the aura (see *The 4 Aura Bodies* at bodymath.com), and like the spiritual body is more yin in nature (yin/female, yang/male). In contrast, the physical and mental bodies are more yang in nature, as the polarity switches from one layer of the aura to the next.

Before going further in understanding the concept of creating sacred space, I would like to say a little more about why woman are more naturally able to do this, even if many have ‘forgotten’ how, as well as elaborate on some of the differences between the yin and yang fields of the aura. ***Yang is more active, unyielding, male, logical, linear and temporally oriented while yin is more passive, yielding, female, intuitive, non-linear and spatially oriented.*** Yang is more electrical in nature while yin is more magnetic in nature. Thus we can apply all of this when we try to understand each layer of the aura: the outer spiritual

body being more yin with the next (moving inward), the mental body being more yang, followed by the next, the emotional body being more yin, followed by the inner-most, the physical body (of the aura *not the actual physical body*) being more yang. All of them combined are alternately electro-magnetic in nature, with the shifting polarity of the electrical to the magnetic (yang to yin) sustaining the movement of our vital life-force down through the layers of our aura. For our vital life-force, in each of our individual auric fields, moves from the outer soul level all the way down through the layers (spiritual, mental, emotional and physical) and finally into our actual physical body (or at least tries to, as this pathway may be filled with obstructions).

So what does all this esoteric talk mean in simple terms? Women are more naturally aligned with the spiritual and emotional bodies, which are more non-linear and spatially oriented (all those yin qualities); while men are more naturally aligned with the mental and physical bodies, which are more linear and temporally oriented (all those yang qualities). Again in simple terms: women have naturally better access to those 'behind-the-scenes' *feelings* from the emotional subconscious realm (aka the astral plane) as well as the realm of *spirit*; whereas men have naturally better access to the realm of *thoughts* and mental constructs (aka the mental plane) as well as being more *physical* by nature. Please be aware that this is a gross generalization as there are many men whose basic nature is more yin and conversely, many women whose basic nature is more yang. We could say that a more naturally yin man and a more naturally yang woman could more easily meet in the middle, whereas the opposite: a yang man and a yin woman are closer to being from two different planets.

In addition to all of this understanding about the 4 bodies of the aura in relationship to men and women, and to yin and yang, there is the very basic fact that we, as men or women, each have separate or different anatomy. (I only mention this in case there are some readers who have not noticed that there is a basic difference between the male and female anatomy.) I personally feel for the many women in our white-male dominant culture who have come to believe that they need to be like or compete with men 'on the male's home turf' in order to find their power. ***I agree with the French expression "viva la difference", which basically is saying to honor the difference between the two,***

suggesting that woman are better off finding their own power 'on their female home turf' (in their own terms).

This all applies to our topic of creating sacred space because this is a most basic power of the feminine, a critical aspect of women's 'home turf'. For woman are created, or hard-wired, with a uterus (aka 'the womb'). The very function of this brilliant piece of anatomy is to create a sacred space from which to create new life. Thus 'sacred space' equals 'a safe space', where the joining of the yin and yang forces from both the male and the female can grow together to form something new, synergistically potentially greater than each of them alone. It is of minor importance whether or not a woman actually exercises this right by having children or has had a hysterectomy, which for many years was medically considered as routine procedure (perhaps as a modern white-male attempt to separate the female from one of her more basic powers and abilities, since burning at the stake had gone out of vogue). For this is truly a key design of the female gender both anatomically and in function, even if this function is never used to have children, but simply to create and hold 'sacred' or 'safe' space in different ways for other life forms living on this planet (or even collectively for the planet itself as a living entity, that is basically female in nature). ***Thus creating sacred space is an incredibly important power and ability that unfortunately too few people are aware they have (women or men), and thus do not exercise and develop it into a vital skill.*** And as is true for most skills, if we don't spend time developing and practicing using such, it atrophies and we tend to 'get rusty at it' or even lose the ability over time. And unfortunately to a large degree, this has occurred over many generations and lifetimes. So by bringing this ability out of the realm of the subconscious and shining some conscious light onto it, there is great hope that such important skills and abilities will be resurrected out of the ashes of our collective ancestral memories. ***For this ability can, like the power of intention, change the planet over night if collectively put back into is rightful use by the many and not just a few.***

So having presented this broader context as background, from which to better understand the larger concept of creating sacred space, I want to relate it to the chakra system and then provide some concrete examples of what it actually means, or looks like, to create sacred space. The chakra that relates directly to this function, is the orange chakra, (aka

second chakra, or sacral chakra –bodymath.com provides more detail on this chakra.) This chakra relates directly to the uterus and its various functions (whether we are male or female). This includes creativity, womb-like surrounding/protection, the immune system, boundaries, who/what we choose to allow in or keep out, core aspects of one's sense of self, including the skeletal system. On the most basic level, we can instinctively feel what this means when we think of a pregnant woman and the special sanctity of relationship she holds for her child inside. Society at large basically does understand and respect this on some level, as this relationship is so basic and primal and thus is respected by most. ***Interestingly, most pregnant women have an addition spiritual level chakra present, which is usually orange and very much reflective of this strong impulse frequency of the womb in action.***

This sanctity of respect for the function of the womb, gradually breaks down or deteriorates the farther the mother and child move away from the pregnancy stage. But for women who have not forgotten or have not been programmed out of this birthright, this womb-like function of creating and holding sacred space for their family continues on well after pregnancy. In such cases it is like there is an invisible surround around all the family members who the mother cares for. This extends to her mate, whereby even without seeing a ring on his finger, many other women can feel the presence of the man's partner surrounding and protecting him like a warm fur coat. For this type of protection is felt and not seen, or at least not by physical eyes. This of course is a totally different type of protection than the physical type of protection that the man hopefully provides for her. ***Another example is the strong feeling of welcome and safety we have all experienced when walking into some people's homes, as it is almost a tangible sensation, and basically feels like a good, safe place to be, as we feel totally comfortable being there.*** This can be even more apparent in contrast to walking into homes that do not have this feeling, or perhaps have a feeling of chaos or of a 'cold void' instead, making us feel like getting out of there as soon as possible. Interestingly, it is within the realm of the yellow chakra in the emotional body (layer of the aura), where the programming occurs that dis-empowers people from this birthright of being able to create and hold sacred space. This often occurs around age 3, *on the subconscious level*, when the little girl starts to exhibit such

skills and abilities and is *subconsciously* informed that “we don’t do those type of things in this family!”

This same aspect of creating and holding sacred space can be a very important aspect of different healing modalities, where the practitioner is able to create and maintain a totally safe space for whatever healing process needs to occur. In my own work, this is particularly critical when I do the powerful *ESR-Inner Opening Technique*™ which can be like a spiritual initiation (see *ESR/Sphenoid* at bodymath.com). For it is essential when doing this type of healing work to prevent other-dimensional interference from getting through at that critical time which can allow for such profound healing to occur. These are all examples of creating sacred space, which may also involve *Energy Clearing* (also see bodymath.com for discussion of this important technique) that also focuses on the creating and holding of sacred space *by effectively and responsibly ‘clearing out’ all unwanted energies from the room/environs, including from the auras of all those present.* So no matter what type of approach to healing a practitioner may be using or trained in (be it western medical, alternative medicine or whatever), the results will be many times more effective if the practitioner is able to create and hold sacred space for the client/patient during the given procedure and for a while after if necessary. This is often the factor that sets an excellent practitioner apart from a good practitioner. Some practitioners may be doing this naturally, without being consciously aware that they are doing so; but as long as such safe or sacred space is being held, the client/patient can truly feel and appreciate the difference it makes.