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**PERSONAL ENERGY
COACHING**

A Sacred Space

Do you have a special place; a sacred space?

This subject has come up a lot recently and I am not sure if it because of the demographics of the women I am connecting and working with recently. Or can it be that we are just getting wiser with time and with more information than ever on wellness, we are discovering that a sacred space makes sense for our personal wellness.

I remember, many years ago, working with a woman who told me that she'd get up at 5:30 am so that she could have time to herself before everyone else got up. This would be her time to read or to plan or to just be quiet. I also remember thinking to myself, "are you kidding me!?!...that's too early...for what?!" I didn't get it.

Well I do now. This was her sacred space. I don't recall her telling me about an actual room or spot that was specific to this special alone time. It is possible that it was just defined by actual time. Since then I have met many women that have shared their stories about their favourite places and sacred spaces and why.

Having a sacred or special place just for you is an act of self love. It is recognizing that being our best selves takes some time...quality time...with, and for ourselves.

So what does your space look like? Is it defined by time only or do you have an actual dedicated spot or room...a special place that you can call your own?

I personally never had one until recently but now that I "get it" it is work in progress. It is my place to read, to be quiet, to journal, to energize, to cry or just to stew in pure joy. It is all about me.

I'd like to hear about your sacred space so write to me and I will share with others if you allow me. If you don't have a sacred space yet write to me and let's chat about why that might be.

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