



GLOBAL WELLNESS
INSTITUTE™
EMPOWERING WELLNESS WORLDWIDE



EcoChi Sacred Spaces Resource List: In Conjunction with The Sustainability and Immersive Initiatives

What is a Sacred Space?

Definition:

A sacred space is, first, well-defined and differentiated from other areas. The rituals that one practices in this place, then mark its sacredness. It is a space that supports inner focus and can act as a bridge from the human world (known as “*Earth Energy*” in Feng Shui) to the divine world (known as “*Heaven Energy*” in Feng Shui).

Sacred Spaces:

- are unique to every individual
- include your mind, body, and spirit
- support you in your practice
- nourish you spiritually
- allow you to access the wellness and healing that reside within you

How do we create a Sacred Space?

- find an area where you can limit interruptions
- it should be an uncluttered space
- locate a comfortable place where you feel safe
- sit with a wall behind you. This is known as “*Mountain Energy*” in Feng Shui
- it is preferable to have a view of the door, however, do not sit in-line with it

What does sacred mean to you?

- be mindful as to what you are looking at when seated
- the area in front of you is where your future lies. It is called the “*Red Bird*” in Feng Shui
- place artwork, items from nature, or a vision board in your “*Red Bird*,” a powerful tool for a positive future
- surround yourself with organic and toxic-free materials to keep your space pure and healthy while sustaining environmental integrity

What happens to a sacred space over time?

- your practice creates an energy in your space which intensifies over time
- when you have a positive and meaningful experience, that enhanced energy lingers in your space and compounds with each practice
- the sacred space becomes more sacred over time