

*Make sacred space, and be reminded of who you are;
Spirit and body, sacred space. (Shawna Carol)*

LOVE-YOUR-LIFE...

Mark important Moments ...to remember

Words, symbols, ceremonies, rites of passage, silence

Art, music, color, aroma, texture, beauty

We need markers in life, sacred time, and expressive spaces, especially the personal ones we create for ourselves. Sacred time and space are not always official churchy or political pomp and circumstance...although they can be. They are about us, so we remember who we are and what's important to us.

Birthdays, graduations (commencement ceremonies), family reunions.

There are other transitions, journeys you've come through too. A divorce, a personal redefinition? Stepping into a certain age? A spiritual renewal? An event or experience that changed you?

Rituals and blessings can be as simple or as complicated as you want to make them.

I like simple: to keep it simple and sensible.

This class holds 3 components:

1. A simple easy-to-understand teaching part about sacred time and space, personal rituals (including light-hearted, silly ones), symbols, and blessings, and ways to mark personal important moments.
2. A template to easily create your own....

3. A *Personal Space* creative session....and be reminded of who you are daily.

Our sacred spaces and time can be in our home, our workplaces, and anywhere we choose to create them.

Practical, love-your-life, inner goddess stuff.

Anne :)