



Círculo
CONSCIENTE
Honrando el Pasado, Sanando el Presente

HOW TO CREATE YOUR SPACE

SACRED AT HOME

“A corner of calm is an altar for the soul.”





INTRODUCTION

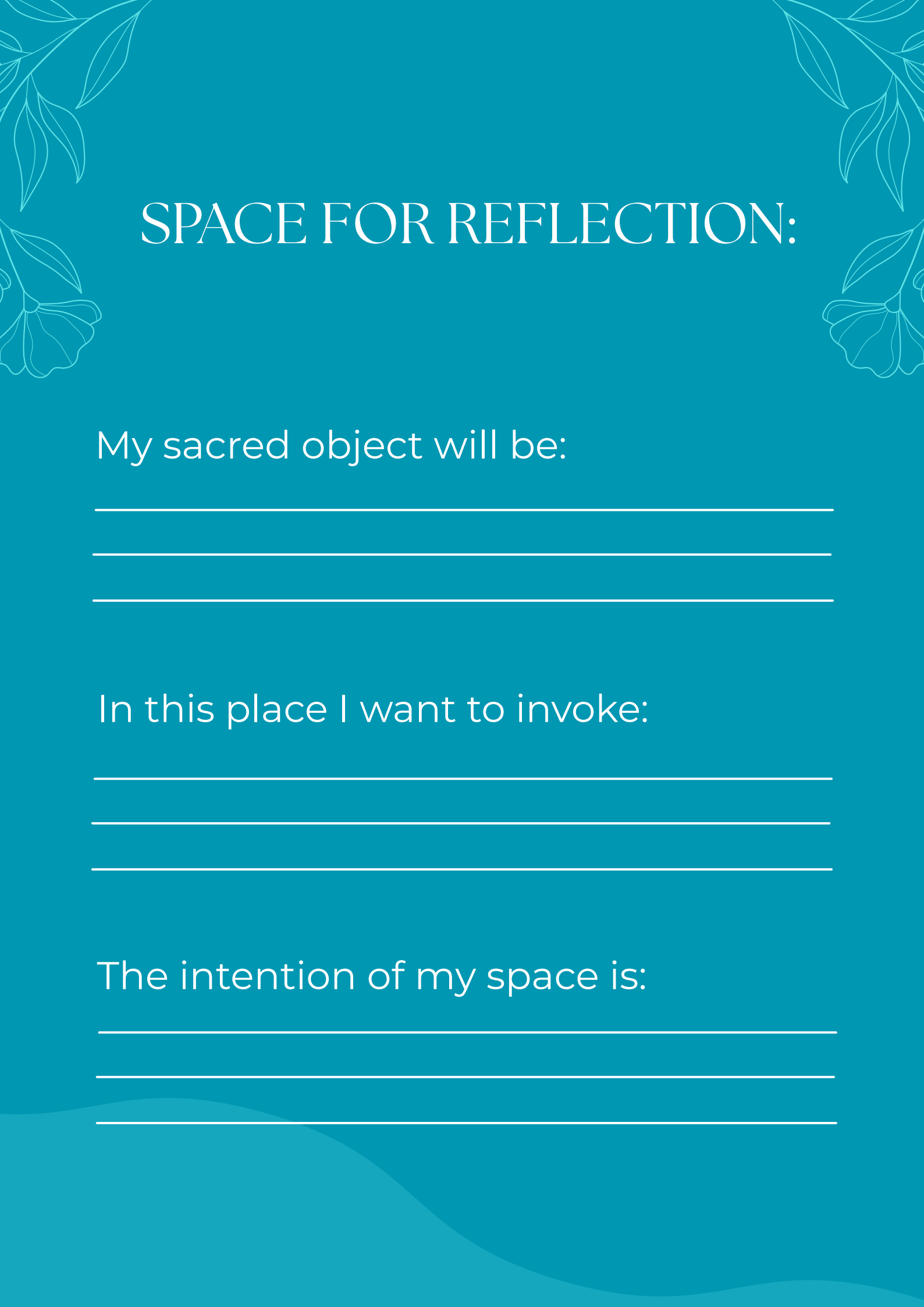
Your home can become a haven of peace. Creating a sacred space will allow you to connect with yourself, meditate, give thanks, or simply rest in harmony.



Steps to follow

1. Choose a corner of your house where you feel comfortable.
2. Cleanse the space physically and energetically (this can be done with soft music, incense, candles or flowers).
3. Place an element that represents your spirituality (candle, quartz, image, plant).
4. Add a personal object that connects you with love (photo, letter, symbol).
5. Sit there for a few minutes each day in silence, breathing deeply.





SPACE FOR REFLECTION:

My sacred object will be:

In this place I want to invoke:

The intention of my space is:



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“WHEN THE HOME BECOMES A
SANCTUARY, THE SOUL FINDS
REST.”

“Honoring the past, healing the present.”

THANK YOU