

Creating Space



What if every space you entered
exuded a sense of safety and
peace?

Creating Space



What if every space you entered
exuded a sense of safety and
peace?

Creating Space



What if every space you entered
exuded a sense of safety and
peace?

Breathing connects me to the sense of freedom, and breathing happens automatically.

1. Connect to a time when you experienced pure joy and freedom. How old are you?
2. What are you doing? How do you know you felt joyful and free? How would you describe the physical sensations you feel in your body as you recall this memory? What do you notice about your breathing?
3. How can you create a safe space for yourself and others by returning to your breath?

A - 3

Beauty surrounds me.

I see...I feel...I hear...I smell...

I taste...

I sense the beauty within me.

1. Recall different types of environments that you feel safe in. What kind of attention have they/you given to creating a space of beauty?
2. In what ways can you create, and/or appreciate, the beauty around you?
3. How can beautiful spaces help you connect to your inner wisdom?

A - 2

I am safe. I am safe. I am safe.

1. What is it about “the road” you’re on, or a decision you need to make, that feels a bit scary?
2. As you step into the unknown, how can you use your physical senses to give you a sense of safety? Some ideas: Touch the earth with your bare feet, wrap yourself in a soft blanket, or perhaps recall the sound of a child laughing, or the smell of roses.
3. What does this space of safety feel like in your body? How does your body inform you that it feels safe?

A - 1

Creating Space



What if every space you entered
exuded a sense of safety and
peace?

Creating Space



What if every space you entered
exuded a sense of safety and
peace?

Creating Space



What if every space you entered
exuded a sense of safety and
peace?

I see _____ in her/his strength and wholeness.

1. Bring into your awareness someone you are worried/concerned about. Now, what if you could see them in their wholeness - totally capable and competent with all of the answers inside of them? How does that create a safe space for your next interaction?
2. Why is holding a vision of their wholeness important for their well-being?
3. Why is holding a vision of their wholeness important for your well-being?

A - 6

I intend to create a space for...

1. Why is setting an intention an important component in creating a safe space for yourself and others?
2. How can partnering with loving, compassionate Helpers from the invisible realms support your overall well-being and creative expression?
3. What is your intention for the next space that you walk into?
Note: This may include virtual spaces (e.g. phone calls, social media).

A - 5

I am grateful for...

1. What are you grateful for in this moment?
2. What does that feel like in your body? How would you describe the physical sensations?
3. How can gratitude open the space to receive a new experience?

A - 4