

Setting up a sanctuary

Helping you to improve your
emotional & physical wellbeing.



It is important that the places we reside in frequently feel good and allow us to be at peace. Building higher vibrational environments for example our homes and workplaces, will help achieve this.

Using the balance of natural energies (also known as light) and the elemental energies in setting up an energetic sanctuary raises the vibration within the space and keeps the people feeling balanced and uplifted if there are no blockages in play.

Setting up the sanctuary requires four quartz crystals and four of either Hematite or Obsidian stones.

One

Place one quartz and one hematite in the four corners of your property (in the soil or somewhere where they cannot be disturbed). If a workplace you can choose the four corners of a room if that is more appropriate.

Two

"I now call on the water elemental energy to bring the spaces energy back to balance and cleanse the of all corrupted energies".

Three

"I now call on natural energies and elemental energies to anchor to the four quartz crystals and Hematite stones, for the purpose of creating a sanctuary".

Four

You can now also set intents on your sanctuary (by asking in your mind):

"I now set intent that all unhelpful emotional energies connected to people entering this space are restored back to balance".

"I now set intent that all unhelpful energetic ties connected to people's energetic self are cut when they enter this space".

"I now set intent that any parasitic energies are asked to leave their host when entering this space".

Five

"Thank you".