



Rose Ariadne's 7 Day Magick Mini Course - Day #2:

“Your Sacred Space”

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[Rose Ariadne's Blog](http://www.rose-ariadne.com)
<http://www.rose-ariadne.com>

[Mastering The Magick Of Witchcraft](http://www.masteringmagickwitchcraft.com)
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Dear Friend,

Really quick before we start Day #2, if you want to download this lesson so you can send it to your friends, just [click here](#) (and make sure you are online first). Also, you will be burning a piece of paper in this lesson – **be careful!** [Click here](#) to read the disclaimer...

I hope you were able to find some time to do the "belief" exercise I guided you through yesterday. If not, that's OK, you can just print this email - and do it after you have finished day 1. I promise I'm not looking over your shoulder to make sure you do everything! ;)

Ok, on to Day #2. This is a very special exercise that is so important to your ability to tap into Magick energy at any time (and for almost any reason). I have met a lot of Witches, and I have to tell you that many of them don't even realize it needs to be done! If only they had been doing this all along, Magick would have come so much easier...

I am talking about Your Sacred Space. There are 2 kinds of sacred space... there is your Internal Sacred Space and External Sacred Space. Obviously, Internal Sacred space exists within your heart - and External Sacred Space exists outside of your body (for example, your altar, and the area surrounding it).

So many people practicing Witchcraft are so focused on the External Sacred Space...they make their altar just perfect, they cleanse their circle, decorate it, etc... don't get me wrong, these things are very important! The more energy you put into your External Sacred Space the better your spells will work - without a doubt!

But can you guess what is at least 10 times more important than External Sacred Space? **Yup, you guessed it - your Internal Sacred Space!**





And some Witches completely ignore it... it's a shame because if you set up your Internal Sacred Space properly, it will effect your Magick in amazing ways - much more than things in your External Sacred Space (like the color of your altar cloth, etc.).

I completely understand the attention being paid to External Sacred Space, because the sight of a beautifully done altar, in a perfectly clean External Sacred Space is a wonderful, spiritual thing to behold.

But it's your Internal Sacred Space that is the "fuel" behind every kind of Magick you ever do. So let's do something that a lot of Witches never get around to doing. Let's set up your Internal Sacred Space now...

1. Find a quiet place where you can sit down and concentrate. Preferably outside on a nice day, but you can also find a quiet place in your house where you feel at peace. Grab a pen and a piece of paper of clean 8 ½ x 11 notebook paper, sit in a comfortable position, and close your eyes.

2. Take a few deep breaths and think of emotional and sacred things in your life. These could be fond memories, certain people in your life, emotions, feelings, important objects, places, etc.

If you think of negative things, immediately "sweep" them out of your mind. When you are done, you need to only be left with all of the sacred things in your mind. Relax, and concentrate until you feel you are "ready".

When you open your eyes, let your list fall out of your pen and onto the paper. Just let it flow. I want you to write down everything in a list. Be as detailed as you possibly can about each sacred thing you can think of. (Remember, these are sacred things to **YOU**, and they can be anything that brings positive emotion into your heart)

When you are done, turn the paper over.

3. Now, close your eyes again and think of everything that is *NOT* sacred to you. Think about your biggest long term problems, things that irritate you, things that make you sad. Nobody is perfect, think about your flaws as a person. Think about anything that brings negative emotion into your heart.

Once you have brought them all into your mind, open your eyes and write them all down on the back of the same paper. All of these negative things will keep you from creating your sacred space. You will soon find out how to keep them out of your sacred space so that you will have a true place of power within you for spell work. *Fold up the paper and get ready for the next step...*





4. You've now got your lists. On the front you have a list of things that are "sacred" to you. On the back you have a list of all things that are **NOT** sacred (the things that bring negative emotions into your heart). Now, you will need to gather a few tools to use to finish the building blocks of your Internal Sacred Space.

Gather the following items:

- White candle in a holder
- Matches, or a lighter
- A glass (or ceramic) bowl
- A glass of water

Set them all up in front of you...

5. When you are ready, light the candle. Let it become your focus. Feel the heat and energy coming from the candle. Visualize it's energy surrounding you, enveloping you in it's light and warmth. Let it's light fill the aura around your body. See this light purifying your energy, filling your heart with it's pure, white glow. After you feel warm and pure from the light of the candle, take the paper and unfold it.

6. Slowly read the list of sacred things aloud. Allow yourself to pause between each one and think deeply on it. When you have gone through your entire list, say the following aloud, and with purpose:

***"These Sacred things that I see
Make them all a part of me
Help me raise the energy!"***

Now visualize each item from your list rising up off of the paper to brighten the white purifying light around you.

7. Next, fold the paper back up without even looking at the list of negative things. Gently hold the folded paper into the fire on the candle (be very careful not to burn yourself or anything around you). Once the paper catches fire, drop it immediately into the bowl.

Now say aloud:

***"Cleanse the Space inside of me
And rid all negativity
I accept no less –***





So Mote It Be”

8. Now watch the flames carefully as they burn the rest of the paper while you focus on feeling your positive sacred energy full of grand emotions. Feel the energy again, surrounding you and cleansing your space with white purifying light, filled with all of your sacred things.

9. Pour some water into the bowl to put out the rest of the flames and ash to “cleanse” all the negativity from your space. Now snuff out the candle.

You have now set up your basic internal sacred space that you are going to build on in the future. When you first set up your sacred space in this way, do this once a week for 4 weeks to reinforce it and grow the power of your space. (you can write down different things, or the same things every time)

* **If you want more** – you can sign up to see full demonstrations of almost every aspect of Witchcraft at

<http://www.masteringmagickwitchcraft.com>. If you are finding this course useful, it is only the “tip” of the iceberg in the world of Magick...see the wonders I have in store for you in my [Home Academy](#).

Going forward, you are going to want to do this once a month to keep your sacred space clean so that your Magick will work to it’s fullest and won’t be tainted with negativity.

Good job! You have successfully set up your Internal Sacred Space - now you just need to nurture it every week for the first 4 weeks, and then every month after that.

It may seem silly to keep doing after awhile, but it is **SO** important to keep your sacred space pure - not only so that you can fully tap into your Magick, but so that you can keep it free of negativity. Ignoring Internal Sacred space is one of the big reasons why spells can fail (or even backfire).

This won't take more than 10 minutes, and it's really important. Now, Day 3 is coming tomorrow so be ready, and try to get your Sacred Space set up soon! It's time to get ready to cast some very special spells, but first an “External Sacred Space” exercise...

'Till Tommorrow!

Love And Light,





Rose Ariadne

Your Warm And Caring "Resident Witch In Charge"

P.S. I'd love to hear how this worked for you, please let me know here...

<http://www.rose-ariadne.com/tell-rose-ariadne-your-story/>

And make sure to visit the blog periodically to check my new posts:

<http://www.rose-ariadne.com>

Oh, and check out my life's work here...

<http://www.masteringmagickwitchcraft.com>

P.P.S. If you have a friend or family member that could benefit from these lessons, please send the lessons to them. You can either email the lessons to them, or just tell them to visit my blog and other sites by using this special webpage:

<http://www.rose-ariadne.com/tell/tell.cgi>

