

Money Practice

Creating Sacred Space In Your Home For Money



sa·cred

ADJECTIVE \ 'sā-krəd \

: highly valued and important : deserving great respect

space

(from the OXFORD dictionary)

NOUN spās/

a continuous area or expanse that is free, available, or unoccupied. "a table top just for me + money"

synonyms:

room, capacity, area, volume, expanse, scope, play,

clearance "the space sparkled with such cleanliness + beauty it brought calm to my soul"

What *energy* do you hold when “inviting” money into your home, your sacred space? does it look like this...



or maybe this...



Be aware of your energy invitation

it influences the space you create in your life for money

What if you thought of money as one of your most special friends... coming over for a few days to hang out with you... you'd probably put clean sheets on the bed, clean the toilet bowl, have food in the house, and have everything all tidy-ed up, so you could enjoy the time you are together in its fullness.

Money is energy. It comes in + goes out of our lives daily. It is important to bring our attention + intention to money. To track it. To understand it. To play with it. Grow it. Shelter it. Give it.

It is necessary to “give money a sacred space” in your life. This physical space can be as simple as a clean uncluttered shoe box with a calculator, pencil, paper, checks OR a computer that holds all your financial info OR as elaborate as a section of a room for money. Its all up to you the space you create and it really doesn't have to cost you any money to create this space. Just some time + creativity.



Practice: Create a sacred space for you + money

- Bring in order because order helps us to think more clearly. Think all lined up. Everything in its place.
- Bring in beauty with items that bring you pleasure (flowers, symbols, fragrances, candles).
- Bring in cleanliness because mom's say that is next to Godliness + mom's are always right.

Quotes To Help You Create + Hold Space

“ Start where you are. Do what you can. Use what you have.”

Arthur Ashe

“ I had to learn how to let go in order to accept goodness and blessings into my space.”

Alex Elle

“ In every job that must be done there is an element of fun.”

Mary Poppins

“ Clutter is not just the stuff on your floor - It's anything that stands between you and the life you want to be living.”

Peter Walsh

Self Inquiry / Journal Prompts

1. The place in my home where I will create sacred space for money is....
2. I will make this space sacred by....(be super specific with the behaviors you will do)
3. I will bring these (sensory) elements into this space to calm my nervous system...(be specific)
4. My best relationship qualities I promise to bring to my relationship with money are...