

Transforming &
creating a sacred
space at your home...

~Space Activation Exercise~

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Introduction



Why is it so important to be aware of your living environment?

Have you been feeling stuck or things are not going well? Your body feels tired, heavy or you feel lack of motivation? You may want some change in your life or lifestyle? but you are not sure yet what it is? or how to achieve? where to start?...

When you need to clear your thoughts and body that have become stagnant, why don't you try starting by organizing your environment to bring harmony and clarity to your mind and body.

This situation can be explained by comparing it to "water". When water is left stagnant in a certain place or in a location where has no flow, microorganisms can proliferate, causing it to become murky, rot, and emit a foul odor, leading to the accumulation of negative energy. The same applies to living spaces in a home; in areas where the flow of energy is poor, negative energy tends to accumulate, adversely affecting health, finances, work, and relationships and etc. By balancing yin and yang, harmony can be created in the energy field, enhancing healthy living and good luck.

Checklist

**For Yourself, Space condition & Enviromental situation ...
when the energy can be low or disturbed.**

- Continuing unexplained health issues**
- Easily irritated and often arguing**
- Feeling restless at home or not keen to return home**
- Having a negative person in the family**
- Lacking motivation and unable to escape negative patterns or victim mind**
- Cluttered with things and accumulating dust in the house**
- Water areas like bathroom, toilet and kitchen are not cleaned regularly**
- Poor sunlight exposure or curtains are always shut**
- Unpleasant odour (humidity, mold or pet etc.)**
- Near electromagnetic waves, high voltage power lines, and transmission towers/box**
- A house filled of second-hand items or old clothes**
- Laying unused or broken items**
- Very close to a hospital or graveyard**



~Raising your vibration~

Enhancing your state of energy or consciousness. It is said to be the "frequency of the energy of the mind, body, and soul," and it is believed that by raising your vibration, your life improves and you attract more positive events.

What happens when the vibration rises?

- Feeling lighter and more positive.
- Becoming easier to attract joyful encounters and events.
- Your mind becomes clearer and sharper to make a decision intuitively.
- Becoming less tired, your mind and body balance out.

Method



01 Physical Space Adjustment

- Keep the room clean and tidy
- Declutter and let go of unnecessary items.
- The entrance space of your house is the gateway for good fortune. Make sure shoes and things are not left out or blocked in the way.
- Placing red items, candles, and shiny things like sun catcher or crystal in the entrance hall to attract good luck. Colour of red enhances your vitality, confidence, and active energy, which allowing you or your family members to go out energetically too.

- Burn incense for energy purification.

Choose something that suits your preference, like white sage, palo santo, frankincense resin, camphor resin etc.

- Open windows for improve airflow and circulate the air.

Pay special attention to areas prone to humidity. Using air purifiers, fans, and dehumidifiers is also beneficial.

- Let in natural light to keep the space bright.

For areas that tend to be dark, like hallways, use lighting even during the day.

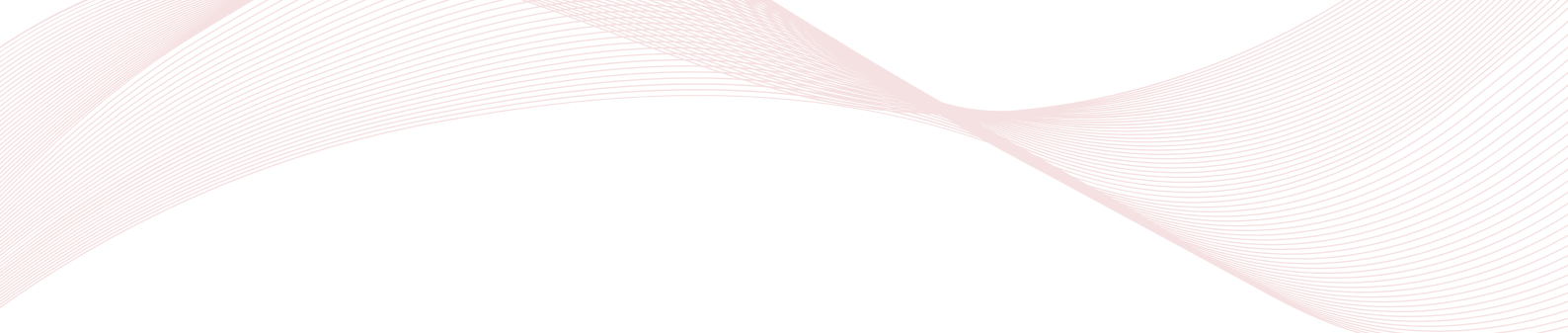
- Decorate with fresh flowers and plants.

Having greenery provides a healing effect, and roses, in particular, have a high frequency that can instantly elevate the energy of the space.

- Utilize aromatic scents.

Avoid synthetic fragrances or perfumes. Try to use natural essential oils or perfumes as much as possible.

Lavender, rose, frankincense, sandalwood, jasmine, neroli, and peppermint are recommended as higher vibrational essence. Try and choose suitable for your home.



- Playing music or instruments, such as singing bowl, bell, piano, wind chime, or chanting mantra and etc. Even just clapping hands simply can have a cleansing or resetting effect to the space and yourself. It might be easier to search for "cleansing/healing music" or "classical music" on YouTube and try to find what it feels good for you.

- Use colours. Pastel colours are recommended.

For windowless toilet or bathroom, use lavender colour for higher purification power. In the bedroom, use blue for healing and calming, and pink to enhance love relationships. Gold attracts abundance and prosperity, suitable for the entrance or living room.

- Display crystal stones.

My recommendation is selenite! It has a powerful purifying effect and possesses a unique ability to return absorbed negative energy to a clear state, allowing both for "healing and charging" by itself.

Method

02 Mental & Spiritual Adjustment Work

- Let's always be aware of the feeling of gratitude and show your appreciation by saying "thank you."

Let's try writing down even for small daily things, what you feel grateful for...

- Reflect on your life so far and acknowledge that "everything happened for your self-growth."

Write down that "thanks to (people or experiences), as I am who I am today."

- Make time to do things you love and take care of yourself.

Write down how you like to spend your joyful time and what activities help you to relax.

- Let go of past attachments and future anxieties.

Focus on what you can do now, and live each moment to the fullest.

Method



03 Physical Health Adjustment

- Avoid processed foods, eat more fresh vegetables, fruits, and fermented foods.
- Engage in moderate exercise
- Spend time connecting in nature or do gardening
- Relax through deep breathing, meditation, or massage.
- Earthing by walking barefoot on the ground.
- Reflexology to release stagnant energy from the soles of the feet.

Goals



No need to be nervous or strict about the energy of shadows, it would be best to do this in routine, but it's okay do time to time when you remember. Let's direct awareness towards to your home and same as we take care of yourselves.

Just like we eat and get dressed every day, let's bring this practice into small daily choices. No need to try changing everything at once, but rather gradually with your comfort pace, see how you feel and things go.



How to identify high vibration people

Radiates positive energy



- Be bright and positive, providing a sense of security to those around them.
- Doesn't dwell deeply on unpleasant events and they are good at accepting and adapting things.
- Doesn't quickly react to blame others or hold bad feelings toward others from the bottom of their heart.
- Never forget to feel gratitude even for small things.
- Strive for a simple life to see the true essence clearly what is truly necessary.
- Have healthy habits or routines that suit them.
- Value spending time on what they truly love and with important people for their life.



Summary

When your home or personal space become a "Recharging Oasis," you can recover even if you feel exhausted from outside world, and you will feel motivated to take on challenges again. Conversely, if you have no place to relax, you will always carry stress and disrupt the balance of your mind and body. That is why it is important to creatively design your space with using elements like feng shui, interior colour design, scents, and cleanness to create healthy environment where you truly feel ease and peace. By valuing what makes you feel "good," "joy," and "love," it will naturally lead to raising your vibrations.



END

At last, after completing everything that need to be done...
Believing in yourself, trusting the process from unseen vibrational energy, surrendering to the flow, and stopping trying so hard will guide you back to your true purpose.
In the process of spiritual growth, “challenges leading to transformations” sometimes occur. By maintaining this attitude of 'trust' and 'let go of resistance', old patterns and beliefs can be healed, allowing you to “return to your true self”, your natural state, and how you ought to be.

Thank you for reading this far.

May your day be filled with warm energy, and may you become a pillar of light that illuminates those around you.

Sending much love & light

Makiyo