

# GUIDE TO PERSONAL SACRED SPACE™



Create the space for  
your soul to shine

# LUMARI

# GUIDE TO PERSONAL SACRED SPACE

by Lumari

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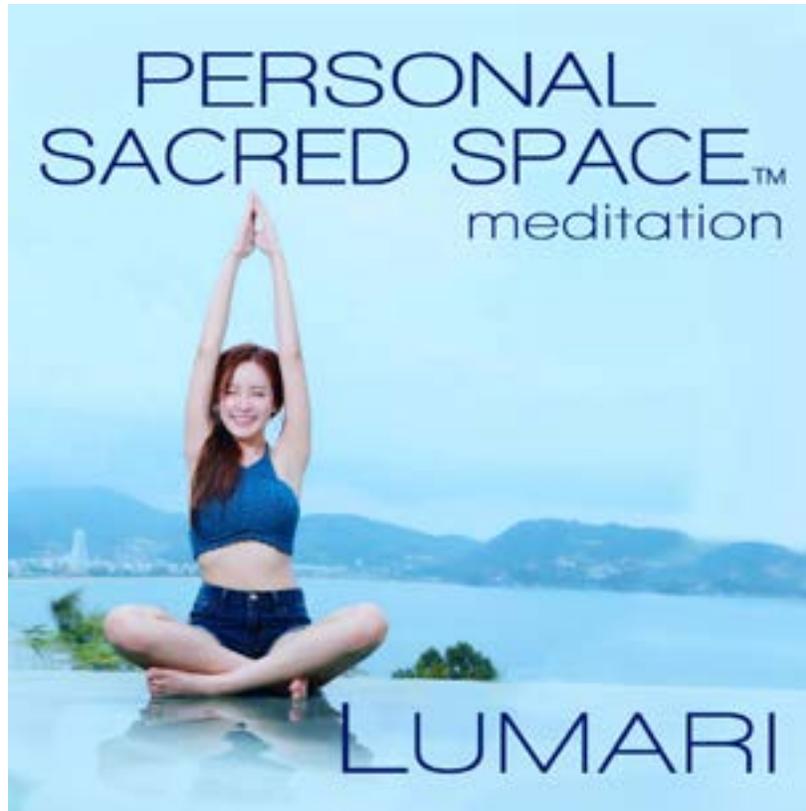
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Published by  
BLUE STAR NETWORK  
Santa Fe, New Mexico 87508

[www.Lumari.com](http://www.Lumari.com)

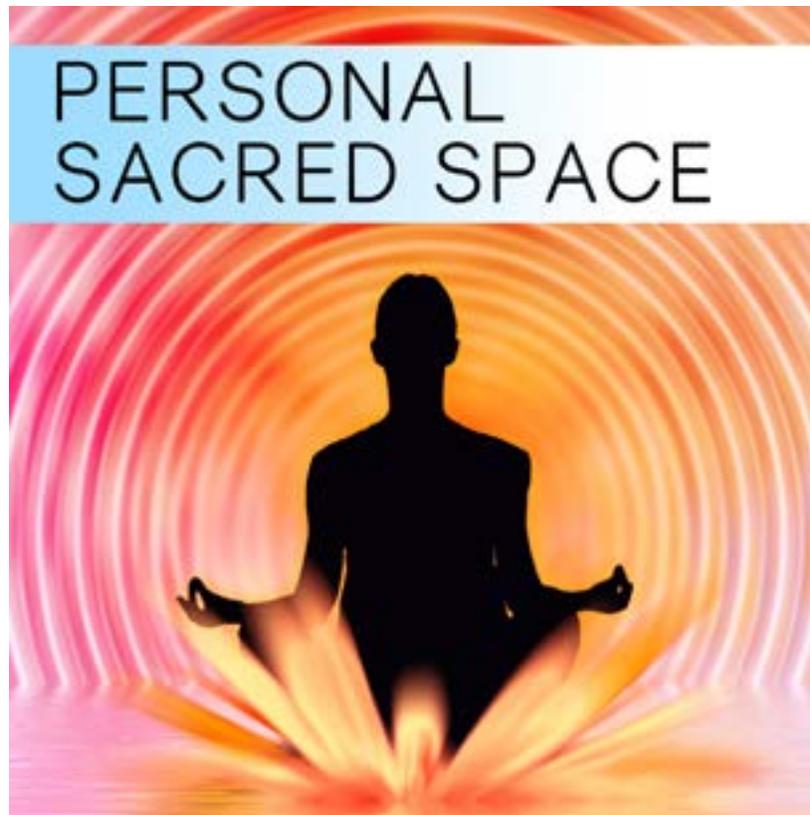


MAKE THE SACRED  
A WELCOME AND INTEGRAL PART  
OF YOUR OWN BEING.

**CLICK HERE TO DOWNLOAD <https://lumari.com/sacredspace/>**

Lumari's Personal Sacred Space meditation, guides you to tune into your brilliance, generate a create a clear focus and vision, eliminate the discord and distractions, so you can shine in your life and make a difference in our world.

It helps you create, contain and feel your own energy, your inner and outer being, your body and spirit as a Sacred Space.



## WHAT IS LUMARI'S PERSONAL SACRED SPACE MEDITATION?

Personal Sacred Space is your own personal energy and energy field.

It is the container, the energy and space of your being that you hold as sacred. I created and developed the practice, wisdom and vibration of creating Personal Sacred Space to help you to be clear, centered, present and aligned in your own energy, knowing and soul.

My Personal Sacred Space meditation ([CLICK HERE TO DOWNLOAD](#)) is a beautiful guided meditation that helps you create the energy of your joy, generate a beautiful, centering, healing energy around you and your soul.

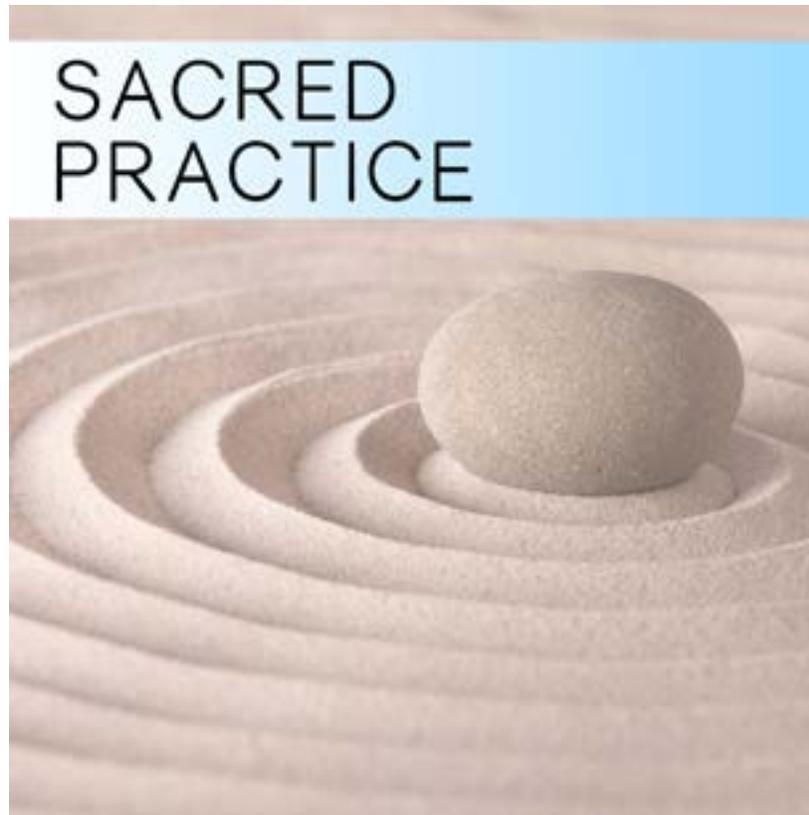
## WHY IS THIS IMPORTANT?

My Personal Sacred Space meditation is a guided meditation to help you move into a clear, positive focus. You create a space, a vibration and zone that is clear and whole, aware of and connected to your soul being.

This helps you distinguish your own energy and thoughts from the opinions, energies, emotions and more from other people, media and the general energetic atmosphere.

When you aren't aware of and don't distinguish your own energy, your personal space and feelings, emotions, knowing and spirit, you can easily absorb unwanted influence from people, places and situations. You can absorb negative feelings and thoughts from people in the same room or even people passing by. Not knowing about your personal energy can bring confusion, and more.

When you move into your Personal Sacred Space, you can eliminate the discord and distractions, create a clear focus and vision, so you can shine in your life and make a difference in our world.



## WHAT TO DO CHECK LIST

Now, if you've already downloaded my Personal Sacred Space meditation, then begin to listen to it often. I created it specifically so you can listen any time and shift into greater joy and wholeness right away.

Here's the What To Do Check List, with a little guidance to help you really enjoy this meditation.

### **Tune In To Your Energy.**

Whenever you are ready to listen and flow with this meditation, tune in to your energy. See how you feel. Notice your mood. Notice any distractions. This will help you see where you are and be more aware of your present moment.

## **Prep For The Meditation.**

Give yourself some space without distractions and noise. You can do the meditation anywhere. Choose a quiet place, and plan for a quiet time to be present, listen and feel the flow.

## **Breath And Feel It.**

Take a few deep breaths before you begin the meditation. This practice aligns your mind, body and spirit to a space of centered awareness. Three deep breaths as a minimum and ten deep breaths as the maximum to begin.

## **Listen.**

Ah! Now you listen to my Personal Sacred Space meditation and follow the energies. One part of this meditation is about following the guided words to align your mind and spirit. Another part of this meditation is about sound, vibration and receiving the blessings infused within it. This gives you even more space within to be clear, create a new focus, receive positive energy and blessings and more.

## **Take A Few Minutes After To Vibe And Write.**

After the meditation is done, give yourself some time and space. This meditation shifts your energy, so you want to recognize and appreciate that by letting it flow. No need to jump right into the next thing. Five minutes to absorb, is a special gift to yourself. Lots of times, great insight, inspiration, and clarity comes from this meditation. Give yourself that time to write some notes about your ideas, feelings, observations and understanding.

## **Celebrate Your Energy.**

AH! Now, you are in a new place. Whatever that is, celebrate. Feel the joy. Feel the insight. Appreciate your own knowing, wisdom and energy! That's truly sacred.



## WHEN TO DO LUMARI'S PERSONAL SACRED SPACE MEDITATION?

My Personal Sacred Space meditation is very versatile. It is multi-dimensional and can be used before and after many different situations and experiences. You can listen to center yourself and create clarity and ease before situations. You can listen to the meditation as a practice every day. You can use it as a 'Go To' whenever you want to tune in, be more clear, and connect with your soul being.

**Here are a few suggestions.**

You can engage and listen to this meditation

- when you wake up in the morning to start your day
- to refocus your mind and energy
- to prepare for big events
- to clear stress, overwhelm, and distraction

- to have an open focus and attention in business and meetings
- to connect with new insights and deeper understanding
- at the end of your day and before sleep, to clear your energy
- any time you want to chill

Listen to my Personal Sacred Space meditation and generate the clear focus and vision you need to shine in your life and make a difference in our world.

My Personal Sacred Space meditation helps you create, contain and feel your own energy, tune into your brilliance and create a Sacred Space for your soul and being!

If you haven't listened, please download it here.

[CLICK HERE TO DOWNLOAD](#)

And share this link with your friends and give them a gift of Personal Sacred Space.

And I have more meditations and in-depth courses and trainings, too.

[Visit Lumari.com for more!](#)

Many blessings,  
Lumari



## ABOUT THE AUTHOR

LUMARI is a gifted internationally acclaimed intuitive life coach, psychic consultant, creative catalyst, visionary energy master and bestselling author who has shown thousands of people how to celebrate their soul purpose, follow their highest destiny, fulfill their dreams and uplift our world.

With clients all over the world, she is passionate about providing guidance and sharing wisdom that creates transformation, fulfillment, and inspiration for positive personal, professional and planetary change.

Enjoying a successful career as a sculptor, Lumari integrated her creative gifts as an artist with her powerful intuitive gifts of vision, channeling and communication to relentlessly follow her vision. Because of her extraordinary intuitive gifts, vibration and wisdom, Lumari is a joyful vortex of inspiration. She opens the doors to your inner being. Her world class coaching provides the clarity, guidance and healing you need to fulfill your soul expression, soar in spirit, access opportunities and manifest greater wealth and success. Her insight, vibration and vision help you be the joyful soul and spirit you know you are inside and guide you to courageous success.

Her books, meditations and spiritual training workshops bring joyful awakening, profound clarity, spiritual connection and healing. They reveal secret teachings to raise awareness and Divine connection. Her podcast the “Cosmic Coffee Break” brings enlightening meditations, wisdom teachings and interviews to share the vibrations to uplift your life and our world.

To connect with Lumari for coaching, gatherings and more and to Live Inspired, email  ***blessings@Lumari.com***

## MORE FROM LUMARI

Here's a few of Lumari's meditations and audio books to bring more clarity, peace, joy and magic into your life.

[Visit Lumari.com](http://Lumari.com) for even more books, meditations courses and coaching.



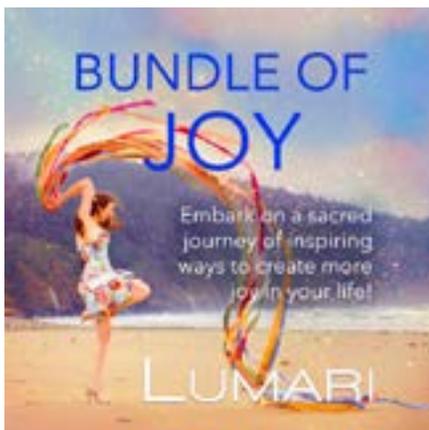
### [30 DAYS TO GREATER JOY - audio book](#)

There is no end to the Joy. Spend 30 days of simple and powerful practices and actions that open you to receive and create more joy in your life. In this joyfilled journey of transformation, you'll feel a new brightness in your life.



### [BREATHING MAGIC - audio book](#)

Breathing Magic wisdom teachings and meditations provide a clear sacred space and find new ways to support your Personal growth, health and healing, expand your wealth, embrace your intuition and purpose and celebrate the pure joy of you.



### [BUNDLE OF JOY - MEDITATIONS](#)

Embark on a sacred journey of inspiring ways to create more joy in your life! Lumari's Bundle Of Joy is a rich collection of inspiring ways to create and bring more joy in your life! It is a Joy Journey! The Bundle of Joy includes my favorite practices and Meditations.

May your life  
be filled  
with blessings!