

Blessing Supportive Space

To welcome a new season of your life, you might bless the space that supports your contemplative practice.

Blessing the Space That Supports Your Home

- Bow before the threshold of your home, then step **outside**.
- From the soles of your feet to the crown of your head, **receive the support of the Earth** through your entire body.
- **Breathe**.
- **Relax** your face and body.
- **Open** your heart and mind.
- Walk the **land** that surrounds and sustains your home (e.g., your neighborhood).
- As you walk, notice what you can **see, hear, smell, touch, and taste**, if anything.
- Experience your **deep connection** with the space that supports your home.
- Feel the supportive **presence of Love** in this space.
- Filled and enfolded by Love, **bless** this space and the wider world beyond.
- Return to your **home**.

Blessing the Supportive Space That Is Your Home

- Bow before the threshold of your home, then step **inside**.
- From the soles of your feet to the crown of your head, **receive the support of your home** through your entire body.
- **Breathe**.
- **Relax** your face and body.
- **Open** your heart and mind.
- Walk through your **home** (e.g., each room).
- As you walk, notice what you can **see, hear, smell, touch, and taste**, if anything.
- Experience your **deep connection** with the supportive space that is your home.
- Feel the supportive **presence of Love** in this space.
- Filled and enfolded by Love, **bless** your home and all who dwell and visit here.
- Walk to your **contemplative space at home**.

Blessing the Space That Supports Your Contemplative Practice at Home

- Bow before the threshold of your **contemplative space**, then step inside.
- Stand in the **center** of your contemplative space.
- From the soles of your feet to the crown of your head, **receive the support of your contemplative space** through your entire body.
- **Breathe.**
- **Relax** your face and body.
- **Open** your heart and mind.
- Gently turn your body in a complete circle to experience the **whole** space.
- As you turn, notice what you can **see, hear, smell, touch, and taste**, if anything.
- Experience your **deep connection** with the space that supports your contemplative practice at home.
- Feel the supportive **presence of Love** in this space.
- Guided by Love, **refresh** your contemplative space for this season of your life: for example, you might dust, vacuum, rearrange furniture, and/or create an altar.
- As you engage in this renewal practice, explore the following questions:
 - What might I **release** in this season of my life? **Remove** something from your contemplative space that symbolizes what you are releasing in this season of your life.
 - What might I **embrace** in this season of my life? **Welcome** something into your contemplative space that symbolizes what you are embracing in this season of your life.
 - What is my **intention** for this season of my life? **Display** something in your contemplative space that symbolizes your intention for this season of your life.
- Filled and enfolded by Love, **bless** your contemplative space.
- Begin this new season of your life with an **opening contemplative practice**.