

Blessing Supportive Space

To welcome a new season of your life, you might bless the space that will support your journey into Love. Please feel free to adapt the following guidelines to your situation and purposes.

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 Earth's support** 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 your home's support** 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 **prayer space at home**.

Blessing the Space That Supports Your Prayer at Home

- Bow before the threshold of your **prayer space**, then step inside.
- Stand in the **center** of your prayer space.
- From the soles of your feet to the crown of your head, **receive the support of your prayer 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 prayer at home.
- Feel the supportive **presence of Love** in this space.
- Guided by Love, **refresh** your prayer 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 prayer 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 prayer 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 prayer space that symbolizes your intention for this season of your life.
- Filled and enfolded by Love, **bless** your prayer space.
- Offer the **opening prayer** of this new season of your life.