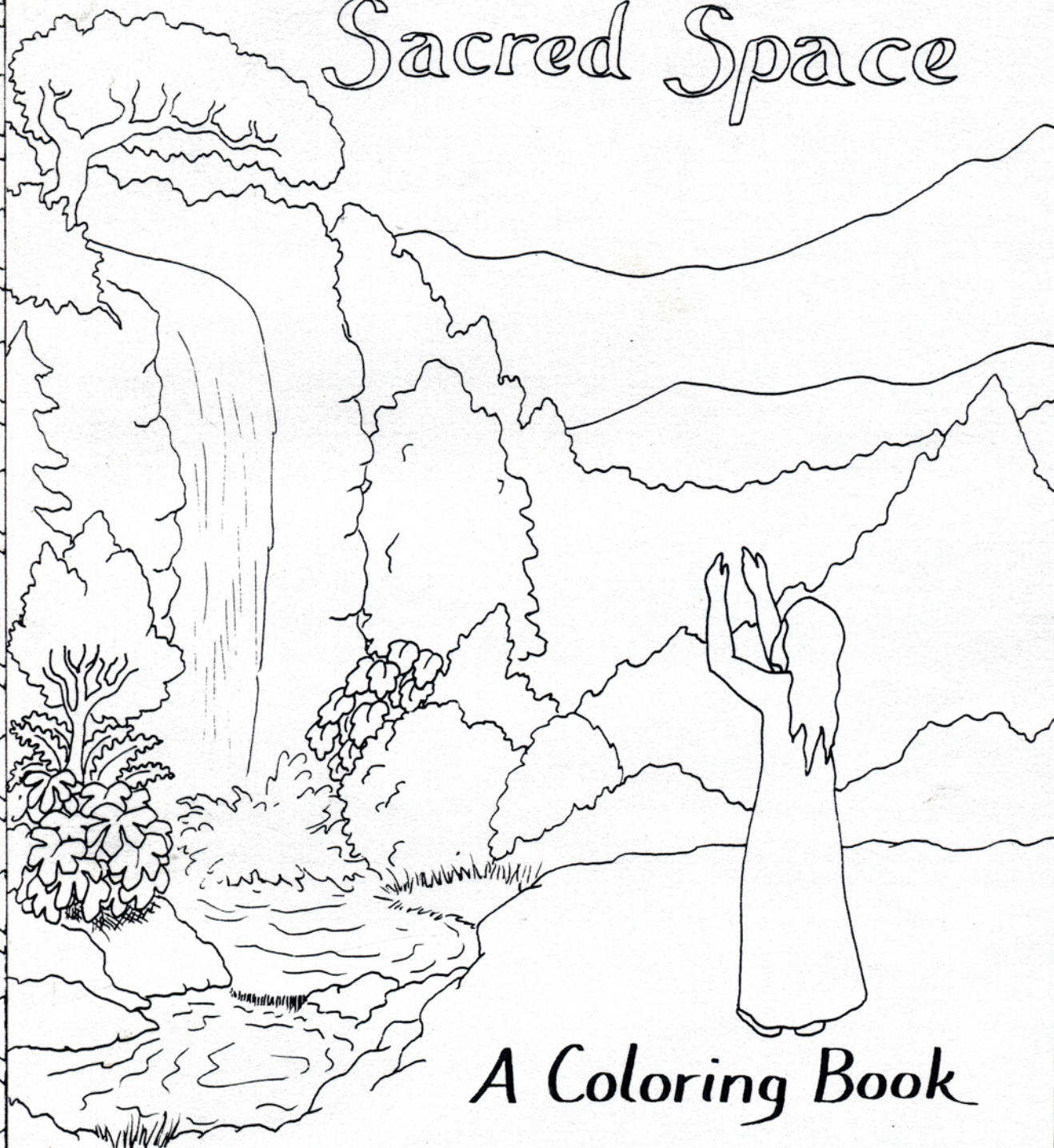


Sacred Space



*A Coloring Book
for Children and Other Mystics*

by Ouapiti Robintree

*In the Name of the One God
Who is Mercy and Compassion*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

What Is Sacred Space ?

A sacred space is a special place for prayer and feeling the closeness of God, a place to touch with your heart the Holy Spirit that lives within and behind all things. It's for tranquility and peace, and the healing of the heart.

Sacred space has been known and used by humans everywhere for many thousands of years. Ice age people painted animals and spirit-symbols on the walls of sacred caves. American Indians used stones to mark out Medicine Wheels for prayer. Ancient Greeks, Romans, Egyptians and Mayans built temples and pyramids as sacred spaces. Jews, Christians and Moslems have built tabernacles, churches and mosques in which to worship God, the Creator, Sustainer and Transformer of the Cosmos.

But you don't need a building to worship in. God has made the whole of Creation as a testament to Glory. A sacred space can be anywhere beautiful and peaceful, natural or human-made.



Make a Sacred Space

Find a beautiful, peaceful place where you won't be disturbed. It's good to have it be a place you can return to; the more you use it, the better it feels. Outside is good because Nature is God's handiwork; but inside can be sacred too.

Your sacred space is special; make it any way you want. Here are some ideas:

- Make a Medicine Wheel, marking the four directions.
- Make an altar, with a picture or symbol to remind you of God.
- Bring things of beauty to decorate it - stones, feathers, flowers, beads, seeds, crystals. Keep these things together in a special Medicine Pouch, and set them out as part of the ritual.

Sit quietly in your sacred space.

Imagine this:

In the center of your heart there is an altar to God, and a candle waiting to be lit. Prayer lights the candle, and the flame is love.

Let light and love fill your whole body, erasing sorrow and healing imperfection.

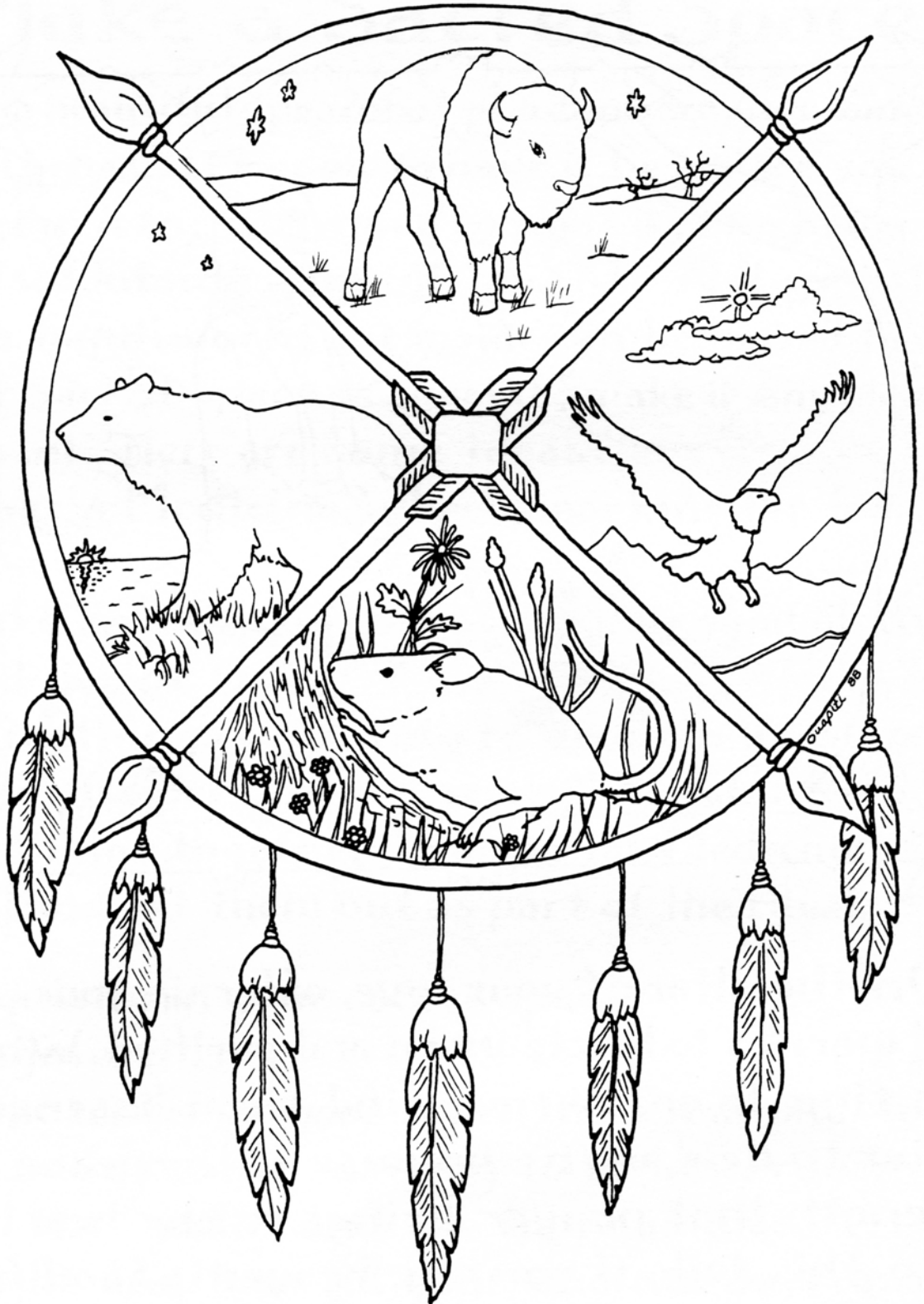
God is merciful and compassionate. What is human in you may never be perfect; what is divine already is.



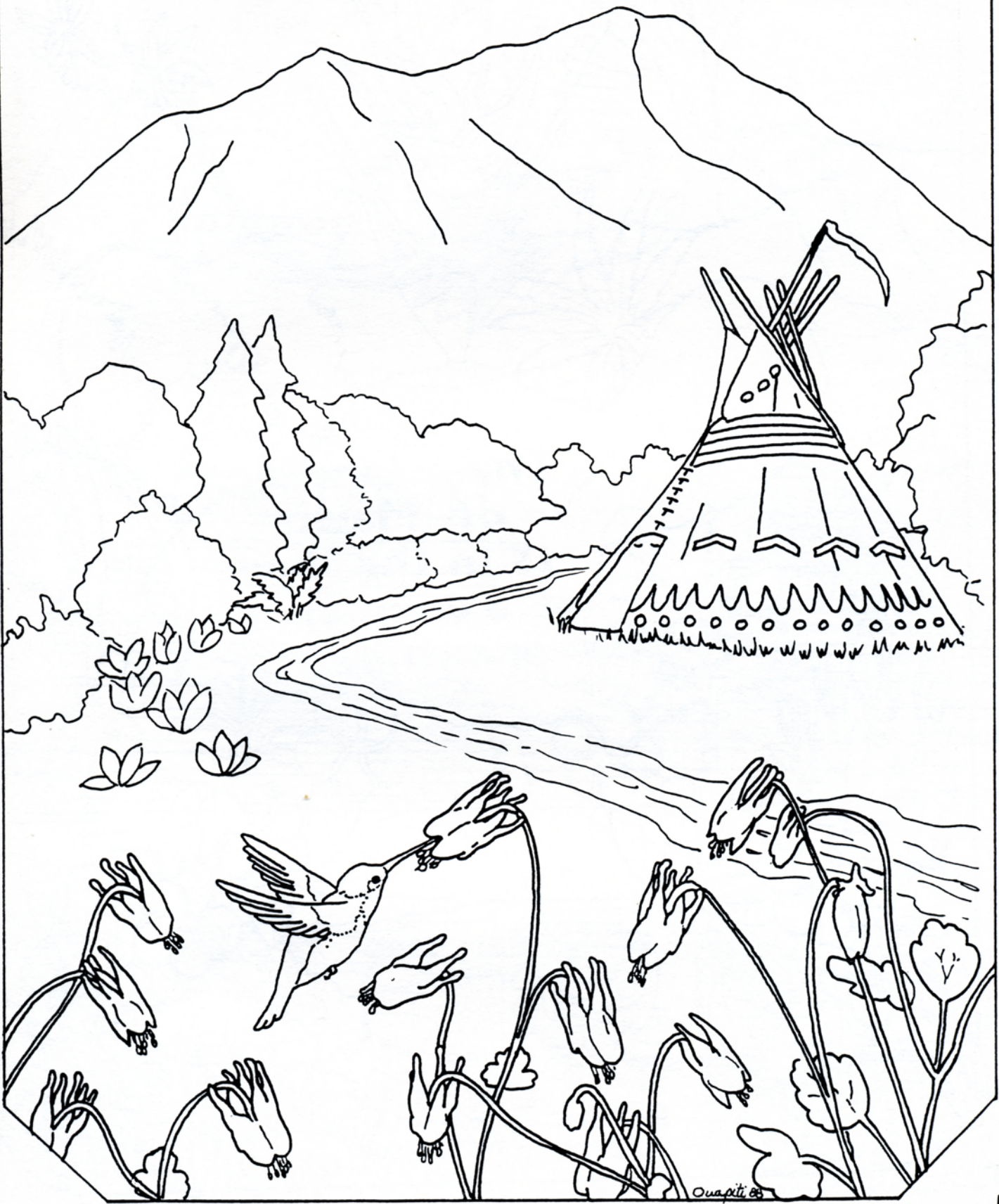
On the altar of your love, offer up your cares and worries to be cleansed and purified. When it is time to go, you may find them lessened, easier to deal with – because of the peace and strength that prayer brings to the heart.

Do this daily if you can. Prayer is food for the soul.

A Medicine Wheel



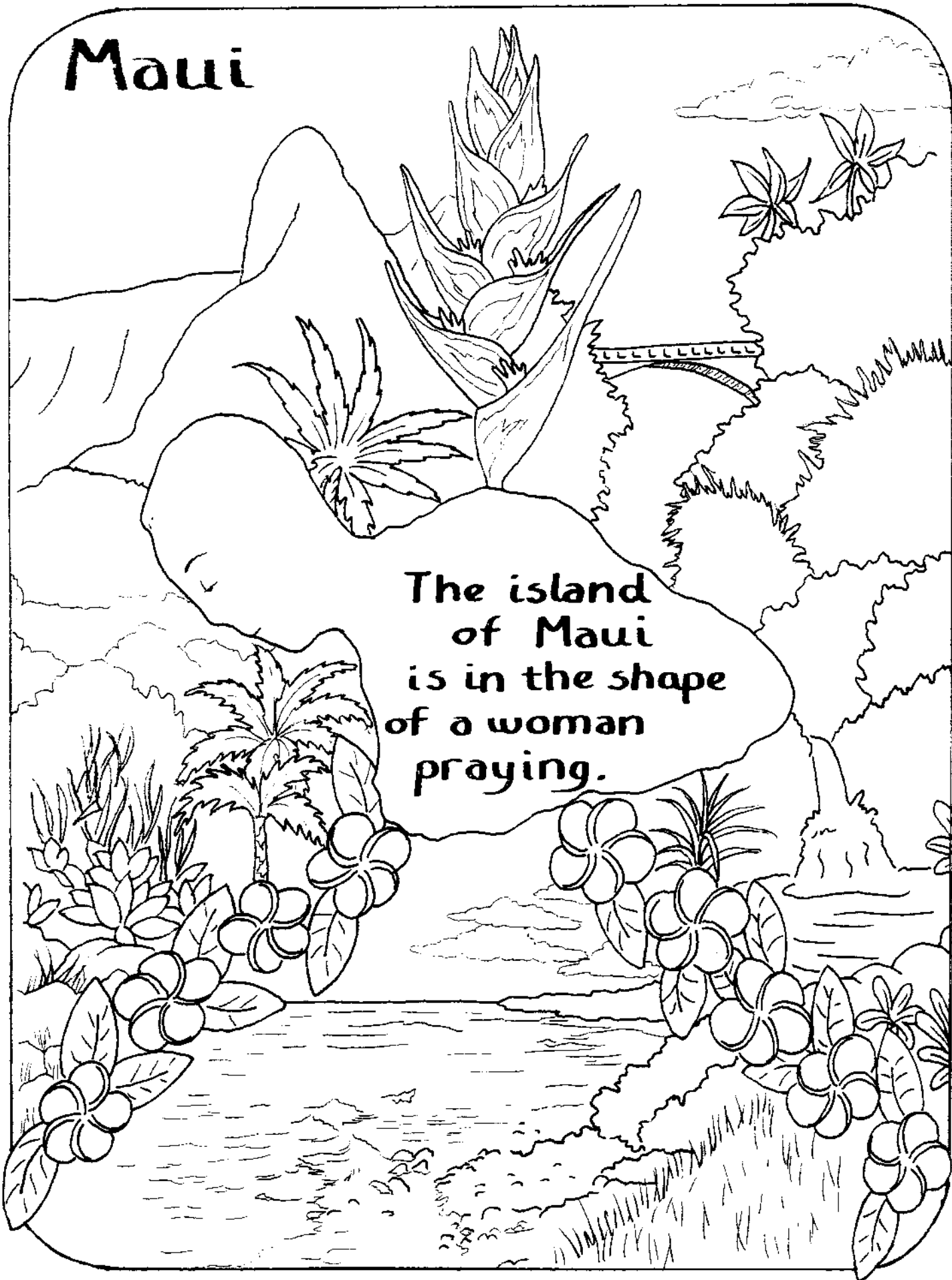
Mt. Shasta



Ouapiti 88

Maui

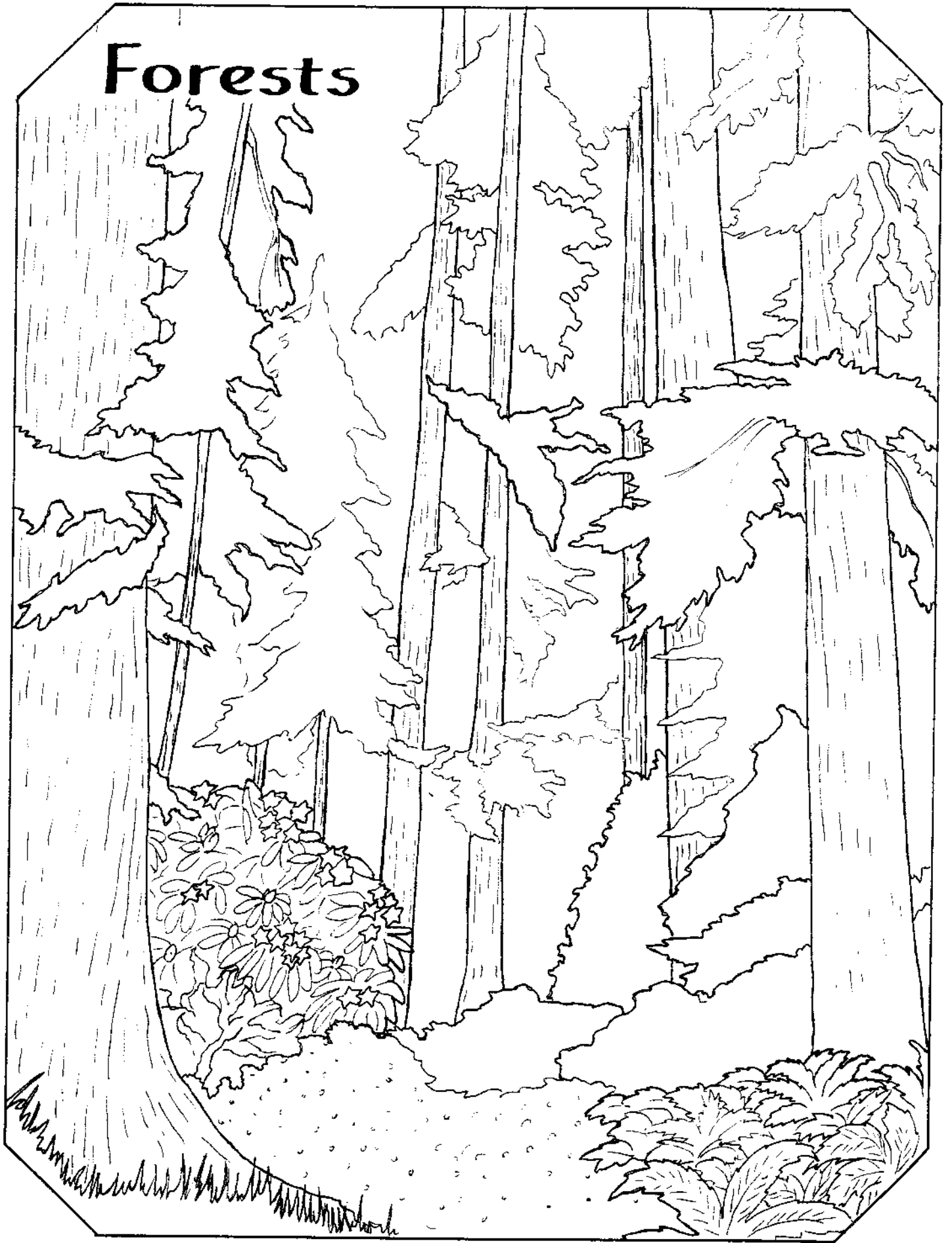
The island
of Maui
is in the shape
of a woman
praying.



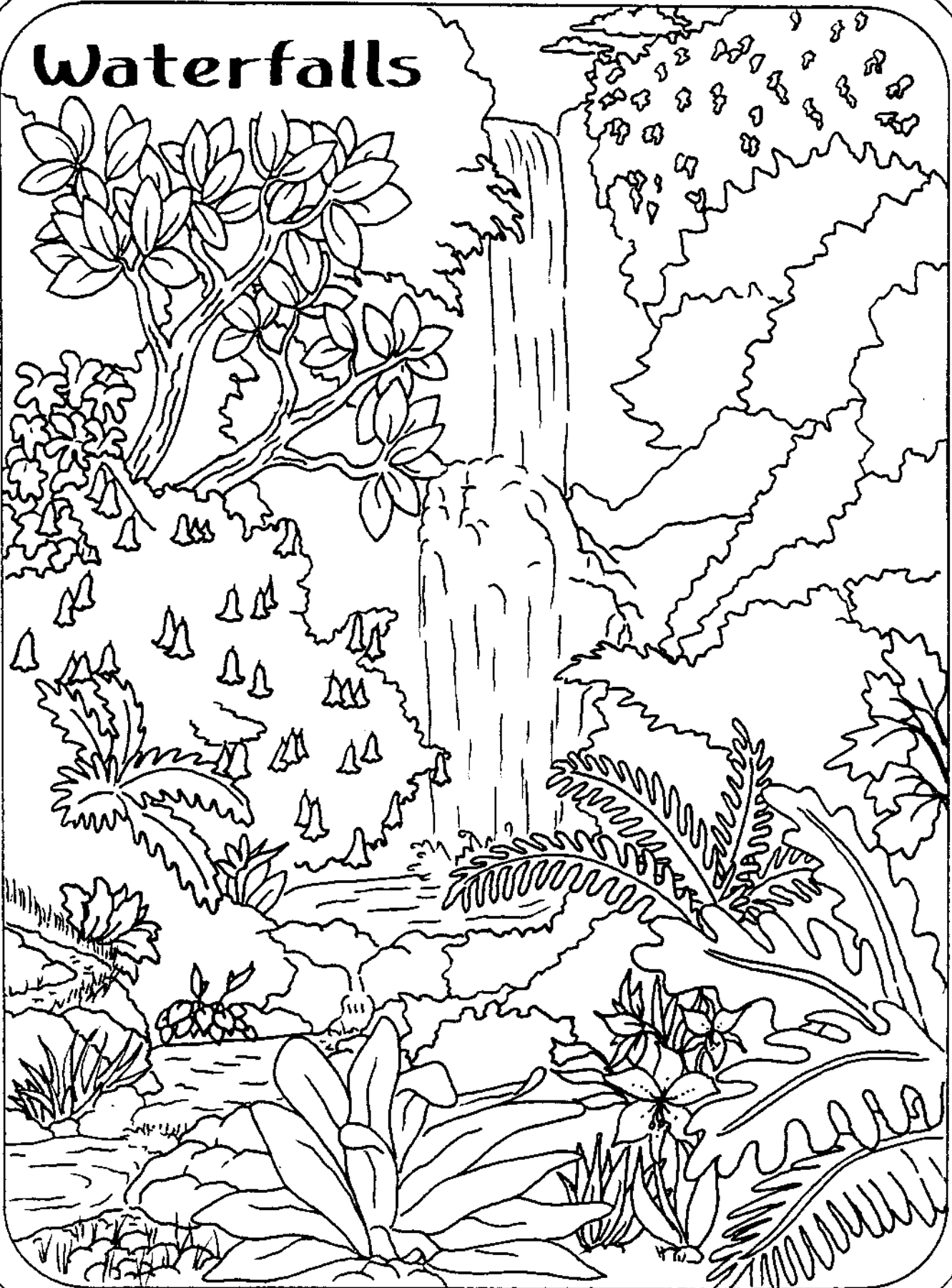
PALENQUE



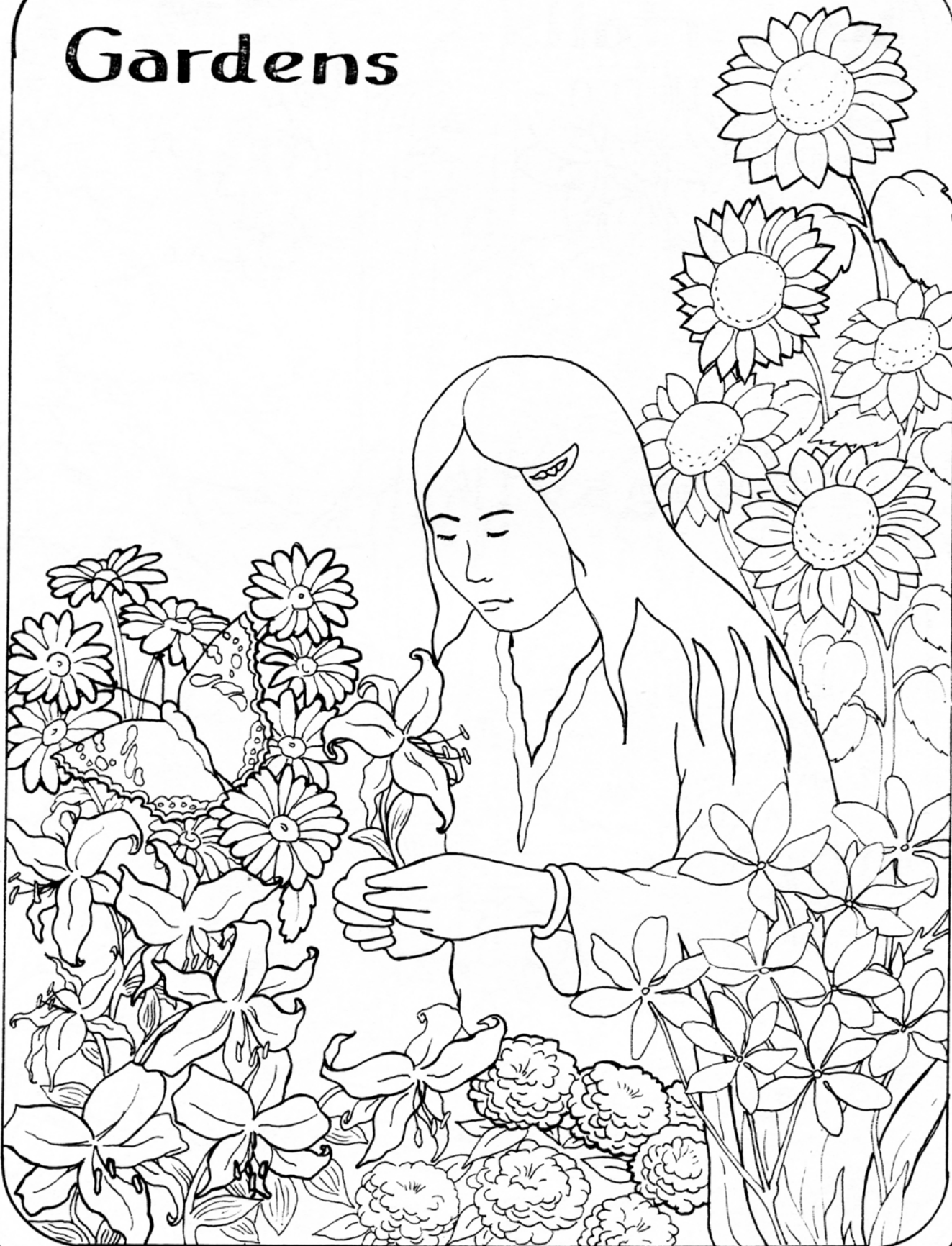
Forests



Waterfalls

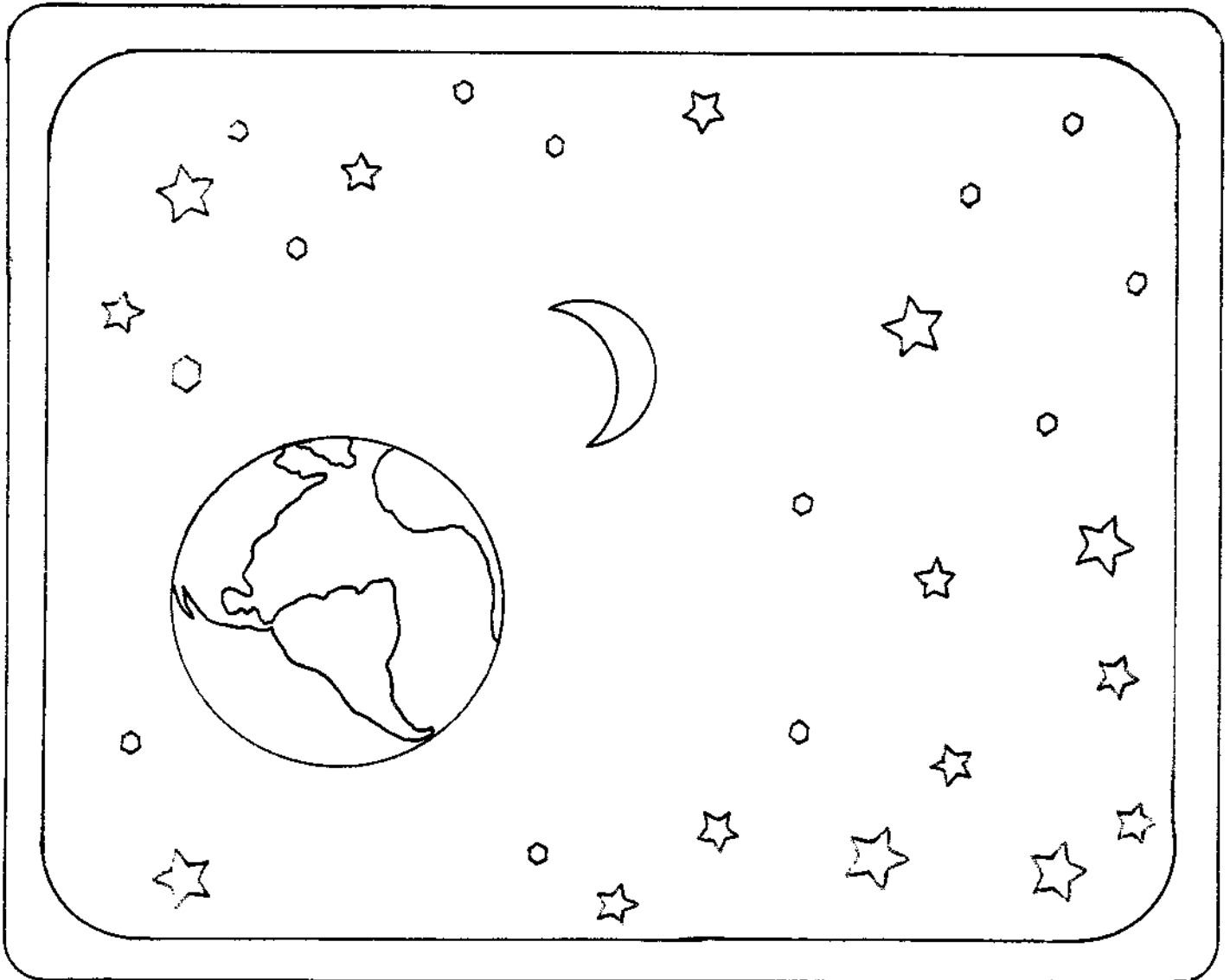


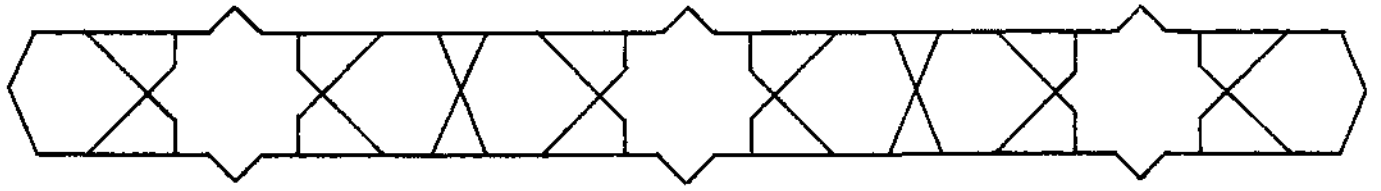
Gardens



The Earth Is a Sacred Space

She is the only planet in our solar system blessed with air, water, soil, and the sun's warmth to support life. In this vast universe she shines like a precious living jewel – special and magical.





If You Love a Sacred Space, Take Care of It

Take care of the Earth. Plant a garden, pick up litter, recycle our resources. Keep our planet clean and beautiful. Special places become more precious with care.

Love and serve all your relations—plants, animals, humans. Feed others; share what you can. Speak kindly; keep faith; help each other.

Take a walk with a special friend. Notice how life is interwoven: birds and insects, wildflowers and waterfalls, moss growing on rocks. Promise yourself to do what you can to make the Earth a better place—a lifetime commitment.

