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Sacred Space: Clearing And Enhancing The Energy Of Your Home



Synopsis

"Our homes are mirrors of ourselves. Through them we can interface with the universe." Everything in the universe is composed of constantly changing energy, including your home and its contents. This energy can profoundly influence your ability to be healthy, loving, creative and abundant. By clearing and enhancing this energy you can transform your home into a sanctuary which radiates positive energy in ever-expanding circles. In this fascinating and unusual book, Denise Linn shows you how you can dramatically change your life by changing the environment in your home or office. She combines information from her own Native American heritage with material she has personally collected from native traditions around the world to bring you practical, easy-to-use exercises for balancing the physical, emotional and spiritual energies in your home, including how to:

- * Diagnose and solve problems with stagnant home energies.
- * Use sacred sound, spirit smoke, mystic symbols and purifying fire for clearing home energy.
- * Discover the personal numerology of your home.
- * Use the ancient art of Feng Shui for the placement of objects in your home.
- * Call house angels and totems as home protectors.
- * Use rituals to rid your home of unwanted spirits.
- * Instantly uplift the energy in your home.

Your home can resonate, sing and pulse with Light energy that can touch the lives of everyone around you. Your home can become Sacred Space.

Book Information

Paperback: 308 pages

Publisher: Wellspring/Ballantine; 1st American ed edition (December 26, 1995)

Language: English

ISBN-10: 034539769X

ISBN-13: 978-0345397690

Product Dimensions: 5.5 x 0.8 x 8.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (81 customer reviews)

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Customer Reviews

SACRED SPACE is one of those books that certainly gives you food for thought. Denise Linn discusses energy in and around the home and work place. There is a small section on Feng Shui,

but Denise's book is not at all about Feng Shui. SACRED SPACE shows you how to prepare yourself and your home for cleansing and clearing. How to clear the energy in such a way that you open your life to all the good stuff. :) What to look for when moving into a new home, and how to fix the energetic debris that is usually left behind long after the previous inhabitants have moved out. From bells and gongs, salt and water, color, crystals, chanting and even introducing yourself to the space you occupy, Denise shows ways you can really make home "where the heart is". It's a book that's easy to read, with loads of information (even numerology for your house address!) and a light, good feeling, this book is an asset to any bookshelf. You don't have to be an energy worker or a spiritualist a healer or "New Ager" to appreciate Denise's offerings. You just have to have a home, and the will to make it "an oasis of peace amidst the turmoil". The price is right, and Denise Linn's writing style, as always is concise and a pleasure to read. Take the leap! It's a lot of fun. You'll find yourself chanting aloud in no time! :)

I read this book after I read Karen Kingston's "Space Clearing" book, and, even though the two authors apparently work together, the two books are like night and day in their approach. Ms. Kingston's book was very rigid and authoritative. Although Ms. Kingston's techniques may work for some, her book made me feel anxious and "wrong". Ms. Linn's book encourages people to rely on their own intuition and trust their own feelings rather than following traditional "rules". She gives examples of space clearing techniques from many cultures and encourages you to make your own rituals rather than following some set technique. You may not agree with all Ms. Linn's ideas, but she presents them in a way that allows you to consider them and then make your own decisions, rather than telling you that you have to believe what she believes. Reading this book was like talking to a wise, loving, friend - I recommend it.

Once you've read it, it makes such sense: everything around us is connected to us and imbued with our energy - for better or for worse. Reading this I realised that I longed to have a home which was truly a home for my soul NOT just for my body and NOT (as I had been very apt to do) a home for the eye and thinking/cortical mind. Interior design has it all wrong. It's head-led stuff. Fine if we were just heads on sticks. Feng shui is largely wrong too. It's rigid and full of superstition. Denise Linn gets it right. Our homes are places of the heart, places of the soul and places of the body. She teaches us how to trust our instinct in creating places to live that are truly of us and for us. NOT for the visual consumption of the style critic. But for us to fully live in and experience the sacred in. If you're ready for this book then you'll love it. If not, then you'll dislike it. But here's an idea of what's

in it:How to move stagnant energy out of a house. How to bring in new and beautiful energy into a home. How to use ritual. The central role of INTENTION - your intention - in creating the sacredness and spirituality of your home. Little tidbits about making moon water, and rainbow light. And a big emphasis on the earth and all the powerful tools she gives us to ground and enliven our homes:earth, water, fire and how to use these.Take the plunge. Live in your house and hence your body/spirit/mind in a new way.

This book is one I reach for over and over. It is chock full of practical things one can do to work with the energies of one's home. Linn goes over a variety of techniques for clearing and upgrading the energies of a home; from Feng Shui to smudging to cleansing with sound, light, and color.She includes several informative sections on things like the numerology of homes (which I find fascinating), includes a Ba Gua map for your Feng Shui use, talks about tomems and various household protection rituals. I have the bad habit of dogearing pages which are important to me in a reference book, and her book must have thirty or more turned down, that's how valuable I find the info within. A real value, sure to be usefull.

Forget fuzzy theories! This author gets right to the point with helpful, specific little ideas to make your home feel better and to make you feel better in your home. I have had this book for two years and continue to pick it up regularly and get ideas I can use. Some of the ideas fall within the realm of decorating while others get at changing the energy of a space with everything from chimes to water or candles. The book is very readable and easy to actually USE (unlike most of those feng shui books that go so deeply into theory that I never know what I am supposed to DO about it all!). For more specific decorating ideas in this same vein, I also highly recommend EVERYDAY COMFORTS, which is filled with practical ideas and beautiful color photos. I put those two books, Sacred Space and Everyday Comforts, plus a candle, in a birthday gift basket for my sister, and she loved it. Since buying Everyday Comforts, I find I am using that book all the time, too. It is relaxing just to flip through that book, but i love all the specific ideas that I can quickly accomplish to make my home more comforting.

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