



Girvani Leerer, PhD. The Shamanic Psychologist

Bridging Shamanism & Psychology to Change Your Story

Licensed Psychologist (CA PSY #24631, MA PSY #7289) ♦ IFS Certified Therapist ♦ Shamanic Practitioner
3637 Grand Avenue, Ste G ♦ Oakland, CA 94610 ♦ 510.649.9624 ♦ 617.686.4358 ♦ cgleerer@yahoo.com

Opening Personal Sacred Space

One practice to unite with your higher self is by opening personal sacred space to share in global consciousness. To do this, we open open the light of the eighth chakra, the Wiracocha, that resides like a small radiant sun above our head. This eighth chakra resides outside the physical body but within the Luminous Energy Field, and is often pictured as a halo around the heads of saints, Jesus, and the Buddha. Our sense of union is amplified when we expand this radiant orb and rest within it. It help us feel that part of us that is always one with God.

Open this sacred space by imagining your eighth chakra like a small radiant sun about a foot above your head, an orb the color of the rising sun. Bring your hands over your chest into prayer pose. Slowly raise your hands, still in prayer pose, until they are above your head. Sense your fingertips entering the globe of the eighth chakra. Sense how this spinning sun yields and opens to you.

Very slowly, like a peacock opening its fan, expand the circumference of this brilliant orb to envelop your body down to the earth by turning your palms outward and then extending your arms, bringing them down to your sides and to the earth.

Now, bask in the light of your eighth chakra that surrounds you and protects you. Imagine this egg shape light as golden or blue, holding you and protecting you in sacred space. While enveloped by this orb of light you can explore your Luminous Energy Field, that is like a living net of energy, and reweave any places that feel weak or torn using your fingers and your intention.

To close sacred space after you have completed your work, gather the luminous orb of from down at your feet and bring it back up to its place above your head. Pull a little energy down to feed all the chakras of your body and bring your hands back to prayer pose in front of your heart.

Use this before any meditation to experience deeper stillness and keep yourself protected as you open to the universe. You can also use it before bed to protect you during dream time. You can also open your Wiracocha over another person to hold them in sacred space for healing work.