



## A Practical Experience of the Power of Place

# *Create Your Personal Stage*

You're invited to design a perfect, though imaginary, stage set around your physical body. This surrounding area is sometimes called your energy body or energy field. It can be measured by machines, and felt by people with sensitive hands. This field around you is powerfully affected by your health, your thoughts, your feelings. The Power of Place comes alive for you when you begin to be consciously aware of this personal stage.

Begin by outlining in your mind's eye an oval space, usually about as wide as your arms can spread, and extending up above your head, as well as below your feet. Color can help this become more vivid; so imagine this space suffused in pink, or green, or gold, or silver, or the rainbow. As you read the following words, notice the subtle shifts that may be happening in your emotions and in your thoughts.

Although subtle now, these changes, as you work with your energy field, can have major implications for your life. When your personal sacred stage contains powerful images that sustain and delight you, you'll live with richer assurance and have a growing sense of playfulness, as well as inner strength.

### **Imagine further ...**

As you sit at your desk you can create all around you beautiful scenes from the natural world, most particularly those places that have made you feel strong, safe and happy. Explore now, by "bringing in" a forest of cedar and pine and fir trees. A soft sandy beach. A mountain cabin, with a warm fire burning. Pause and experience the

power your imagination has to provide you with this sense of sacred space, all your own. How do you feel?

### **Want an enhanced sense of joy?**

Did you have a rope swing under a huge oak tree when you were a child? What were the playful scenes in your childhood? Were you racing with the waves at the beach, romping with your dog through a meadow? Bring some part of those scenes – a tree, a leaf, a swing – into your energy field right now. Notice what happens. You've touched into the power of place.

Add or change or invent elements as you desire.

Remember places of extraordinary power that you have visited. Perhaps they were in the natural world. Perhaps the places were created by human ideas and hands: Greek temples, even in ruins; giant cathedrals; Stonehenge or Avebury; Native American sites where the Great Spirit has been honored for thousands of years.

### **Needing strength, fortitude, and wisdom?**

You might invite a giant Sequoia tree to grow up behind you. Lean into it. Or feel a magnificent, many-layered rock beside you, so vivid you can almost touch it. That power will communicate itself through you to others.

### **Wanting new ideas and creativity?**

Find yourself standing before a stained glass Rose Window; feel the radiance beaming in on your body/mind. Or walk into the center of a vast Medicine Wheel. Survey the possibilities in all sacred directions, including up, down and within.

### **Wanting to take a mini-vacation from a stressful situation?**

Create a stage setting within your energy field of that spot at the lake where you relax, or light a campfire at the beach. Spend a few moments there; then come back to your present situation carrying some element of that scene, within your mind's eye, (a pebble, a pine branch) and you'll find fresh focus for the job at hand.

These are some of the ways that the Power of Place can provide a tool for sacred players to take the stage of their lives with more richness, more savvy, and more joy – and more of themselves on stage.

