

CHAPTER 2

The Physical Space

ARMING AWEN

Physical Accoutrements

Sacred Space

A Sacred Space is a place to do your rituals and preferably should be a sanctuary (even if it's just a corner of a room) that is private and permanent. It is also a Happy Place to relax and unwind. There is no doubt that a physical sanctuary makes things easier to accomplish, but we are faced with the realities of life that such a place is often just not economically possible. A sanctuary is a quiet place where you can shut out the world to rejuvenate, de-stress, clear the mind, and think things out. Also making it a Sacred Space lets you use your sanctuary to revitalize and reenergize your spirit as well as do rituals. While a permanent physical place that can be called a sanctuary is ideal to work with Accessing Awen, if it is not possible you do still need a Sacred Space. You can create a temporary ad hoc Sacred Space wherever you are, and probably the most desirable accouterment is to set up a Personal Altar with an altar cloth as symbolic of the space, but even that is not necessary if not feasible. In good weather you can have a Sacred Space outdoors, such as under a tree where the view is great (this can be a virtual Happy Place Sanctuary.)