



## Sacred Spaces 1: What is a Sacred Space?



### Opening Affirmations

Before we begin our Soul Talk, we want to remind you that we are coming together to learn from one another. This means that this is a safe place to share our ideas and questions. Please take the hand of the person to the right and left side of you and share one of two possible affirmations.

“I am happy to share my ideas with you.”

*[or]*

“I respect and honor you and your beliefs.”

### The Heart of the Soul Discussion: “What is a Sacred Space?”

#### 1. What does the word sacred mean to you?

*[Go around the circle and have everyone take a turn answering the question]*

- Some people may think the word sacred means meaningful
- Some people may think the word sacred means connected with god
- Some people may think the word sacred means special
- Some people may think the word sacred means magical

#### 2. Sometimes people use the word sacred to describe a space that helps them feel at peace. Can you think of any spaces or places that are sacred?

*[Go around the circle and have everyone take a turn answering the question]*

- Some people may consider their house of worship to be a sacred space, this is the place people go to honor their religion

- Some people may think of the outdoors and nature to have sacred spaces
- Some people may consider their school to be a sacred space
- Some people may consider their home or bedroom to be a sacred space
- Some people may feel that their sacred space is inside of them

**3. Now that we have explored some different spaces that many consider sacred, let's think about what people may do in these spaces. What do you think people do in sacred spaces?**

*[Go around the circle and have everyone take a turn answering the question]*

- Some people may use a sacred space to pray or meditate
- Some people may use a sacred space to gather together and celebrate
- Some people may use a sacred space to learn something new or teach something to others
- Some people may use a sacred space to sing, dance, laugh or play
- Some people may use a sacred space to cry or release emotion

**Activity - Option 1: Sacred Circle**

**Materials Needed:**

Chalk (If the weather does not permit this activity to be done outdoors, you can easily create a space inside with string or masking tape.)

**Directions:**

- Have each child use the chalk (or tape/string) to create a large circle with plenty of room around them
- While in the circle, ask the children to start to think of spaces they feel most comfortable in. Maybe these are spaces at home? Spaces outside? Spaces inside of themselves?
- After giving the children time to visualize some possible spaces, play the meditation associated with this Soul Talk.

**Follow Up Discussion:**

We started this Soul Talk speaking about what the word sacred means, and what a sacred space could consist of. While you were sitting in your circle, what spaces came to your mind? Were your spaces outside or inside? How did the spaces make you feel? Perhaps you were filled with peace? Maybe you felt very happy or excited? Was it hard to visualize a space?

## **Activity - Option 2: Story Time**

*[In order to complete this activity, your group will need a copy of one of the suggested books. Our library has a collection of books dedicated to each Soul Talk which is updated constantly! You can visit our library at the link below. Search for the Sacred Spaces section.] [https://spiritualplaydate.com/spiritual\\_playdate\\_library](https://spiritualplaydate.com/spiritual_playdate_library)*

Since our Soul Talk was about *What is a Sacred Space?*, we are going to read a book out loud. As you listen, start to think about how this story relates to what we just spoke about.

## **Calming Exercise: Meditation**

*[Invite the group to find a relaxing position, take a mat or towel, if you are working on a hard floor. They may sit or lie down to be comfortable. Speak slightly slower in a soft, soothing tone throughout, pausing briefly between sentences. You may play soft, instrumental music in the background while reading the meditation script]*

Welcome to our Meditation Time: The time where we relax and connect to the spirit in and around us. I invite you to sit or lie down and make yourself comfortable. Quietly do that now.

*[Wait until the group is settled, then read the meditation script] [Optional: Begin music.]*

I am going to guide you through our meditation to help you relax. Let's close our eyes, and let's start by putting our hands on our bellies, and taking a deep, long breath in. Feel your belly rise as you breathe in – to the count of 1, 2, 3. Then feel your belly fall, as you slowly breathe out – to the count of 1, 2, 3. Now breathe in – 1, 2, 3. And slowly breathe out like a tire losing air – 1, 2, 3. Continue to breathe in and out slowly and steadily. Relax your body into the floor beneath you. Keep breathing.

What does the word "sacred" mean to you? Some people may define it as something that is very special, meaningful, or close to one's heart. Some may describe the word "sacred" as being close to god or something that is holy. For some, sacred may mean magical or extraordinary. Take a moment to think about what the word sacred means to you. *[Pause]* Some special places may be considered sacred. These places may be used for worship, prayer, and meditation -- or for gatherings, teaching, and celebrations. Often, these sacred spaces are places that provide a sense of peace. This may be a house of worship or a place where people go to honor their religion – such as a mosque, temple, church or synagogue. It could be the outdoors or a place in nature. Some may consider their home or bedroom to be a sacred place. Or maybe a sacred

space can be found within – in your mind, your soul, or your heart. *[Pause.]* Do you have a sacred space? What does it look like? Is it inside or outside? Is it somewhere that you enjoy being alone or a place where you are surrounded by friends or family? Take a moment to visualize your sacred space. *[Long Pause.]* How do you feel in this place? Are you filled with peace? Or maybe you feel happy or excited. Imagine yourself there now. *[Long Pause.]* As you move through your week, take note of places around you that you or others might consider to be sacred. *[Pause.]*

Now let's take one more deep breath, and slowly let it out. Now slowly open your eyes and slowly roll to the side and sit up to end our time of meditation.

*[Optional: Turn off music] [Optional: Say: Please return your cushion to its starting place]*

**Closing - Choose One:**

**Closing Affirmation - Option 1:**

Turn to the person to your right, look them in the eye and say "I am happy I could share this time with you and hear about your beliefs."

**Closing Prayer - Option 2:**

The light of god surrounds us  
The love of god enfolds us  
The power of god protects us  
The presence of god watches over us  
Wherever we are, god is and all is well!