



CHAPTER 2

SACRED SPACE IS THE BIRTHPLACE OF YOUR DREAMS

FINDING YOUR SACRED SPACE

- 🕒 **Suggested Time to Complete:** Thirty minutes.
- ✔️ **When you complete this exercise,** you will be in touch with your personal Sacred Space. Understanding and adeptly accessing this space will allow you to find answers to the deep questions that arise as you make parenting decisions and begin to form your business.
- ⊗ **If you skip this exercise,** you will make this process harder on yourself. Sacred Space is an important concept that will recur throughout this book and is vital for your creation of a life and a business you love. If you don't understand your Sacred Space, you may be swimming upstream for the entire process. Leave the swimming upstream to the salmon (who, by the way, don't survive the process)!

If you are feeling a little confused about what Sacred Space is, that's totally okay! It looks different for everyone, and everyone arrives at theirs differently. You almost certainly have a Sacred Space; this exercise will help you better identify it, so you can visit it—and reap the benefits—more frequently.

In your Sacred Space, you can uncover your truths, work past the limiting beliefs that are holding you back and tap into the creativity that will propel you in the direction you most desire. Being in your Sacred Space is *not* about purposefully concentrating and trying to solve a problem. It is about losing the problem so that answers can come to you more readily.

At first, you may not recognize that you *are* in your Sacred Space until you suddenly find clarity on an issue you have been struggling with. If you've ever gone for a jog or a hike and come back feeling clear and confident about something, you've found Sacred Space.

You may already understand your Sacred Space and how you can get “there.” Or you may not. In either case, go through this exercise so you can claim it as your own.

1. **Define “sacred” for you.** While the term may conjure up images of prayer or meditation, these ideas should not limit you. Think about times in your life when you felt clarity and surety in your thoughts and your state of flow (maybe one of them brought you to this book!). Note the environment you were in at the time and what you were doing—and not doing.

2. **Choose a physical space (or two) or activity.** You may find Sacred Space while being still and quiet in a favorite place. Or you may find it when you are active and separating your higher thinking from the part of your brain that's moving one foot in front of the other on a run, keeping you balanced in downward dog, or digging a new garden bed.
3. **Choose a time.** Choose a time when you can be with your thoughts without distraction. The bench in your yard near the fragrant roses may be a place where you can enter your Sacred Space when you're alone, but if the kids are jumping on the trampoline fifteen feet away, it will be challenging to be alone with your thoughts. Going for a run while pushing a stroller and doling out snacks won't clear your head as a solo run will. Pick a time just for you; this may be before your family gets up in the morning, after they are in bed at night, during school hours, or at some other time when you are with only yourself.
4. **Choose your talisman.** It would be great to have a truly magical object that could instantly transport you to your sacred space (and maybe fold the laundry and vacuum, too). If only such a thing existed. But you can have special objects and rituals that you associate only with your Sacred Space, like your journal, making loose-leaf tea in your favorite teapot, lacing up your running shoes, or pulling on your garden gloves.
5. **Develop your ritual.** Rituals help orient our minds and define the state we are about to enter. Incorporate the physical space, time, and talisman you've already identified into a ritual or script that will be a gateway into your Sacred Space. It might look like something like this: *At 8:45 a.m., I get home from dropping the kids off at school (TIME). Before the day gets too warm (TIME), I change into my gardening clothes (RITUAL) and get my good gloves and my favorite garden tools (TALISMAN). I head out to the garden (PLACE) and start turning over the beds that are due for winter crops and then continue on from there.*

If you're still stuck on where your Sacred Space is and how to enter it, here are some examples of what works for the business-owner moms featured in this book:

- Gardening
- Jogging
- Yoga
- Journaling
- Sewing
- Kintsugi pottery-mending
- Painting

⌚ FAST FIVE: Sacred Space is vital to your journey in starting a business or running a thriving business. If you can't devote twenty to thirty minutes to the exercise above and want to keep on reading, take five minutes and open up your calendar instead. Then, add these two items to your schedule:

1. A ten-minute block of distraction-free time to do something *for you*. Alone. Yoga, a hot (quick) bath, a quick run, a quiet walk, time weeding the garden, *whatever*. Don't fill this time with consuming content (no reading, TV, podcasts, etc.). Be conscious of where your mind goes as you enjoy this time.
2. A thirty-minute block to revisit this exercise. Sorry, there are no free passes on this one.