



## Class 1, Setting Safe Space

It's important to set a safe space that has high, clear energy so you know what you are hearing or experiencing is true, and you are protected from lower energies during your meditations/journeys.

Here are some tips:

- ✓ Do your journeys in the same place every time
- ✓ Light a candle, smudge or play music as a calming ritual if you enjoy this
- ✓ Claim and set the space with a script to start your journey

Here is a sample script that you can use and adjust to make it perfect for you:

I set the intention that I be surrounded by the highest Divine Source light and love during my meditation. I call upon my highest guides to aid and assist me to receive guidance that is pure, in alignment with my divine mission, and in support of my highest service. I command that I am safe and protected at all times and in all ways while I journey. I command that this space be swept now of any remaining lower energies as I enter into sacred communication with my guides. So be it and so it is.