



EDEN WORLD
SACRED SPACE



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WHAT YOU WILL LEARN



Greetings! It's Rono & Sierra founders of Eden World and we are SO glad you've taken the time to download this very important guide where you are going to learn a powerful, conscious communication and conflict resolution process for your most cherished relationships.





Great communication is what nourishes every relationship to thrive and grow. We desire for you to get more out of your relationships by learning how to take even the hardest of conversations into what we call, Sacred Space.

Once you learn and practice this simple, yet effective tool, you will begin to enjoy deeper intimacy, more connection and experience far less fears in your closest relationships.

Though we have chosen to specifically focus on conscious communication for couples in this document, know that you can use this same format for friends, family and loved ones.



WHAT IS SACRED SPACE?



Sacred Space is a practice used to create a safe, intentional “coming together” of two people in which to communicate about “hot button” topics and challenges.





Sacred Space is designed to foster deeper connection between two people and aid them in communicating and understanding one another better.

Sacred Space allows for you and your loved one to create a neutral and loving space to share intimate details that you might otherwise be afraid to express, to grow a heartfelt appreciation for the other persons point of view and to have “tough” conversations that might normally get swept under the rug.



COMING BACK TO THE "FRIEND BOX"



Good friends know how to tell it to each other straight. Even though that level of honesty can sometimes hurt, it is easier to hear the “tough” words from a friend over a lover.





When we began our romantic involvement, we had already been friends for thirty years and nothing we ever talked about during that time ever gave rise to our emotions as strongly as after we become lovers.

As our communications suddenly became more emotionally charged, we instantly knew that the challenges we were facing were mere “learned behaviors” from past hurts instead of actual truths.

Since “you can never go back to holding hands” once you’ve begun sexual relations with someone, we had to come up with a way to safely work out the strong feelings and triggers that began arising in our relationship.

We needed a process where we could come back to the common ground of our friendship... learn to understand one another... walk in each other’s shoes... get our egos out of the way... allow our emotions to be expressed and to make sense of our erroneous opinions.

In other words, we created Sacred Space so that we would not kill each other!



WHEN TO USE SACRED SPACE



Clients and friends who have learned to successfully use Sacred Space were suffering from all sorts of challenges in their relationship, that have since been resolved by using this tool.





SACRED SPACE IS A GREAT PRACTICE TO INTEGRATE INTO YOUR LIFE WHEN...

- You find yourself in constant power struggles with your partner.
- Strong emotions are often present when expressing your feelings.
- No matter what you do or say or request, nothing changes.
- You are frustrated about how you communicate with one another.
- Your relationship has become stale, stagnant or distant.
- There is lots of finger pointing or blame in your disagreements.
- You want different things and don't see how to make both dreams happen.
- One of you feels that you are sacrificing something important in support of your relationship or the other.
- Someone (or both of you) threaten the relationship during fights.





YOU'LL KNOW IT'S TIME TO REQUEST SACRED SPACE TIME WITH YOUR PARTNER WHEN...

- Your amazing day escalates into “f*** you I am so tired of this... conversation”.
- You are afraid to share something you are feeling.
- You have been fighting for weeks on end.
- You are holding a grudge.
- Something came up that you want to share that involves a fear you have.
- You became aware of something that might impact the other.
- Something is unresolved and needs a deeper conversation.





YOU CAN ALSO USE SACRED SPACE OUTSIDE TIMES OF CONFLICT, SUCH AS WHEN...

- You have been going, doing and have not had a moment to connect and say “hey!” to one another. In other words, you just want to deeply connect.
- You need support on making a decision.
- You want to increase your sexual experiences and need the safety of Sacred Space to share your needs and desires.
- One of you just needs to be acknowledged or loved up.
- Big changes are happening which need more alignment and connection between you and your partner such as experiencing the loss of a loved one, health issues, having a challenge with a child, or a pending move or career change.



BENEFITS OF USING SACRED SPACE



Couples that consistently practice and use the Sacred Space process have reported that they have fewer fights, misunderstandings and general misfires and instead experience longer stretches of happiness and connection within their relationship.





When used regularly and by following the guidelines herein, you will grow a lasting bond with your partner as well as understand her/him better which allows you to have more compassion for their process, feelings and vulnerabilities. Sacred Space allows you to have the connection you have been yearning for in your relationship.



SACRED SPACE GUIDELINES



Ok, we say guidelines but we really mean rules. Do not break these rules!!!

The Sacred Space process is something that both parties need to agree to and that you both commit to following these rules when in Sacred Space. That means you both need to read this document and jointly agree to using this tool before engaging in Sacred Space. Capiche?





WARNING... You can totally mess this up if BOTH parties are not 100% engaged, 100% committed to the relationship and each other, and 100% available for the process. If you attempt this process and your partner is not available for it, it will not work and can in fact work against you.

When you understand one another you open yourself up to receive more love and grow deeper intimacy and connection.



THE RULES





RULE #1

When requesting Sacred Space (especially during a heated moment), both parties must agree to stop the current conversation, pack up all the little pieces of anger, frustration or _____ and save them for (a later resolution) Sacred Space time.

Once the Sacred Space “card” has been played (meaning it has been requested by) either partner, it is in your BEST interest to make sure the Sacred Space process actually happens.

Sometimes, you both need to cool off a bit before you can actually show up in an open hearted state to have a successful Sacred Space process. Give yourself that space if needed.

If you're too heated to figure out when you can both commit to coming together in Sacred Space, or it's just not the appropriate time to schedule it, then be sure to reconnect within 24 hours to request that Sacred Space get scheduled as soon as possible. This is SUPER important.

Even if the heat of the moment has worn off, it is still crucial to schedule your Sacred Space process time so that you can both understand and release what caused the upset to begin with.

DO NOT let things get swept back under the rug. This will create a worse experience or bigger argument at a later time.





RULE #2

Under NO circumstance can you use Sacred Space, what gets shared in Sacred Space or anything related to Sacred Space against your partner at ANY time.

What happens in Sacred Space stays in Sacred Space unless otherwise determined and agreed to (in Sacred Space) by both parties involved.

Ok, there are a few more guidelines, but let's get you to understand the actual process, step by step, before we give you more.



SACRED SPACE STEP BY STEP





1

ASK FOR SACRED SPACE

This can be done at any time when you are feeling that what you need would be best addressed within the safety of a Sacred Space container.



2

SET A TIME FOR SACRED SPACE.

Once you both agree to Sacred Space you must agree to when it's going to happen. Depending on the severity of the challenge or issue at hand, Sacred Space can take anywhere from 30 minutes up to 2-3 hours.

You can always start with an hour and if things are not resolved or improved at that time, you can either request more time in Sacred Space or commit to scheduling another round at a future time. If possible, do not let more than a day pass between Sacred Space process times. You want to give Sacred Space the time it needs to work its magic.





3

CHOOSE A PLACE TO MEET.

We've found it is best to conduct Sacred Space in a neutral location or room that holds no charge for either of you. This can be a porch, mudroom, home office, backyard, guest room, den or anywhere else that you will have private, uninterrupted time with each other.

Ultimately, what makes this time sacred is the container you set for it and the commitment you both make to this process.



4

MEET IN SACRED SPACE.

At the time you both agreed to meet in Sacred Space, it's imperative (and we mean IMPERATIVE) to both show up on time and ready to engage in this process. If either of you fail to do so, it will greatly impact the ability for you to become neutral, loving and trust each other during this process.

So, pull up your big kid panties and show up powerfully for you and your partner at the time and place you agreed to (no matter what). *

*Consider this when scheduling your Sacred Space time and only commit to a time that will actually work for both of you. If you are parents, choose a time when your kids will not be able to interrupt you.





5

CONDUCT SACRED SPACE.

Begin by knowing what's expected in the space.

Here are the rules that must be adhered to while in Sacred Space:

- Everyone has a right to their feelings and ALL feelings are encouraged to be expressed in Sacred Space.
- Speak in “I statements” not “you statements.” For example, instead of saying, “You made me feel X when you said Y” say, “When you said Y, I was aware that I felt X”
- Be mindful and cautious of “story telling and dramatizing” and do your best to discuss only facts and feelings.
- There is no yelling, screaming, accusations or threats allowed in this space.
- You must be sober, conscious and not overly tired for Sacred Space.
- No one can leave Sacred Space until both parties have come to an understanding of each other. You may not agree, but at least you understand each other.
- Sacred Space must always end with an embrace of some kind. If you cannot embrace, you must wait until you can “hug it out” before closing the space.



Together we can create an

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We believe that through loving ourselves, our partners, our family & community that we can create a better world for all.

Thank you for taking the time and space to read this Sacred Space Guide. It is important to create a regular practice with you and your believe so that there is always a place for you both to connect, move through potential challenges, and offer your heart to one another.

Use this guide with your beloved, with your family, your friendships and your community. When you make this practice part of your life it will support you in having a more connected partnership that allows you to navigate even the most challenging conversations.

If you would like to know more about Eden World and our offerings to humanity, as well as receive a gift from us.

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