

# How to Cultivate the Sacred

by Susan Loraine Barker    [www.themandalacoach.com](http://www.themandalacoach.com)

---

## **Be Present**

God is only in the now.

## **Breathe Deeply**

What you are breathing is the sacred breath of Life.

## **Pray or Meditate Daily**

Practice being with the Sacred.

## **Ask for Guidance**

often and listen to the answers that are immediate and within.

## **Cultivate Awareness**

of Synchronicity, Serendipity and Miracles.

## **Connect Deeply and Often**

with others, animals, trees, Mother Earth.

## **Seek the Sacred**

in each person, place and circumstance you encounter.

## **Find the Sacred**

in yourself.

## **Bless**

Everyone and what is.

## **Read**

spiritual books, stories, affirmations.

## **Listen**

to music, stories and people that lift your energy and spirit.  
Sing, dance, rejoice.

## **Practice Gratitude**

daily and in the moment for what is.

## **Be of Service**

Your positive thoughts and energy, kindnesses and healing  
do no less than heal the world. Take action when you are so led.

## **Cultivate your Awareness of Energy**

Read, feel, see, and fine-tune your connection to the life force everywhere.  
You are a gloriously sensitive, sensory being.

## **Create Ritual**

that serves to remind you of the sacredness of all aspects of life.

## **Honor Source**

Make Love your priority. Love is all there is.