Reading: Creating Sacred Space Online

⊙ Module	Module 1: Reframing Obsession
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Creating Sacred Space (Online)

Module 1: Reframing Obsession | Reading 1.1

Why Sacred Space Matters in Virtual Environments

When Legacy Rising happens in person, sacred space is easier to feel. You're in a room together. You can see each other's faces. You can feel the energy shift when someone shares something vulnerable.

But online? It's harder. The screen can feel like a barrier. Chat notifications pop up. Your dog barks. Someone's WiFi cuts out. The intimacy feels fragile.

And yet—sacred space online is not only possible, it's essential.

Because for many cycle-breakers, digital access is the only access. And if we're going to do this work, we need to build trust through the screen.

What Makes Space Sacred?

Sacred doesn't mean religious. It doesn't mean formal or stiff or overly serious.

Sacred means:

- **Intentional** — We're here on purpose, for a purpose

- **Bounded** — There's a clear start, a clear end, and agreements that hold

- **Witnessed** — What you share is seen and honored, not judged or dismissed

- **Confidential** — What happens here stays here

Sacred space is where you can tell the truth without consequence. Where you can be messy, uncertain, and still building. Where you don't have to perform or defend or explain yourself into exhaustion.

Online sacred space is possible. But it requires more intentionality.

How We Build Sacred Space Online

1. Punctuality as Respect

In person, showing up late disrupts the room. Online, it's even more jarring—the notification, the video popping in, the "sorry I'm late."

Showing up on time (or a few minutes early) is an act of respect for the space and for your tribe.

If you're going to be late or need to leave early, let the group know in advance. No shame, just clarity.

2. Presence Over Multitasking

It's tempting to keep another tab open. To check your phone. To fold laundry while half-listening.

But **sacred space requires full presence.**

Here's how to set yourself up:

- **Close other tabs and apps** (especially email, social media, texts)

- **Silence your phone** (or leave it in another room)

- **Let others in your space know you're unavailable** ("I'm in a session for the next 90 minutes, please don't interrupt unless it's an emergency")

If you find yourself drifting, that's okay. Just notice it and come back.

3. Camera On (When Possible)

We know not everyone can keep their camera on all the time. Maybe your WiFi is unstable. Maybe you're in a shared space. Maybe you're having a rough day and need to be less visible.

That's okay. But when you can, **camera on helps.**

Why? Because:

- It builds trust and connection
- It helps the facilitator read the room and adjust pacing
- It reminds you that you're in community, not just consuming content

If you need to turn your camera off, no explanation required. Just do it. But if you find yourself *always* camera-off, check in with yourself—what are you protecting? What would it take to let yourself be seen?

4. Use the Chat Mindfully

The chat is a powerful tool for connection, questions, and reflections. But it can also become a distraction.

How to use chat well:

- **Drop questions and reflections freely** — The facilitator and your peers are here for it
- **Use reactions to affirm others** (👍, ❤️, 🙌) without derailing the flow
- **Avoid side conversations** during key moments (save those for breakout rooms or after the session)
- **Keep trauma details out of the public chat** — If something is deeply personal, bring it to a breakout room or a 1-on-1 conversation

5. Breakout Rooms Are Sacred Too

When you go into a breakout room with 2-4 other people, **that space is just as sacred as the main room.**

What that means:

- **Don't just go through the motions** — Actually engage
- **Listen without fixing** — When someone shares, resist the urge to problem-solve or offer advice unless they ask for it
- **Hold confidentiality** — What's shared in the breakout room doesn't get repeated in the main room (unless the person sharing wants to)

Breakout rooms are where some of the deepest work happens. Show up for them.

6. Honor the Silence

Online, silence feels awkward. Someone's mic might be muted. Someone might have frozen. It's hard to tell if silence is intentional or technical.

But **silence is part of the work.**

When the facilitator asks a question and no one speaks right away, **don't rush to fill the void.** Let the silence breathe. Let people think. Let the discomfort be there.

Often, the most powerful shares come after the silence.

7. Name What's Happening (Meta-Communication)

In person, you can read the room through body language. Online, you have to name things out loud.

If you're feeling disconnected, say so: *"I'm struggling to focus right now, but I'm here."*

If you're moved by something someone shared: *"That really landed for me, thank you."*

If the tech is glitching and you can't hear: *"I think I lost audio, can someone repeat that?"*

Meta-communication keeps sacred space intact even when the tech tries to break it.

What Breaks Sacred Space (And How to Repair It)

Even with the best intentions, sacred space gets disrupted. Here's what to watch for:

What breaks it:

- **Judgment and shame language** ("That's stupid," "You should know better," "I can't believe you did that")

- **Unsolicited advice or fixing** ("Have you tried...?" "What you need to do is...")

- **Talking over or interrupting** (especially online, where lag makes this even more jarring)

- **Breaches of confidentiality** (repeating someone's story outside the group)

- **Checking out** (being physically present but mentally gone)

How to repair it:

- **Name it:** "I just realized I was talking over you, I'm sorry. Can you finish?"

- **Redirect:** "I noticed some shame language there—can we reframe that?"

- **Check in:** "I feel like I'm disconnected right now. Can I take a breath and reset?"

Sacred space isn't about perfection. It's about **re-commitment when things break.**

Your Responsibility in Holding Space

Sacred space is co-created. The facilitator sets the tone, but you hold it together as a tribe.

That means:

- **Calling people back into builder language** when they slip into shame

- **Witnessing each other's stories** without trying to fix or top them

- **Affirming vulnerability** with presence, not advice

- **Protecting confidentiality** as fiercely as you'd want yours protected

You are a culture holder. Act like it.

> 🏗️ **Builder Check-In:** How are you showing up to sacred space right now? What's one thing you can do to be more present in the next session?

What's Next

Now that you understand how to create and protect sacred space online, you're ready to dive into the work itself: **Unit 2: Understanding Grief as Transformation.**

Let's build.