

A close-up photograph of a hand holding a small, dried, brownish flower or herb stem. The hand is positioned over a dark, circular opening of a ceramic mortar and pestle. The background is a warm, textured wooden surface. The overall tone is earthy and spiritual.

Sarah Jenks

THE  
Sacred Start  
*Guide*

Your step by step plan to creating a morning ritual so you  
can connect with your wisdom, purpose and clarity... even if  
you have little kids and aren't a morning person.





PART ONE

# Welcome to *Sacred Start!*



*I am thrilled to hold your hand through the process of carving out a little corner of your day to have just for you.*

In my work, I have led of thousands of women to becoming their true selves instead of fitting themselves into the box their culture put them in. I have witnessed firsthand how women who take just 15 minutes of time for themselves every morning are happier, more fulfilled, stand up for themselves, have a clear sense of direction and feel spiritually guided in their life.

Whenever a client tells me they feel lost, frustrated and constantly overwhelmed, my first question is always, "are you doing your Sacred Start?"

The answer is always, "no."

Then I ask, "when did this feeling of confusion start happening?"

"When I stopped my practice."

Ding Ding!!!

Making Sacred Start a part of your daily life will change your life.

## What is a *Sacred Start*?

"Sacred Start" is my term for a "morning ritual" but I have a different take on the practice. Most people who talk about morning rituals give you a prescription of what you should do. This usually involves meditation and writing down your goals, and they give very rigid guidelines on how much time it should take and exactly how to do it. Rules like this often lead to feelings of failure, being insanely bored or getting stressed out or triggered.

In this guide you're going to learn how to create a fun, feminine, juicy, magical time that is uniquely catered to you. It will be something you look forward to and will probably become your most treasured part of the day.

# How Sacred Start Will *Change* Your Life

1

## You'll find your intuition and inner wisdom

For thousands of years, women have been brainwashed to doubt themselves, not listen to their intuition and to prioritize everyone else's wellbeing over their own. There was a time when humans lived in community, and women were celebrated for their wisdom. We were revered as healers and for having a direct connection with Spirit. When we bled, we would gather in a Moon Lodge with other village women who were bleeding, to meditate and receive wisdom from the Great Mother Spirit. With the rise of cities and centralized government, tyrannical leaders felt threatened by the outspoken, brave, rebellious women who led a sacred life. From the 13th-17th century, powerful, magical, tapped in women in Europe were brutally tortured and murdered for their power. This time is known as the Burning Times or Witch Hunts, and historians are now guessing that over 9 million women were murdered. Not just for being magical, but for thinking for themselves and not following the rules. At the same time, colonizers were taking over communities in Africa and South America, raping, pillaging, murdering and enslaving people of color. Magic was deemed evil, sensuality was dangerous and dirty, the Goddess was rejected from religious and spiritual texts and women had to shut down their power to survive. The Sacred Feminine was erased. We still feel this massive trauma today. As women, we have been trained by fear to not take our own needs or thoughts seriously and to be in service to men and children. We are trained to feel guilty and wrong for taking time for ourselves. We are trained to do what others tell us, from the media to our parents, to our partners and friends. We are taught to follow the rules and never question the status quo. Having a space in the morning will allow you to start listening to yourself more than you listen to other people so you know what is right for you and how to create a life that puts you at the center.

2

## How you start your day, sets the tone for your whole day.

Starting the day in instant stress-mode responding to emails? Stressful day. Starting by yelling at your kids? Mean Mom day.



Starting by feeling behind? Never-catch-up day. Starting your day by lighting a candle and incense, asking your inner wisdom to drop some guidance and then having a dance party? Centered, inspired, calm, fun day.

3

### **Women are so starved for pleasure that we can't stop over eating and over drinking.**

I'm a recovered emotional eater and drinker. My long journey led me to discover that my addiction to food and alcohol stemmed from being starved for fun, pleasure and joy. Food and alcohol were the only things that were fun for me. Everything else was work work work. When I brought more pleasure, fun and juicy feminine practices into my life through my Sacred Start, I no longer needed a pint of ice cream and 3 glasses of wine at the end of the day to unwind.

4

### **You will learn how to make time for your needs which will positively affect your whole family.**


Again, women are trained to ignore their inner wisdom and not take time for themselves. We're taught that it's selfish, vain and needy to take any time for our own wellbeing. But you can't pour from an empty cup. I bet you can think of hundreds of examples of when you yelled at your kids or partner because you were so exhausted and didn't have the capacity to be patient or think clearly. You taking time for yourself means everyone wins. Also, if you have kids, when your partner takes over more of the morning responsibilities it gives them ownership of their parenting role and deepens their relationship with your kids. If your partner isn't around in the morning (like mine), don't worry, I've got solutions for you. When you see how prioritizing your needs and desires doesn't make everyone's lives worse, you will also make other decisions with your friends, family and work that put you first. These in turn will create an amazing ripple effect.

5

### **You'll have access to your Magic.**

Magic is an incredible tool that I've used to clear disease, extra weight, manifest money and a new home and find my keys. My clients have used their new connection with magic to call in new lovers, jobs, shift relationships with their parents and find a nanny. The options are endless when you learn how to tap into this unseen, but very powerful language.



A close-up photograph of a hand lighting a candle. A matchstick is held between the fingers, with a bright flame at the tip. In the background, another candle is already lit, casting a warm, soft glow. The scene is set on a dark, textured surface, possibly a table or altar, with a patterned cloth visible at the bottom. The overall atmosphere is warm and intimate.

PART TWO

Creating A *Custom*  
Sacred Start just  
for you



# How much time do you *need* to have a Sacred Start?



*This is truly up to you and your lifestyle, and it can change every day.*

I think it's better to light a candle and sit in silence for 5 minutes or turn on one dance song and shake it out for 3 minutes than to do nothing at all. In my practice I have found I like having 30 minutes, and I will often take an hour. Since my day starts at 6:30am, I wake up at 5:30am. This gives me time to pee, get a cup of coffee, light some candles and do my Sacred Start and then still have time to put on my workout clothes before my kids come in. I talk more about kids and waking up early in the following sections.

## The Sacred Start *Structure*

Let's start designing a Sacred Start that works for you and your life. In this section, I invite you to notice what lights you up as you read, and how your body responds to each element. When I talk about items to have on your altar, what lights you up? When I mention dancing, your body may melt or open, when I mention journaling, your body may contract. Notice. Try to pay LESS attention to your mind's jibber-jabber. For instance, when I talk about journaling, you may notice a loud, grumpy, complaining voice in your head that says, "I hate journaling. It's so boring. I'm so bad at it." Or maybe when I talk about putting an altar in your room, you may feel afraid of what your partner will say. Usually those voices are "parts" of us that have had a bad situation in the past and are often an effect of patriarchal brainwashing, not your intuition or truth. Focus on your body's cues instead.



# Create Sacred Space

To me, the most important part of Sacred Start is creating a sacred space. My friend [Rachel Rossito](#) calls it “vibes” and really inspired me a few years ago to up level the sacred ambiance in my home. Creating sacred space starts with an altar in a place you can be alone in the morning. This could be in your bedroom, your living room before the kids get up or in a corner of your kitchen. An altar is just a flat surface you can put some sacred items on. An altar is meant to pull you in, to enliven your energy and create an environment that inspires you to tap into that juicy, feminine magical part of you. When I lived in an apartment, I kept my altar items in a basket and laid them out on my coffee table every morning. Now, I have an altar that’s always set up in my bedroom, so when I wake up and see it, I’m pulled towards it and begin my Sacred Start.

*Your altar can be as simple as one candle or filled to the brim with things that light you up. Here are some ideas for you, and links where you can purchase if you desire:*

## **Candle**

[Option 1](#)

[Option 2](#)

[Option 3](#)

**A cloth to lay over your altar (can be an empty**

**box!)**

[Option 1](#)

[Option 2](#)

## **Incense**

[Option 1](#)

**A picture of you when you were fully self-expressed – pictures from childhood are great!**

## **Cleansing herbs**

**An animal figurine or picture you connect with, like a spirit animal**

[Option 1](#)

**Crystals that resonate with you**

[Option 1](#)

## **Tarot or Oracle Cards**

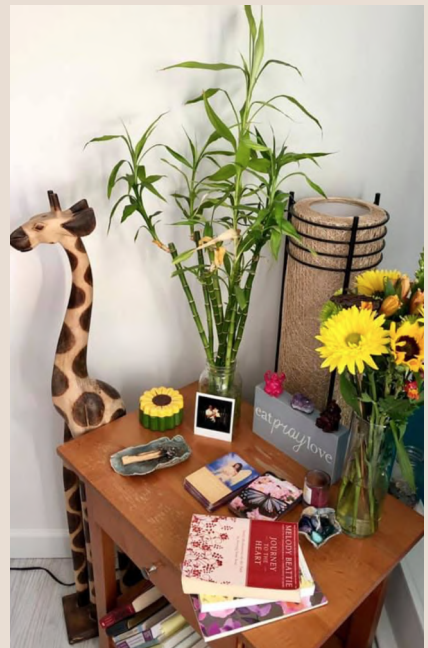
[Option 1](#)

[Option 2](#)

[Option 3](#)



Here are some pictures of my altar and my clients' altars.





A close-up photograph of a person's hands pouring water from a metal kettle into a ceramic teapot. The teapot has a wooden handle and a lid. The background is blurred, showing a patterned cloth. The text "PART THREE" is overlaid in the center, and "Let's Begin" is written in a large, elegant script below it.

PART THREE

Let's *Begin*





# *Before Your Sacred Start*

*Before you sit down at your altar, there are a few things you want to consider...*

- 1 The night before, make sure your altar is set up, you have your journal and cards there and a pillow ready to sit on. That way you don't have to do it in the morning.
- 2 When you wake up, pee, obviously.
- 3 Wash or mist your face and moisturize your skin lovingly.
- 4 Put on a beautiful robe or a shawl you love. Something that makes you feel special, BUT this is extra credit, do not wait to start your Sacred Start until you have a robe to wear.
- 5 Grab a cup of coffee or tea if time permits. I love having my coffee while I'm pulling cards or writing.



# Opening your Sacred Start

*I find it's so powerful to open sacred space, and then close it when you're done. This creates a sacred container and encourages your system and soul to really drop in. Here is a great way to open sacred space:*

- 1 Sit down at your altar.
- 2 Turn on music ([I have a great playlist here](#)).
- 3 Cleanse yourself with 3 deep breaths.
- 4 You may also want to light an energy clearing herb like rosemary or cedar. White Sage is currently endangered so please do not use it unless you grow it yourself, you are of indigenous descent or if it's been gifted by an indigenous person. You can also cleanse yourself with drops of saltwater. But I think 3 deep breaths works great.
- 5 Light incense.
- 6 You may also want to light other candles around the room you're in so the whole space feels sacred.



# Your Sacred Start Menu of *Magic*



The number one priority of this time is to HAVE FUN and give your intuition space to be heard. Here is a list of sacred tools for you to use during your Sacred Start.

I suggest you try one to three things a day until you find what works for you and lights you up. I do something different every morning. Again, the point is to just have this sacred time for yourself. Make it as fun and juicy as possible.

## DANCE

Just put on some music, close your eyes and move. Maybe your inner child wants to dance, or your inner seductress. Maybe your anger wants to dance and rage and scream.

## SIT IN EMPTY PRESENCE

In my Priestess lineage of the 13 Moon Mystery School, we practice Empty Presence, which is a form of meditation. The process is to imagine emptying out your body of all of your energy and allowing yourself to feel like an empty vessel. You then invite in wisdom, magic and positive energy. Perhaps you want to ask your intuition a question and allow the answer to come into your empty vessel as a vision or message. Perhaps you want to ask for a healing color to fill you. I will often ask the Goddess directly for guidance. I'll sit in Empty Presence and out loud say something like, "Show me how I can be in service to you today" or "Marshall (my oldest) is having a hard time at school, show me what I need to know about it."



## WRITE TO YOUR GUIDES

This is my form of journaling. I ask questions. I'll ask my guides, who I see as my personal team of spirits always surrounding me, cheering me on and trying to send me signs and information. When I sit down and write questions like, "what do you want me to know?" "What does my most fully expressed self look like?", "Can you help me release this stuck energy I feel in my belly? What do I need to do to release it?", they write back. This will feel super weird in the beginning, but try it every day for a week, and you'll be shocked about how you really feel like something else takes over when you write the answer.

## ANOINT YOUR BODY

I love rubbing oils and essential oils on my body. I use [jojoba oil](#) and [doterra](#) and sensually anoint my whole body while I tell myself how much I love myself. When I started this practice, I didn't think I loved my body. The truth was that I didn't love how I looked, but I did love my body. I loved my organs and how my arms carry my children and how my body managed to grow a human. And that love, love that wasn't about beauty, but about my body being my home, was enough. And that love was so nourishing that my energy shifted, and my eating and moving behaviors changed, and I felt more alive and I did start to love how I looked. To dive deeper into this, check out my program: [HOME](#).

## PULL CARDS

I work with both a Tarot Deck (a set language and structure of cards containing 4 suits and the Major Arcana) and different Oracle decks which have an infinite number of themes and focuses. Tarot is a great tool for connecting with your intuition, but it can feel overwhelming, or super triggering for anyone who wants to feel like an expert. It takes a lot of time and attention to learn Tarot and it's ok to fumble around with this sacred tool. I pull cards every morning and I'm not a Tarot reader (though I'd like to be some day!).

## Here's how to do it:

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1. Ask a question. Like, "what's up with my headaches?" Or "what's my purpose?" My friend Robin Sandomirsky told me that if you don't have a question just ask, "What the f&\$k!?" It really is the best question.



2. Shuffle the cards while you hold that question in your heart. Cut 3 times and spread them out. Hover your left hand (feminine receptive hand) over the cards and choose one you feel drawn too. I get an opening in my throat, some people have their hands heat up, some just “know”. Over time you’ll discover your “tell”.

3. I sit with the cards (start with 1, then maybe do 3 for mind, body soul) and feel the story the card is trying to tell my soul. For instance, the power of the card may not have to do with the description in the book, but something your soul wanted you to know. Like maybe you asked if you should buy a car and you pull a card with a chariot on it! Then read the corresponding book if you want.

4. Look back on your cards over a few days to see how your life is in alignment with your pull, that’s how you become a believer!

My favorite Tarot peeps are [@wildsoulhealing](#) and [@ddamascenaa](#). For my favorite decks, visit the resources section.

## READ A SACRED BOOK

You may just want to take 30 minutes and lounge on pillows in front of your altar. I included a list of books I love in the resources section.

## SELF PLEASURE

It is so deeply important for women to be the owners of their sensuality. We’ve been taught that a lover is in charge of turning us on. Masturbation has also been deemed dirty or something only single people should have to do. NO!! Self-pleasure is a very important part of self-care and your spiritual practice. Starting the day off with loving your body and giving yourself pleasure with candles lit and beautiful music playing is such a gift to your feminine essence. Not only does reclaiming your sensuality help heal anxiety, trauma and body shame, orgasms flood your system with feel good hormones that will set you up for the best day and calm your nervous system.





PART FOUR

The Most  
Common  
*Challenges* and  
How to Overcome  
Them



# How to Wake Up *Early*

*Here are the probable reasons you're not a morning person, and what to do about it ...*



## *1. You aren't excited about what you're waking up for.*

Most women have been taught to wake up early to work out, which often feels like punishment or is tied up in hating your body. Obviously, your system is going to keep you safe from those feelings of punishment and body shame by making you tired. Your Sacred Start is fun, nourishing and something you are going to be so excited to do when you wake up. Especially if you've created a beautiful altar.

## *2. You aren't going to sleep early enough.*

Most people need 8 hours of sleep. So, if you want to get up at 5, you have to go to sleep at 9. Having an earlier bedtime can set off a domino effect which will be great for your family and health. A few things to consider: less TV - we don't watch TV every night, but when we do, we have the TV off by 8:45 so I have 45 minutes to unwind. If you want time around the house without your kids at night, put them down earlier, or give them a "room curfew" meaning they can go to sleep at 9, but they have to be in their rooms at 7. If you have a hard time falling asleep earlier, consider removing TV and your phone altogether after 7pm. Drink herbal tea, take a bath and keep the lights low. It will take a few weeks for your body to adjust, but it will be worth it. Also, if you are not sleeping through the night because your kids are waking up, you won't be able to get up early. If they are age appropriate for sleeping through the night, I strongly encourage you to teach them to do so. We used the wisdom in "[The Happy Sleeper](#)" by Heather Turgeon MFT and Julie Wright MFT. If you have a tiny baby, consider doing your sacred start after you wake up naturally and ask your partner for support.



# How to *Keep* your Kids out of the room

*At the time I'm writing this, I have a 6-year-old, 4-year-old and 2-year-old, and my husband leaves the house at 5am every day. So, if I can do this, you can do this.*

If you have a partner at home in the morning, I suggest you enroll them in being in charge of the kids while you do your Sacred Start. They will be your bodyguard, your protector. That way you always know you have protected time. If you find yourself making a long list of excuses about why your partner's time is more important than yours... "they need to shower... they need to get ready... they need flexibility"... I would inquire why you feel their time is worth more than yours. Women have been brainwashed to put everyone else first, and this is an exercise in you learning to prioritize your needs and desires. If you have trouble getting past these feelings of not wanting to rock the boat, I suggest you look into joining Whole Woman so I can help you heal from the brainwashing we've all received.

If you don't have a partner around, you must train your kids to leave you alone. We got our children a Sleeper Hero that turns green at 6:30am. It took them a week to actually stay in their rooms until 6:30am. To train them, Jonathan changed his schedule for a week to stay home and he sat outside their room starting at 5:30am when they normally wake up. Every time they came out, he sent them back. There was a ton of screaming and fighting, but we just calmly kept telling them that we have a family rule of being in our rooms until 6:30am so I can have "Mama Time".

After that week, the kids tested me and often came in, and for that week, my Sacred Start didn't go great, but I focused on holding the boundary and never giving in.

*Right now, my kids will often come in around 6, to get a hug and check in, and with a little urging, they go back to their rooms. If you have a small baby who cries in the morning, The Happy Sleeper has suggestions for that too.*



# Let's Talk About Phone *Hygiene*

Your phone is designed to get you addicted to it. The bright colors, the notifications, are all designed to show you marketing so you buy stuff you don't need. Yes, there are some great things about smart phones, but we need to be so diligent about not becoming addicted to them. A great book on this is "[How to Break Up with Your Phone](#)" by Catherine Price and my favorite line from it is, "It's not you, it's your phone." Your phone has the potential to completely derail your process. So, here are some important things to do:

## 1. TAKE SOCIAL MEDIA OFF YOUR PHONE AT NIGHT.

I delete Instagram off my phone every night, because if it's on there, I'll black out and come out of an Instagram bender after 30 mindless minutes and have no idea what happened.

## 2. DO NOT SLEEP NEXT TO YOUR PHONE.

If your phone is by your bed, you will definitely turn off your alarm and start reading email. Instead, buy an alarm like [this one](#). Plug your phone in in the bathroom, so you grab it once you're out of bed. DO NOT open your email or texts, go straight to Spotify and turn on some tunes.

## 3. SHARE IT.

When you are DONE with your Sacred Start, snap a picture and post it to Instagram with #SacredStart for daily accountability.



A woman with long, wavy blonde hair is sitting on a dark, patterned rug. She is wearing a red dress with a white floral pattern. She is holding a matchstick in her right hand, lighting a white candle. In her left hand, she holds a small, light-colored box. The background is a soft, out-of-focus indoor setting.

PART FIVE

# The Sacred Start Devotional



My invitation to you is to devote yourself to doing your Sacred Start, everyday for 7 days.



*If after a week, you hate it, you don't need to do it anymore. Remember, no one is forcing you to do this. This isn't about perfection or fixing anything that's broken about you. This is about you flooding your system with fun, juicy, feminine magic every morning.*

I love sharing my #SacredStart on social media because it holds me accountable and inspires others to take time for themselves. I highly encourage you to invite a group of friends to do this devotional practice with you for 7 days, or tell you instafam that you're doing it and invite people to play along or cheer you on. We are social beings, and having social accountability can be really helpful (though not necessary).

*But I REALLY want to know how this goes for you, or any questions you have. Just reach out to [info@sarahjenks.com](mailto:info@sarahjenks.com).*

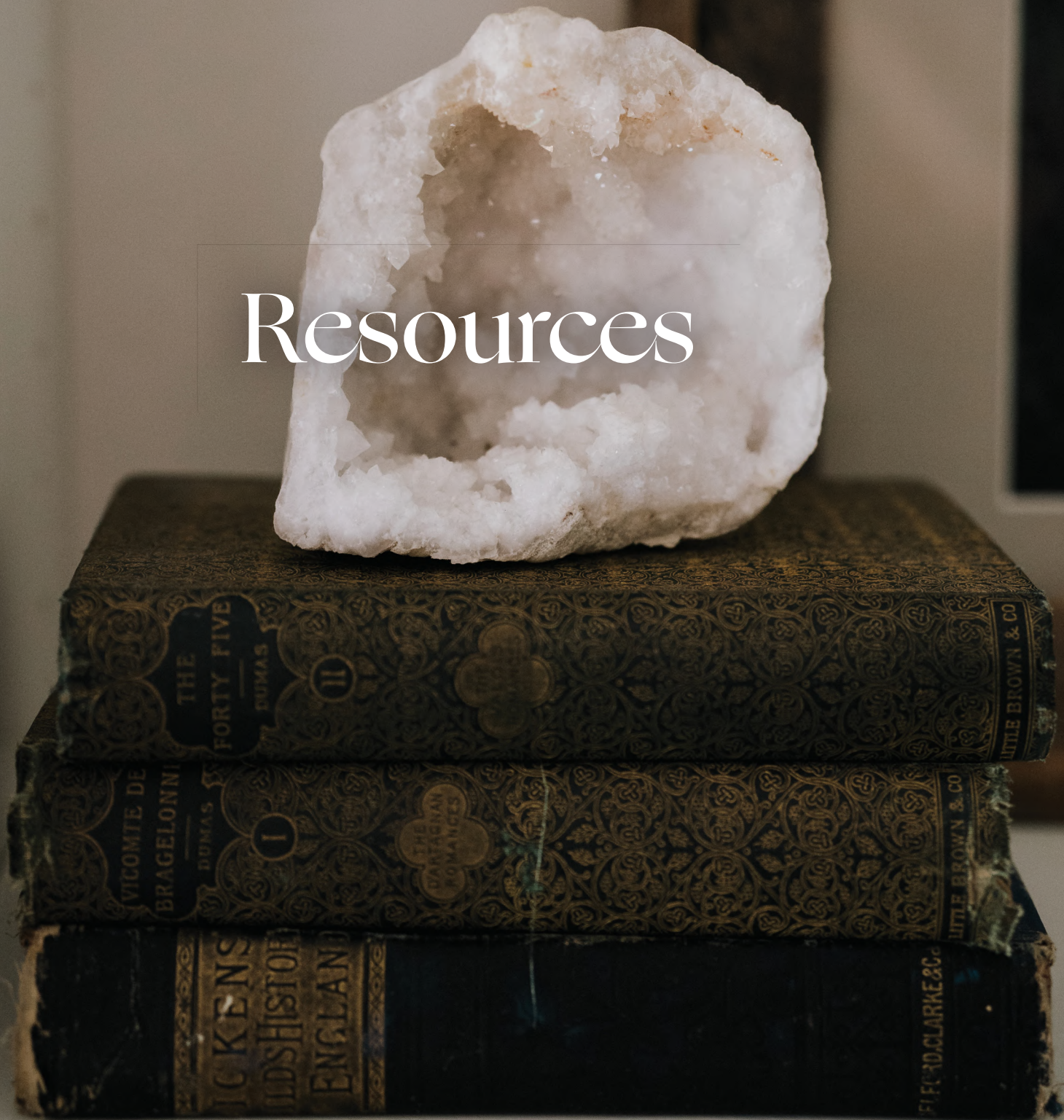
If you want to go deeper, and bring this level of intentionality into the rest of your life, I would love for you to check out Whole Woman, my course and community for women who want to be the Star of their own life, instead of the stage crew for everyone else.

Creating a Sacred Start is just the beginning of what's possible for you. You have no idea how amazing your life can be when you uncover who you are and why you're here.

To learn more, you can visit [WholeWoman.me](https://WholeWoman.me)



# Resources





## Tarot Decks

[Moonchild Tarot](#) (this is what I use)

[Starchild Tarot](#)

[Druid Tarot](#)

[Goddess Tarot](#)

[Mother Peace](#)

[Biddy Tarot](#)

[Wild Unknown](#) (a bit dark for me  
but people like it)

[The traditional tarot Rider Waite.](#)

## Oracle Card Decks

[Sacred Rebels](#)

[Starseed Oracle](#)

[Goddess Power Oracle](#)

[The Divine Feminine Oracle](#)

[Wild Unknown Spirit Animal Deck](#)

[Mystical Shaman Oracle](#)

[Goddess Guidance Oracle Cards](#)

## Sacred Books

[The Red Book by Sera Beak](#)

[The Spiral Dance by Star Hawk](#)

[Witch by Lisa Lister](#)

(we have a very long list of books we  
love in Whole Woman)

## Altar Items

### Candle

[Option 1](#)

[Option 2](#)

[Option 3](#)

### A cloth to lay over your altar

(can be an empty box!)

[Option 1](#)

[Option 2](#)

### A picture of you when you were fully self-ex-

Pressed – pictures from childhood are great!

### Incense

[Option 1](#)

### Cleansing herbs

### An animal figurine or picture you connect with

like a spirit animal

[Option 1](#)

### Crystals that resonate with you

[Option 1](#)