



## Making an Altar

*\*\*adapted from Rebecca Campbell's book "Rise Sister Rise"*

Creating an altar in your home is a really effective tools for anchoring your meditation practice, and making it clear when you are giving yourself "you time."

- A sacred space filled with things that make you feel connected. Think of it as a little corner of the world where you can come to hope, dream, wish, pray, meditate, contemplate, experience peace from the chaos, and ask the Universe for support. When we create intentional space in which to practice and "take our medicine" the medicine becomes more potent.
- Start by choosing a place for your altar. If you live with others and it's hard find personal space, you can make yours a portable one consisting of just a candle and a special object, such as a crystal, which you keep on your bedside table. you can make your altar a window ledge or it can take up the whole corner of a room. Size does not matter. I had a client who created an altar in her closet.
- Choose sacred times that make you feel connected and full of light. Consider what you want to call in. You might have a candle, a picture of God, goddess or guru that means something to you, incense, fresh flowers, a luck charm, angle cards, artwork, magazine clippings, feathers, a champagne cork, a picture of loved ones, some nicknacks from a special vacation or trip. There are no rules, just choose whatever speaks to your soul. I love to meditate right when I was up, just before sunrise and just as the sun is setting each day, but you could meditate at 10am or whenever you have the time and the space.
- Your altar is a place where you can to pray, meditate, ask for support and set your intentions for the day. You might want to light a candle, meditate, and say a prayer each morning.
- The altar is an energetic portal for you to communicate with the Universe and your soul, so it's important to maintain it and keep it fresh. You may feel guided to replace things now and then, or even pick a flower each week to keep the energy clear and sacred. Don't overthink it, just go with what feels good.