

# Altar Crafting

## Creating Your Sacred Space



A simple guide to honoring the elements, your lineage, and your intentions.

Creating a home altar is a beautiful way to cultivate mindfulness, presence, and soulful connection. It becomes **your personal sanctuary**—a space to reflect, pray, move, breathe, set intentions, and simply \*be\*. Your altar can be as simple or elaborate as you like. There are no rules—only resonance.

### Choose Your Place

Pick a quiet, special place in your home—this could be a small table, a windowsill, a shelf, or a corner of a room. (or all of the above!) Trust your intuition. No hurry. **Enjoy the process.**

This space will hold your energy and intentions.

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### Gather Earth's Elements

Honor the 5 elements — Earth, Water, Fire, Air, and Space — Take your time gathering objects that represent each element and hold deep meaning for you. Enjoy placing them symbolically upon your altar. Ritual feeds the Soul.

**Earth** Crystals, stones, salt, wood, soil, dried flowers, a small bowl of rice or beans, food, chocolate, fresh flowers,

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**Water** A container for water, seashells, a cup of tea, rosewater, sacred water from a place you love. Visit your local water source with gratitude and reverence. Water is Life.

**Fire** Candle, incense, caldron and herbs, essential oil burner,

**Air\*** Feather, incense smoke, a bell, wind chimes, a fan, dried herbs (sage, lavender, camphor)

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**Space** A piece of open cloth, a spacious tray, singing bowl, an open hand or open palm statue |

# Honor Your Lineage & Your Connections



Symbols as reminders of those who've walked before you,  
those you walk with now, and  
those that are walking before you  
for seven generation in both directions.

## **Ancestors & Loved Ones**

Photos, heirlooms, names on paper, or symbolic tokens

## **Family**

Objects that remind you of your roots, traditions,  
and the love that's shaped you

## **Loved Ones & Guides:**

Items or symbols that connect you with mentors, guides, allies, animal and  
plant kingdoms

## Activate Your Dreams & Intentions

Bring in your magic of manifestation.

***We don't perform magic.***

***We become magicians and magic happens.***

## **Personal Altar Items**

A journal, notebook, a small intention card, oracle decks. Written wishes or  
dreams folded and placed in a receptacle. A symbolic item for each dream. Let  
the gathering of items be a ritual as well. Take your time. Allow the items to  
emerge.

Let your dream take shape through sensation—how does it feel in your body,  
your breath, your soul? Trust that as you feel into your intention, its symbol will  
reveal itself.

**Embark on a spiritual scavenger hunt**—follow your curiosity, and let delight  
be your guide. It's all a part of the magic.

# Sensory Offerings & Sacred Tools

Use these to awaken your senses  
and deepen your presence.



- 🕯 Candle – to symbolize your inner light and clarity
- 🌿 Incense or herbs – to cleanse and uplift the space
- 💧 Essential oils or an aromatic mist – to anoint yourself or the altar
- 🔔 Bell, rattle, or singing bowl , drum – to clear energy or open/close your ritual

## Make It Yours

Let your altar grow and evolve with the seasons, moon cycles, life transitions, and emotional tides. Your intention is what makes it sacred. This is bringing your dreams and visions down to the Earthly realm. What are you creating in this wild life?

## Daily Ritual Suggestions

- \* Light your candle each morning and set an intention for the day
- \* Go outside and feel your barefeet on the Earth.
- \* Place a hand on your heart and enjoy 3 slow, deep breaths
- \* Speak gratitude or affirmation aloud
- \* Perform Grounding and Calling In Rituals (*see video link in email*)
- \* Sit in silence, pray, sing, journal, pull a card
- \* Tend to your altar weekly—refresh water, dust, or add new items

## Remember...

Your altar is a mirror of your inner world.

It is a whisper from your soul saying,  
“You belong. This moment matters. Come home.”  
Let this be a place of beauty, truth, and reverence.