

SACRED SPACES & ALTAR CREATION

(1-4 WEEKS) DUE BY: _____

DIRECTIONS: Do VIDEO #1/HANDOUT #1 before doing this. **Second**, take 1-2 weeks to gather your altar treasure chest items on the list as well as those for my ALTAR MAP (in blue). **Third**, choose a space ideal for you to create the Priestess Apprentice ALTAR (use the ALTAR MAP). **Fourth**, create this altar and keep it for 13 weeks. **Fifth**, cleanse/consecrate altar with the steps provided. **Lastly**, go to your altar every day for 1 or more minutes to light your white candle and set your intention, to pray for what it is you desire.

WHY CARVING OUT SPACE FOR SILENCE & REFUGE IS SO IMPORTANT:

For the woman on her Medicine or Priestess Path, the importance of solitude, rest, reflection & rejuvenation cannot be underestimated. To remember herself, to retrieve her *Soulskin*, *Sealskin*, to make her heart and body moist and supple again, she must find those places of retreat, alone and in communion with other women. Of course, nature is where our ancestors knew to do it best. As well, we have created sacred shrines, altars, holy bathing houses & places of worship inside buildings, huts and caves since time immemorial. In today's hectic, fast-paced life, it is required of us even more now to "carve" out this space. In the absence of the holy (and the Divine Feminine), we must (re)create her within our own lives to get re-charged & re-commit to the Priestess Path, which is that of Love.

Note on Sacred Space versus Magic Circles: I wanted to add a side note on what we mean when we say "sacred space" versus the kinds of spaces we can create to actually change things, aka "use magic". Any woman can create sacred space for herself that nourishes her soul. But it takes knowledge, practice and clear heart/intention to cast a circle which intends to change the course of events, to use magical tools for example to alter reality or to "know" the past, present and future. *In Priestess Apprentice Level One*, we will be focusing on "sacred space" and not so much high "magic". But it is inevitable that those worlds cross, for *She* is magic. Circles for divination are different in that they involve much greater mastery. One must be deeply attuned to who and what she is working with; the "circle" is often fully consecrated, protected and certain energies invoked. Don't worry, it will make sense. That can take a lifetime of mastery, and this is good. For now, focus on *you*. What do you need? How can you carve out space? And can this help you move towards that goal? Sometimes by just having an altar and a daily intention – lighting a candle to it - and going to this every day is enough.

Let me ask you: *Where is your favorite sacred space?* Meditate on it. Why do you like it? What are the sacred qualities of it? How would you like more of this? And, how might Priestess Apprentice help you replicate this (and so much more juicy stuff) in your own immediate surroundings (and deep inside of you)?

Let's begin.

ASSIGNMENT:

Ok. So here's the assignment. Please start as soon as you can as you will need time to gather things, consecrate them, choose a place & really dig into this. I would allow for 2-3 weeks for this process.

STEP ONE: CHOOSE A QUIET, UNTOUCHED SPACE

Where can you make your Priestess Apprentice Altar and have her untouched for 13 weeks? _____

STEP TWO: FILL YOUR ALTAR TREASURE CHEST (1-2 WEEKS)

WHY DO YOU THINK ALTARS (OR SACRED SPACES) ARE IMPORTANT?

ALTAR INVENTORY (A CHECKLIST):

Please gather these essential things (or as many as you can) and have fun with them! Later, when it is time to "use" an item, you can use the CLEANSE & CONSECRATE protocol below. NOTE: Every altar will be different, but here is a list of some basic essentials many priestesses have available for their altar creation.

- Altar **cloth, shawl, tapestry** to lay things on
- **Amulets & talismans** for protection, inspiration & guidance (like Hand of Fatima, A Cross, Pentagram, et cetera)
- Bath salts, flowers & herbs for medicine **baths**
- **Sea salt** to absorb negative energies
- **Knife** to represent the divine masculine (phallus)
- **Chalice (bowl)** to represent the divine feminine (womb)
- Small bowls & containers to hold things such as herbs, beads, salts, oils

- **Bell** to call in a session or clear unwanted energies with a high pitched frequency (also good for meditations and focusing just on that point of light/sound)
- **Incense** and special incense holder
- **Sage, Palo Santo, sweet grass, other sacred burning tools** to purify a space or body
- **Charcoal and charcoal holder** to burn things such as frankincense, copal or dried herbs to create a specific vibe or energy; to purify, protect or invoke
- **Bags, pouches or medicine bundles** to hold sacred objects or herbs
- **Candles** (preferably always a white candle for purity in the center) to represent fire but also so much more depending on color, intention, scent and whether or not it has an image or Saint on it
- **Feathers** for bird tribe and to represent the element of Air & Higher Perspective
- A **compass** to make sure you know where you're at & can place your elements in the correct direction
- **Crystals, gems, stones** for a variety of protective, cleansing or magical purposes and to represent Earth
- **Divinatory tools** such as an already cleansed & consecrated Tarot Deck, Ruins, Medicine Talking Board, Tea Leaves et cetera
- **Herbs & essential oils** to maintain a high frequency, ward of negative energies or invoke a specific frequency or intention (to be touched upon later)
- **Holy water & holy oils** to purify the body, spirit, heart, chakras, auras, objects & space
- **Agua de Florida** (can be found in some Mexican & Brazilian shops) to put in your mop water or use in a body or air spray (heightens frequency, calls in the Angels & cleanse out negative waste)
- **Lighters or matches**
- **Mortar & pestle** to grind herbs/plants down or use as magical tool
- **Seeds, nuts, fruits** to represent the womb/feminine & use as magical tools or as offerings to the ancestors & guides
- **Powders & potions** for a variety of reasons
- **White eggshell powder** (can be bought in some metaphysical stores) to create borders of safety around a space you wish to consecrate, seal & divinate in
- **Statues or pictures** of mentors, Patron Saints, Goddesses, Gods, Animal Spirits who you trust to guide you & protect you on this journey (and who will keep your altar pure & ready at all times)

- **String** to be used in creating pentagrams, binding ceremonies or tying knots to let go of regrets then burning in the flames (Huichol tradition, the string/Deer/Peyote people of Mexico)
- **Plants** to hang from the rafters or corners for a certain quality
- **Animal pelts/skins, tales, horns, shells** that have been humanely gathered
- **Sacred geometric shapes or artwork** that “speak” to you (check out Star of David, Pentagram,

STEP THREE: GATHER ITEMS FOR HEATHER’S ALTAR MAP

EXPLANATION:

You do not need everything above to have a powerful, effective, warm altar. Depending on the tradition, other items will be necessary while others excluded. At minimum, *for the ceremony below*, please gather all items on my ALTAR MAP for you to get started. **Please see “Altar Map”**. This is the map I will ask you to assemble for (at least) the 13 weeks we are together as a sacred, holy group. Below you will find directions for your FIRST ALTAR CEREMONY. Altar ceremony may take up to an hour, depending on your desire and timeframe. Play around with it, find your tools, bring me questions. We will go into more detail later about types of “ceremonies” us Priestess can do, but for now, focus on your altar. Gather your ALTAR MAP ITEMS along with anything else you are ready to cleanse, consecrate, use & place on this 13 week altar.

WHERE CAN I FIND THESE THINGS?

Most items on this list our grandmothers found in their kitchens or out in nature, so I am sure you can be resourceful. Have fun with it! You probably already have some kind of altar space or sacred objects. Now, it’s time to complete the circle and start to make a much more intentional way about it. Local metaphysical stores, bookstores, Santeria shops and Mexican food stores have some of the things you want. Best of all, go connect with Pachamama. She’ll have so much to teach you! Gather your herbs of wisdom and commit to the study. Of course, you can have more than one altar and you can add other sacred, cleansed and consecrated items to the altar I suggest! Don’t forget, the due date for this is ideal but this can be completed at any time in the program.

NOTE: Magical tools, medicines and prayers will be covered more in detail later in the program. For now, pick what works for you best! OR, ask a question as you experiment, play, get serious and dabble!

STEP FOUR: CLEANSE & CONSECRATE “ALTAR MAP” ITEMS

Time: 10-30 minutes (*Steps 4-7 are to be done all at once in the same sacred space*)

FIRST,

1. SET UP ALTAR WITH ELEMENTS (use your compass to place directions)
2. Take your object to each direction, and say in each element, “_____ (earth, air, fire, water), ***purify this object so that it might be of the greatest good.***” - - - You can purify by using the element on it/WITH IT - - -
3. AFTERWARDS, say, “***Let the Earth ground you, let the air inspire you, let the fire clean you, let the water flow, as truth itself.***”
4. KEEP ALTAR OUT – USE DAILY - OR ITEMS IN A SAFE PLACE.
5. Don’t LET OTHERS TOUCH SACRED OBJECTS AFTERWARDS. IF THEY DO, JUST CLEANSE & CONSECRATE AGAIN AFTER APOLOGIZING TO SOURCE (HIGHER SELF/PATRON SAINT).

SOME CLEANSING OPTIONS (STUDY, OBSERVE, PRACTICE)

WATER	DETOX	LIME	PRAYER	PLANTS
INCENSE	SAGE	CANDLE	SALT	BATHS
EGG	VISUALIZATION	DANCE	OILS	CHALK

SOME PROTECTION OPTIONS (STUDY, PRESERVE, PRACTICE)

AMULETS	SALT	CRYSTALS	Golden light
SCENTS/OILS	MEDICINE BUNDLES	CALL IN VIOLET FLAME WITH ARCHANGEL MICHAEL’S HELP	
STONES	IMAGINE TWO GUARDS	SYMBOLS	ZIPPER

STEP FIVE: CONDUCT BASIC RITUAL

Time frame: 20-60 minutes

Cleanse your body, the space and new objects

Lay out your fabric, tray or table

OPEN THE CEREMONY

1. Do your favorite prayer, song or mantra.
2. Surround altar with branches, flowers, chalk, crystals, stones, sand (whatever feels right). Ask for Protection & Holy Guidance from Your Highest Self & Loving Angels.
3. Place Dish of Salt and Power Animals, ask for Holy Protection in this ceremony and “to seal and protect this space, this body, this breath”.
4. Light your WHITE CANDLE (center, ethers, self).
5. Place knife. SAY, ***“I call in My Sacred, Holy Divine Masculine”.***
6. Place bowl or rose. SAY, ***“I call in My Sacred, Holy Divine Feminine.” + “WITH THESE TWO, I CALL IN SACRED UNION.”***
7. Place items in FOUR DIRECTIONS, begin with NORTH, end with WEST. Use these words as you bring in each, ONE AT A TIME...

A.NORTH – I call in the North, Earth, the body, strength, & grounded wisdom. Let me go inwards and know the truth.	B.EAST – I call in the East, Air, mental clarity, ancestral insight, inspiration & beginnings. Give me perspective & wings to fly.
C.SOUTH – I call in the South, Fire, inspiration, dedication & action. Let me burn the old and have the motivation to do what is right.	D.WEST – I call in the West, watery emotion, flow, all endings and the Great Cosmic Womb. Give me emotional clarity & heart.

8. RELEASE & FORGIVENESS PRAYER: SAY, ***“I ask Source to release all burdens and to forgive me and all my relations.”***
9. GRATITUDE & ABUNDANCE PRAYER: SAY, ***“I give great gratitude for all that is in my life and ask for abundance & strength.”***
10. Say your INTENTIONS for ceremony out loud, ***“(I call on my highest to self to _____)”***
11. Give **OFFERINGS** to the Divine Spirit Guides of Love:
 - a. Drink, Food, Flower. Give thanks for these beautiful things and the gifts you are about to receive.
12. Place **other personal sacred objects** – one by one – and feel their energy. Feel or say why you are calling for their assistance. Also say,
 - a. ***“I call in Archangel Michael to Violet Flame this sacred space and to only allow truth to flow into it.”***

STEP SIX: CONDUCT CEREMONY (Time depends)

IS IT TO CLEANSE, TO PRAY FOR SOMEONE’S HEALTH, TO READ CARDS & KNOW THINGS, TO SHAMANIC JOURNEY, TO DANCE OUT YOUR PAIN...? OR, TO SIT IN MEDITATION. Listen to your body, your heart, wait for sensations, feelings, visions, answers.

STEP SEVEN: CLOSE THE CEREMONY (5-20 minutes)

1. Sit in silence, do art, dance, meditate. Feel if it feels complete.
2. Open your eyes. Say, ***“I give great thanks for this day, great thanks to all of my Divine Helpers of Love. Help me to become a better human.”*** FEEL THE DEEP LOVE & SURRENDER TO THIS FEELING.
3. Say, ***“I call on my guides and ancestors and officially close this ritual.”*** IMAGINE a bright white light surrounding the space/you.

FINAL STEP: DO ONE-MINUTE CEREMONY ONCE A DAY

NOW, go to your altar every day for 1 or more minutes to light your white candle and set your intention, to pray for what it is you desire. (So, I guess this IS magic.) What time of day is best for this (ritual)? _____