



HOW TO

*Create Your Altar*

CHECKLIST



*Lunar*  
LADIES

# How to Create Your Altar

Your altar is a place of focus to create Sacred Space and unite vibrational fields of consciousness.

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# Creating Your Altar

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## **Step 1** *Find the Location*

Find a space that you can set up your altar and that it can stay undisturbed. It can be a permanent space or temporary. Tables, shelves, dressers make great places. If you have a meditation room, setting up your altar is great there, too. Clean the area (with salt water and sage).

## **Step 2** *Decorate*

Set up and decorate your altar according to the theme of the lunar cycle's vibration, if you wish. Use items that have meaning to you and help you bring your focus on aligning with the Sacred in your life. See our list of what to include in your altar on later pages of this book.

## **Step 3** *Meditate*

Take time to be with your altar in meditation. Your altar is a place of sacred space that you created just for you with your personal spiritual guides. It can be just a few minutes or much longer. This is your sacred way of tuning into yourself, your Higher Self and your dreams. Each time you visit your altar you are also focusing on what you want to attract, create and manifest. Your altar will help you align with the vibration that matches what you want.

Incorporate our Altar Rituals (below) regularly and at least every new and full moon.

## **Step 4** *Care for Your Altar Regularly*

Cleaning and clearing the space from dust or things that don't belong in your sacred space is essential. Clean up ashes, matches and anything that will help sanctify and uplift the energy around your altar. Refill water and other elemental items that keep the vibration of their energy pure and in place. Change old water, shake out altar cloths and keep everything fresh. Your Inner Vesta, the face of the Goddess as High Priestess and Keeper of the Temple will bless you for maintaining sacred space and honoring the Sacred.



# Checklist

## *What to Include in Your Altar*

- Altar cloth**
- Sacred symbol or statue**
- Crystals and stones**
- Pictures of angels, guardians, spiritual teachers, ancestors/relatives**

Include items from each of four sacred elements (Fire + Air Right Side (representing the Divine Masculine) and Water + Earth Left Side (representing the Divine Feminine):

- Altar Items For Earth:** stones or rocks, branches, dried herbs, dried or flowers, soil, plants, photos or artwork of nature.
- Altar Items For Air:** feathers, incense, pictures or drawings of birds and things that fly, representations of clouds and the sky, incense, sage, sound, essential oils.
- Altar Items For Fire:** candles, pictures or representation of fire and/or the sun, ashes, anointing oil.
- Altar Items For Water:** bowl, chalice or cup of water, seashells, driftwood, sea glass, sand, a mirror, water fountains, pictures or representations of the ocean or ocean creatures, fish, seaweed.



# Altar Rituals

*Your altar ritual consists of opening and closing your sacred circle (see below).*

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## *Moon Cycle Altar Rituals*

Be sure to have a ceremony or ritual for every full and new moon for true peace and manifestation power.

In your New Moon ritual set intentions, meditation, honor the coming lunar cycle.

In your Full Moon ritual, release any stuck energy, forgive when appropriate, celebrate your life and the lunar cycle.

## *Open Your Circle*

- Call in the 7 Sacred Directions -- East, South, West, North, Below, Above and Center (you!). You can use your compass on your phone to find where to face each direction.
- Ground yourself (grounding cord into the center of the Earth from your tailbone.) Set your Crown chakra to any color you want. Breathe into your Heart.
- Light your candles, burn sage or incense
- Speak positive words and affirmations to yourself. Include prayers for your siblings and neighbors. Pray for peaceful conversations and interactions. Invite their spiritual energy into your circle for healings.
- Stay in sacred space and meditation, prayer and listening to your Inner Wisdom as long as you like. Allow yourself to be guided on what intentions to plant in the fertile soul of Mother Earth and the Mental planes of thoughts creating forms in the material world. Create a Bubble and fill your bubble with all your intentions, goals and wishes. Ground your Bubble with a grounding cord into the center of Mother Earth.

## *Close Your Circle*

Thank and face each of the 7 Directions. Thank each person who you asked into your circle for healing and communication. Most of all, thank yourself for being so amazing and wonderful. Say aloud, "It is done. So let it be. Blessed be. Amen."

