

Altar Set-Up and Preparations: Your Altar is a Battery



Find a special place in your home that you can designate for your spiritual work. Inform your loved ones that you are claiming sacred space that is dedicated to your shamanic practice, ask for their support and as you gather sacred objects for your altar.

Remember, ALL space is sacred. We just have to claim it as so. All you need is a little corner of your home or office that is set apart. Your altar does not need to be elaborate or fancy. It can be as simple as a cardboard box with a colorful cloth on top or a beautiful piece of

fabric used as a portable altar on the go. YOU are what makes your altar special; it is an extension of your energy.

Your altar is the battery of your intention. Altars harness energy from the cosmos and amplify Mother Earth. Only you can make your altar come alive by giving it attention and assigning power. The power of your altar does not come from the quality or vibration of the objects placed on it. The only power your altar has is YOU-your intention, specifically. The purpose of the altar is to remind you of what you wish to send energy to-whether it is prayers for someone who is sick, prayers for a geographical location or planet, prayers for abundance, goals and manifestation. Every time you look at the altar you will think of what you are directing energy toward. This is the power of you. Every time you light a candle for a specific reason and place an offering of flowers for a specific purpose, you harness your intention and purposefully create.

Suggested Objects for Your Altar:

The more you do this work, the more you will know what needs to be placed on your altar and where. To get you started, here are some recommended medicine objects for your altar:

- *Feathers (gifts from Spirit)**
- *Crystals and gemstones**
- *Flowers (offerings and symbols of growth and healing)**
- *Shells**
- *Prayer Sticks (we will cover)**
- *Smudge Sticks (we will cover)**
- *Life Arrows (we will cover)**
- *Photos of loved ones or clients you are helping**
- *Photos of ancestors or guides who help you in your work**
- *Leaves, twigs, bones, wings and other objects from nature**
- *Candles to light for a specific purpose**
- *Business card for growing your business and focusing on goals**

In a nutshell, Shamanic practice is a tangible way to set your intention-that is all and that is everything.

Having a mobile altar and keepings things simple is the way of the global Shaman. When you travel the world, remember you always have your breath to offer as a gift back to Spirit. Breath IS Spirit. You already come equipped with everything you need. In the picture below, you can see I use animal parts when I am calling in specific healing qualities of the animal kingdom. If someone presents a bone or a piece of an animal to me, I look at this as a huge gift and an opportunity to learn. This altar was for the healing and empowerment of a special friend who was preparing for surgery. The elements included in this simple set-up:

- *Coral for feminine strength**
- *Peonies for compassion**
- *A Goddess Candle for the element of Fire as the center offering**
- *Rib of a bear**
- *Snake vertebrae**
- *Porcupine quills**
- *Bowl of flower water to honor the Water element**
- *Bowl of healing stones (I gave my friend these in a medicine bag)**

This placement and set-up of this altar is an example of how intuitive you can be when it comes to preparation for surgery for yourself or someone else. There was no intellect involved in this altar set-up. I felt what I needed to call in, based on what I had around me. This is just another example of using what you have, being resourceful and flexible. You do not need the animal part to call in the assistance of an animal spirit.

Expanding Sacred

