

How to set up your altar?

First of all, there's no secret formula for an altar, it's yours, it's created for you, so however you choose to set it up is exactly how it should be! There's no right or wrong when it comes to creating your altar.

The main idea of an altar is to have a space that is yours, that inspires you to connect with yourself, that reminds you of things that fill you with peace, love, and safety. It can be something that reminds you of someone, something, an experience, a place, or even a moment in your life.

Here are the things that, for me, are essential for the space to truly motivate you to use it daily:

1 — A little stool, table, or anything that can serve as a table, it can even be a stack of books.

This gives the space a sense of formality. It's the space of my altar, the surface where I place all the elements that make it up.

2 — A candle.

Candles give me a sense of peace — any type of candle, whichever you like most! It can even be a birthday candle if that's what you prefer.

The candle represents the element of fire, the desire to be alive, the energy that ignites, illuminates, and guides us.

3 — You can choose a candle holder if you like, make one yourself, or use a ceramic piece you've made or that was gifted to you.

In my case, I chose a sea salt holder; it has a relaxing, calming effect and is considered protective. Looking at it brings me peace because of its beauty.

Sea salt brings in the element of water, it represents the sea.

4 — Crystals, or any stone that represents something to you.

It can even be a seashell you brought from the beach (even though you technically shouldn't...), sand, or soil. Crystals have different energies, as long as you charge them in the sunlight and moonlight.

This represents earth, it helps with grounding and staying connected to the ground that supports us.

5 — Necklaces or meaningful objects.

In my case, I used a mala given to me by a family member who is no longer here, and the other necklaces are pieces I brought from my yoga training, during which I learned and transformed a lot.

They represent someone special and a unique experience full of transformation and learning.

6 — Palo Santo or a scent.

The aroma brings me back to peace and tranquility, to cleansing. It signals the space as one meant for connection; it brings me back to my senses and to the present moment.

It brings the element of air, it awakens your senses and brings you into the present moment.

5 — A Buddha.

In my case, I chose a mini Buddha, because it represents many of the teachings I've received these past few years and reminds me of them. But it doesn't have to be a Buddha, it could be your spiritual guide or teacher, it could easily be a cross or any element that has meaning to you.

6 — A photo of me as a child.

I included this because it helps me be less hard on myself, to remember that I learned things when I was little, and that if I were speaking to that child, I wouldn't be so harsh.

It helps you cultivate more compassion toward yourself.

Below I've left a photo of my altar for inspiration!

