

Create A Home Altar

Build Your Personal Sanctuary



By Christine Juckett From LadyOfSanctuary.com

Creating an altar is an important part of building your personal sanctuary. My mission here at [Lady of Sanctuary](http://ladyofsanctuary.com) is to de-mystify the ways you can connect with your soul to bring magic and power into (or back into) your every day life.

Claiming your power and carving out your personal sanctuary is a way for you to tap into your own energy and special flair. The information provided below are merely suggestions meant to give you the confidence to get started. There is no wrong way to do this.

Why create an altar?

Creating an altar sets the stage for your dreams. It's a declaration of your intentions. By claiming this space for yourself, you are sending a message to the Universe that you mean business. You've got intentions, desires, and feelings that you want to generate here and now.

Know that you deserve a sacred space in your home for your wishes and intentions.

What exactly is an altar?

An altar is a space in your home that you've dedicated to hold energy for your intentions. It's a place to keep things that remind you of how you want to feel, who you want to be, and what you want to call into your life. I like to think of an altar as a 3D vision board. An altar is a physical representation of your dreams.

I find that people sometimes get hung up on the word ALTAR because of it's religious undertones. If that's the case for you, find another name for it: dedication space, meditation area, visioning area. This is your personal space, so find a word or a term that works for you.

What can I put on my altar?

You can put anything on an altar, but I've created a list below to provide some examples for you.

- Flowers
- Candles
- Crystals
- Items found outside: feathers, rocks, sea shells, driftwood, pinecones, leaves
- Trinkets: carvings, statues, sculptures
- Pictures, paintings, drawings
- Paper with your Mantra, Intention, or words written on it
- Lights: Twinkle lights, Salt lamp, lantern
- Seasonal decorations: I love grabbing items on clearance after each holiday for my altar
- Cards: Oracle Cards, Prayer Cards, Tarot Cards

The key with this, is to use what resonates with you and the intention you've set for yourself. This can be as simple or as elaborate as you like. Keep it intention focused and heart based. Use things that you actually like instead of things you feel you should use.

When can I create one?

You can create an altar whenever you feel you need one, and honestly- you're probably already doing it unintentionally. Do you have a shelf or a table in your home that where you're placing things that have meaning to you? If you do, you've unintentionally created an altar.

Now you'll be focusing on creating your altar intentionally.

If you feel that you need a reason to create an altar, below I've listed some for you. Please know that anytime is a good enough time.

- Monthly, as part of a monthly intention setting practice (calendar based).
- Monthly, as part of a full moon release practice (moon cycle based).
- Monthly, as part of a new moon intention setting practice (moon cycle based)
- Seasonally, to celebrate and set intentions based on the seasons.
- Annually, to set intentions before the new year or your birthday.
- Whenever the hell you want ;)

Create Your Altar!

- I. Choose your space. If you live with other people, you'll need to decide if you want it to be part of a common area or a private area. The size of the area does not matter, it just needs to be a dedicated altar space.
- II. Clean the area that you'll be using by removing everything on top of it and also wiping it down.
 - a. TIP: use sacred smoke or incense to clear the room & the altar.
- III. If you're going to be using a table cloth or a table runner, make sure the item is clean and ironed before putting it on the shelf or table top.
 - a. TIP- I like to use large scarves as my altar covers. They come in so many great colors and sizes that there's so many options to choose from! I've been able to repurpose a lot of scarves that I've received as gifts as altar covers!
 - b. TIP – Holiday clearance sales are a great place to snag cool table runners that can also serve as altar covers. Table runners are nice and narrow, so they work perfectly on narrow shelves!
- IV. Now that the area is ready, clean down the items you're putting on the altar.
 - a. TIP: use sacred smoke or incense to clear the items.
- V. Place your items on the altar, paying attention to your intuition and where you *feel* they need to be placed. Placing them where you feel the most energy is important.
- VI. Say a prayer or a mantra to set your altar and reinforce your intentions. Here are some examples:
 - a. Prayer: *Thank you, guardians, angels, and guides for blessing this altar and filling it with the blessings of God, the wisdom of my higher self, and the light of the Universe.*
 - b. Mantra: *The abundance that speeds to me now in the most perfect way, is rightfully mine and is here to stay.*
- VII. That's it- you're done!

Examples:

Below is an example of a large altar, on top of a bookshelf:



Below is a front door altar, built to hold positive, protective energy for the home.





Thanks so much for taking the time to learn more about altar creation! If you have any questions you can connect with me at <http://ladyofsanctuary.com> or in the [Crystal Sanctuary Facebook group](#).

Please join us for free crystal readings most Wednesday's in the [Crystal Sanctuary Facebook group](#)!



Christine Juckett, Lady of Sanctuary

Energy Coach | Crystal Advisor, Lady of Sanctuary

info@christinejuckett.com | <http://ladyofsanctuary.com>

