

How to



Create an Altar at home

Spiritual practices generate peace and calm, and help guide us back home to ourselves. Creating an altar at home helps nurture a meaningful practice. To help get you started, I've shared my **TOP 5 TIPS** for a home altar.



Find your sacred space

At home, in which space do you feel most relaxed? Could this be the right space for your altar? A sacred and peaceful place, with no distractions or interruptions.



Joyful building

What shape, colour and texture would you like the altar to be? Do you plan on standing, sitting on the floor or on a chair - create an altar height and width to suit your needs.



Heart full

Choose altar items that fill your heart with joy. For instance, crystals, candles, incense, mandalas, dream catchers, meaningful images or symbols, seasonal plants, flowers, seeds and pods.



Sacred space

Get into the habit of keeping your altar clean and clear. Wash your hands and remove your shoes when you use your altar for your spiritual practices. Avoid cluttering the immediate area around it.



Grow your practice

Spend regular time at your altar, in prayer, meditation, contemplation, mindfulness or when chanting or singing. Use the space to come home to what matters most to you, grow your connection to self and to what you believe in.