



# 7 Essential Tips for Altar Making

FOR A HOME OR, OFFICE

## WELCOME ALL!

Altars are portals to the divine. Altars are curated gateways to the spiritual world. Altars are a space where the seen and the unseen marry our intentions. In many traditions, creating altars have their own traditional rules and recommendations. For example, the Wiccan tradition organizes altars according to Sabbaths, Seasons, or Moons. In the Ancient Peruvian traditions, shamans are called to make altars to honor the Pachamama in “Despacho” or, earth based ceremonies.

World spiritual traditions have their unique own ways of organizing an altar. There is no right or wrong approach. Some traditions follow the 4 directions. Others might create their altars according to intentions using specific elements that represent things, or ideas they would like to call into their space or their lives. We offer ideas for altars yet, it is important to recognize that altar making is more of an intuitive practice. A calling of the soul to manifest itself.

Peru Flow Altar Making encourages you to follow your gut, to become an active participant of the sacred, and to bring your best vibes into it.

### SET AN INTENTION

Why do you want to create an altar? How long do you want it for? Build Sacred Space with intention.

Example: I would like to create an altar to feel: peace, clarity, a sense of purpose. Imagine and envision how you would like to feel.

I am creating this altar to feel \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ at my home during \_\_\_\_\_ days

### EMBRACE SILENCE

Find a quiet space, inviting space to create your altar. Think about its privacy, safety, and beauty. We are creating sacred space, what does it mean to you? How do you want to express the sacred in your space? Is it in the middle of the space, to the side, hidden in a garden? There is no right or, wrong. There is just intention. Be clear.

The ideal space for my altar is \_\_\_\_\_ because \_\_\_\_\_.

### HONOR YOUR VISION

Think about what things, objects, or, elements you would like to have in your altar. This step is very important because it is the essence of your altar. The elements of your altar hold the vibration of your intention. For this beginner altar creation we invite you to get inspired with the four elements. The idea for this initial altar making practice is to open a gateway between your desires and the Universe. You can also add, pictures or, symbols that represent your intention. Be as clear as possible.

**REMEMBER:** Curate your altar space with that which makes your vibration resonate with your intention.

### PLAN AHEAD- LAY STRONG FOUNDATIONS

You can use a cloth, or table to set your altar space. You might even chose a place in nature to hold space for your altar. Just be mindful of weather so make sure the space is protected from rain or, snow.

### GATHER MATERIALS- PRACTICE EXCITEMENT

Revisit your plan and intention before creating your altar. Gather all your materials beforehand and make sure you gather them with joy and excitement for the divine in you.

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### INVITE BREATH

Breath in and out three times, stretch, dance, or go into any quick body practice that inspires you before creating your altar

### BE IN CREATION

Turn your phone off, become immersed in the practice of mindful creation. Decorate your altar. Build a portal to the divine. Become immersed in altar making.

Enjoy your creation!

We would love to see your altar.

Share your altar with us on instagram: #PeruFlowAltar and join our 4 Arts Private Group on Facebook