

CREATING A HOME ALTAR

Creating an altar is a practice of returning ritual to everyday life. When we honour the elements, our ancestors, and that which we deem sacred, we bring meaning back into our everyday lives.

Your home altar will become your place of homecoming and connection where you can do your morning or evening meditations, journaling, and moon circle meetings. Think of it as a sacred space in your home that is imbued with your magic. Your altar is your own creative and devotional expression, it does not have to follow any specific tradition or religion, rather it should have on it what has meaning for you personally. You can have your altar items on the floor, on a beautiful cloth, on a raised piece of wood, or on top of a piece of furniture... whatever fits your home and your aesthetic.

INSPIRATION FOR YOUR ALTAR BASED ON THE ELEMENTALS

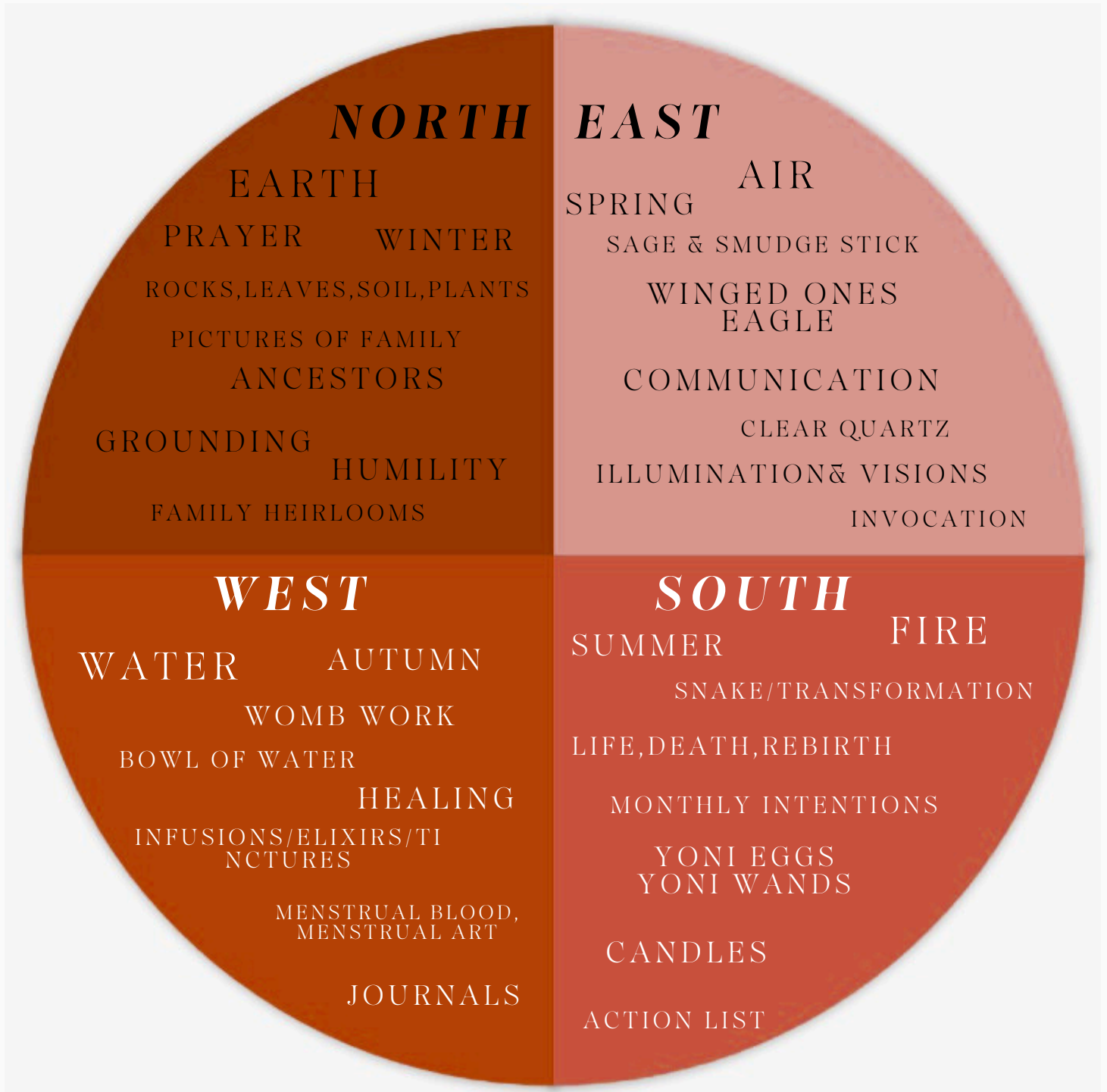
FIRE ~ can be represented by a candle or an item that brings passion & action into your life. I like to add my list of intentions for the month from my Monthly Moon Circles as a reminder for inspired action.

WATER ~ a bowl of spring or sea water on my altar acts as a reminder that water is sacred. Working with your menstrual blood is also a way to add greater potency to your rituals & connect with your womb,. This element invites creativity ~ you can place your writing, art, and pottery near your water to evoke creativity for you.

EARTH ~ add your crystals, rocks, plants, wood, and all-natural items you collect that bring grounding and connection. By honouring the Earth element, we show gratitude for the unconditional gifts our Mother Earth provides us.

AIR ~ can be represented by smudge wands, incense, palo santo, and dried herbs to burn which evoke scent and memory. Instruments, music, sound are also elements of air. Find out what is local and meaningful for you to burn as an invocation during your rituals.

INSPIRATION FROM THE ELEMENTALS AND DIRECTIONS.



When you join my Monthly Moon Rituals you will experience how we honour the different directions and elements. The circle above is an example of how you can divide your altar into sections and incorporate the different themes, represented by each direction/element. You can be as creative as you like here. If you feel called to share your altar, you can tag me on Instagram [@annettemuller](https://www.instagram.com/annettemuller) ~ I would love to honour you and your devotion to bringing more ritual and sacred spaces into your home.