

# ALTAR 101

## Description

An Altar is a spiritual place of worship. It can contain statues and other spiritual items of meaning to you, as it relates to your own specific spiritual journey. The Altar size really doesn't matter. It is just a shrine to remind you of your soul's quest and devotion to your spiritual path. Altars are for anyone who is on a spiritual path. It symbolizes a place of connection between your spirit guides and the physical world. The spiritual items placed on it may change as one progresses on their spiritual journey. There is nothing wrong with where you place your Altar or how it is set up. It is your personal choice, and no one should tell you otherwise.

## Description of Items that you may place on your Altar

1. Statues. These statues can be of Jesus, Mother Mary, Archangels, or Saints.
2. A cross or crosses
3. Small replicas of your spirit guide's animal forms.
4. Candles. This represents the element of fire when lit.
5. A bowl of water. This represents the element of water. You can decorate it in any fashion you wish. It is entirely up to you. You can place a small tank with a Betta or goldfish to represent this element.
6. Incense burner or holder, or aromatherapy diffuser. This represents the element of air.
7. Crystals. These will represent the element of earth.
8. Dried or fresh flowers. These also represent the earth element.
9. Note: it is recommended to place something that represent the four (4) element of Earth.

Air (Archangel: Raphael)

Earth (Archangel: Auriel)

Water (Archangel: Gabriel)

Fire (Archangel: Micheal).

## Where the Altar should be placed

Once again an Altar can be placed anywhere you feel compelled to put it. One can have more than one Altar; however, your largest and most important one should be placed in an area or a room designated for meditation, prayers, etc. The place where you talk to God, spirit guides, or Archangels. Most of the time this will be a bedroom. A place where you can be undisturbed. Similar to a small chapel in a church. Essentially this will become your place of solitude and worship.