

How To Create Your Sacred Prayer Altar of Love
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Get Your Goddess Groove On Community
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WHAT IS A SACRED GODDESS ALTAR?

For many thousands of years Altars have been used in various cultures and religions around the world to provide a place of connection to the higher unseen worlds of spirit. They may be created for a variety of reasons however, most are created for the purpose of providing a physical energetic space for healing and deep soul connection.

It is a sacred space for prayer, reflection, contemplation and meditation. A powerful place to conduct with the Goddess energies to create meaningful rituals, ceremonies and cultivate the energy of devotion for your spiritual practice.

Creating an altar is a spiritual activity of intention as much as it is a physical endeavor. Altars can be communal, public or absolutely personal and tucked away from others' curious minds.

When created ceremoniously and in ritual your altar is a place for sanctuary, prayer, meditation and ritual. It is a place to hold your prayers and intentions, as well as to focus your love and connection to Spirit. *An altar is a place of non-ordinary reality held within ordinary reality.* Altars are for your spiritual mind and soul heart to merge with your personality. Whether communal or personal, altars help to anchor your focus on Spirit, love, faith, devotion and bringing in new creative possibilities for your spiritual journey.

Creating Your Own Personal Altar

Set aside a place in your home that is private where you can set up your personal altar. It doesn't have to be large. It can be as small as your bedside table, or even the drawer of your bedside table.

1. Clear it of all clutter. Find a cloth or covering that is beautiful and feels sacred to you. This will help set the sacredness of the space.
2. Place a small statuette, piece of art, a crystal, flowers, cards or an item representing Spirit, Goddess, God, Universe at the center of the altar.
3. Place a candle on the altar. Use your intuition as to where it belongs.
4. You can place other items on the altar such as flowers, crystals, a small container of water, feathers, sand, etc.

5. Select a theme for your altar. The items you place on the altar should bring love, beauty and honor to the Spirit and integrate with your intentions.
6. Smudge your altar with palo santo, sage, cedar, sweetgrass, or whatever combination of herbs you are called to use and keep it as clean energetically as you do by dusting it physically.

Preparing for Your Altar Work

Take some time each day to sit at your altar, putting your attention on Spirit, through your heart, your prayers, gratitude and intentions. When you sit you can burn incense and play music to assist you in going inward to connect to your intuition and to Spirit or a Goddess you want to invoke healing energies with. Create more sacred space with prayers, chants or through meditation. When you are quiet and focused, you begin to open to the messages and healing energies Spirit has for you. Keep a journal at your altar to write down the messages and wisdom you receive from your Higher Self and Soul or Higher Guide.

Prayer and Invocation

Enter into prayer mindfully, centered in your heart with gratitude. Light your candle, and send your prayers to the Spirit in your mind, in your heart, and in your words. Pray gratefully with an earnest heart, opening to the love and gifts available to you. Visualize your prayers as not only heard, but answered.

Let go of outcomes and open to the larger vision Spirit has for you and your life. Open to greater possibilities expressing from Great Mystery, answering your prayers in love beyond what your human mind can grasp. Spirit works in the mystery, and ultimately weaves a path of awakening when you will surrender and trust the Greater Spirit and interconnectedness of life.

Making an altar and having a mindful practice of prayer, ritual and gratitude can heal your life beyond anything you can imagine. It brings peace with focus through the heart. This ancient practice of prayer and altar work anchors your prayers from earth to heaven and heaven to earth in a tapestry of woven intentions that are your heart song.

Try it and discover more about yourself as a sacred creator dreaming your world

through greater love and heart centered intentions. What you ask and what you bless, shall be given.

Prayers And Intentions For Manifestation

To enhance your alignment with your prayers and intentions for manifestation of your New Earth Priestess Vision, Dreams and Priestess Mission place a copy on your new altar. Your altar contents will support your manifestation results as it holds the “container space” for your new vision.

Manifestation Process Steps:

1. The key to powerful manifestation results are to use your “imagination” to create what you want in your life. Set your goal/intention. Write it down in a journal or put it on a vision board. You are using the power of “creative visualization”.
2. Create a clear idea, or mental picture, and feeling of what you are creating. Think of it as “present tense”, it has already happened. Imagine as many details and feelings, colors, sounds, taste and smell it. Use your senses to feel the full embodiment of your creation in the present now space.
3. Focus On It Often - Read your intention and desired goal out loud to yourself and the Universe. Integrate it into your life in a relaxed way. Through meditation, prayer or being outside in nature just sharing with the Goddess your intentions to bring in her creative force in a good and positive way.
4. Make strong declarations in positive ways. My creative vision exists now and is manifesting in the Earth plane now. I open space within me to receive it for myself and all who it will serve for the highest good.
5. Update your goals, visions, intentions to align with your most aligned passions. Let go of what you have achieved and ask for something new to emerge.
6. Gratitude is the highest vibration that will open you to receive more light for your manifestation.
7. Keep it simple. Have fun and be curious to allow more flow into your creative process. Play is also a high frequency to explore in creations.

