



Creating a Grief Altar

Indigenous societies have worked with transition, loss and grief for thousands of years. Their tools and practices are clear and simple; they can be done easily by anyone and - most importantly - they really work!

One of my personal favorite practices is the creation of a Grief Altar. Altars are portals to spirit that have been used in nearly every spiritual culture for centuries. They are incredibly powerful healing tools.

When I built my first Grief Altar, I was actively grieving. As I set my intention to release my grief, and began to create my altar, the feeling of the grief leaving was palpable! I felt a huge (last) wave of grief disappear so viscerally that I actually turned around and looked behind me to see where the grief had gone!

Creating Your Personal Grief Altar

To create a Grief Altar, you'll need:

- A black cloth (you can use a napkin, a scarf, a piece of fabric, etc.)
- A black or dark blue bowl with water in it
- Salt
- One or two light colored candles

1. Place the salt in the bowl with water
2. "Open" the altar by lighting the candle(s).
3. Give yourself time to grieve in whatever way show ups.
4. The water and salt combination will "pull" the grief out of your body.
5. When you feel complete for the moment (based on the time you have), blow out the candles and the altar is "closed." You can come back to your altar at any time.
6. You can add other objects to the altar, such as pictures of your loved one or items related to your loss.
7. You may need to change the water and salt out several times; you can place the salt on the earth or in the trash.