

DIVINE GUIDANCE



DEEPENING YOUR CONNECTION

ALTARS

Altars are a sacred means of honoring the work you have done to ask for spiritual assistance with a matter or come to a deeper understanding of sacred work.

Altars can be as simple or elaborate as you like. You do not have to purchase anything; you can create very powerful altars with items around your home that are significant to you.

Begin by choosing a location in your home or outdoors that feels significant to you. I like to create altars in areas where I will see them throughout the course of the day.

Begin with a lovely piece of fabric – even a neatly folded pillowcase will do. Now populate your altar with items that speak to you of the work you have just done. Some ideas: crystals, feathers, stones that you picked up on a hike, uniquely shaped twigs, flowers-wild or purchased, candles. Perhaps you feel drawn to add a photo of yourself, a beloved pet who helped you through difficult times, or a photo from a vacation. Intuit where these items belong on your altar. There is no right or wrong, nor are we seeking perfection.

Step back and observe your arrangement-what story does it tell you? Feel free to rearrange items, taking some out, adding others in. An altar is a dynamic creation and can change over time.

Working with an altar is an active process of observing, trusting, being guided. It should bring you a sense of peace. If it does not, work with it until it does. You will know. Spend some time each day observing your altar with a sense of gratitude and honoring of the work you have done.

After 3 days, dismantle your altar, returning pieces to their rightful place or perhaps returning them to the earth. Notice changes in your attitude, in your perception of yourself. Know that a gratitude altar will effect change in your life whether it be immediate and powerful or gradual and sweet.

You can continue to create altars any time you would like by following the above steps, changing it to suit your needs.

NATURE WALK

You may feel drawn to further your integration by taking a walk in nature. Everything in and on the earth is made up of frequencies and Earth resonates at the frequency of 7.83 hertz, humans resonate at 6-8 hertz, so right in the 'sweet spot' of earths resonance. Even more, the relaxed, meditative state known as Theta also resonates at 7.83 hertz so you can see why you often feel better after spending time out of doors!

This walk is not meant to be a group activity or a time to listen to music, podcasts, or check texts. This is a sacred walk, putting one foot in front of the other with conscious awareness. Walk slowly and deliberately, being awake and aware of synchronicities, observing all that you see through the eyes of gratitude and openness: a feather, a beautiful flower, butterfly, birds.... all are messages from Spirit. Even a flower past it's prime may have a message for you: it is time to let go of an old story, an old way of being and welcome in the new. Walking with sacred intend and an open, grateful heart will open the doors of awareness for you.

SALT BATH

A great way to “Celebrate Yourself Home” is by taking a salt bath. Sometimes called a Spiritual Bath, this is not your grandmother’s Saturday night soak! The skin is the body’s largest organ and a salt water soak is not only good for the soul but it helps to pull toxins from the body...while at the same time allowing your skin to absorb trace minerals from the salt.

Set your intent for this to be a sacred time, a time to connect with yourself and to actively invite Spirit to work with you, a time of clearing your soul mentally, physically, spiritually and emotionally. Create a sacred haven: no phones, tv, magazines or social media. Deepen the experience by adding soft music, flowers, essential oils or candles. You deserve this time to yourself!

You will need 1-2 cups of Epsom, Pink Himalayan, or Sea Salt. Regular table salt has been processed and contains anti-caking agents, so it is not the best choice. If you have it available, an additional cup of baking soda is a lovely addition as it helps to clear your auric field.

As you soak, welcome your soul to realign, to reintegrate. We all come from the water of the womb, feel this water being equally safe and supportive.

If you cannot abide baths, take a saltwater shower! The process is much the same except you will make a paste of salt and water and scrub your body with it from head to toe. Envision that the water washing over you is draining away what no longer serves you. You may also envision the water as being the light of Spirit flowing over you, aligning your chakras.

In all instances, give thanks for this sacred time.

FIRE CEREMONY

Fire ceremonies have been used by indigenous peoples all around the globe since the beginning of human time to honor, cleanse, celebrate. Giving a nod of thanks to the indigenous forebearers, you can create your own fire ceremony.

As always, sacred intent is important. Set your intent to metaphorically burn away that which you have outgrown, including feelings of being incomplete, not enough, or damaged.

Gather yourself. Spend a few moments contemplating what it is that you are complete with. Often when we work in divine time, we find that pieces no longer fit the way they used to. And that is to be celebrated!

Build a small fire in a safe location. If you do not have access to an outdoor space, a candle will do. Save one small stick for later use. Watch your fire burn, sense how its characteristics change. Sit around the fire as our ancestors have done for millennia, feeling yourself dropping into an altered state of awareness. You will sense when the quality of the fire changes to what we call “a friendly fire” where it is ready to accept your offering. Don’t overthink this. Just trust your instincts – remember, your instinctual self has been sitting around fires for a long time! Taking the stick you held back (if using a candle indoors, you will envision doing this), using your sacred breath, blow into the stick to transfer the story, incident, feeling and then place it in the flames with the intent of “it is done”. Stand and turn your back – this signifies the concept that you have turned this event over to spirit and are not attached to the outcome. You know Spirit has your prayer and you have no more need of checking constantly to see if your stick was completely consumed than you do of checking and rechecking that Amazon really did get your order!

Stay with the fire until it is safe to leave it, you may wish to extinguish it with water until it is cool to the touch. If using a candle, simply blow it out with the gratitude of “It is done”.