



# Altar Symbols to Open Sacred Space



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- Choose a quiet place of the house, preferably your own bedroom.
- Place a glass container with water in a Glass representing our Shakti power, Inner Wisdom & Intuition. Water is a great healer of all emotions from past, present, future.

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- Offer flowers; they remind us of our immortal Self, honoring the infinite quality of our soul and heart having a human experience.
- Take a deep breath, close your eyes and connect with your Higher purpose, your gift and your medicine that's always accessible to you .



- Do a prayer invoking the Four Directions: North for clarity and understanding; West for wisdom and intuition; South for joy and happiness; East for new beginnings.
- Bring forth the energy from the Sky, Mother Earth and Within You, to be all one, aligned with our own Truth.

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- Invoke your Personal Guides the Female & Masculine Lineage in your family, and your Spiritual Teachers.
- Get in touch with your senses, Smell, Sight, Touch, Hearing and Taste.
- Align with the 5 elements (Earth, Water, Air, Fire and Ether) that make up your Biorhythms, feeling gratitude for what we receive each day.

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- You may offer Seeds, fruits and stones to bring grounding, generosity and balance.
- Oils are good to heal and resurrect us, honoring the fluidity of life transiting through our bodies.
- Herbal Smudges or Candles help to transmute the energy we generate, collect, process and release back to Mother Earth.

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- And Feathers help to clear the ethers and to bring forth and manifest our vision, as we remember that we are all interconnected.
- Now you're ready to light a candle and read your list of affirmations while playing Kundalini Yoga mantras.



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