

## Newsletter Mid-Summer 2009

Happy mid-summer to you all! It has been a typical, hot summer here and we have been blessed with ample rain. Ample. It has made gardening a chore as the weeds proliferate under these hot and humid conditions, but it does get me closer to Mother Earth. I just wish I did not have to wear so much of her in the process.

In any case, with the full moon this week, there seems to have been an initiation and quickening. For some, the energies have gotten considerably more chaotic and for others, it has become a focus and opening. Whatever side of the fence you are on, this movement is extreme and exacerbated by the summer yang time. For this reason, I thought it would be good to do another newsletter on altars which are in actuality an area of Sacred Space that you create. For those of us who have worked with crystals for a long time as well as those beginning to sense the energies and work with crystals, we unconsciously make altars with them. For me, they seem to fall into three categories: working and grid crystals, general altar crystals and very special altar crystals.

Working and grid crystals seem to move in and out for specific reasons to tweak energies or for general crystal healing

use. Sometimes, I pop one in a pocket when I am working on something in particular such as stimulating energy, enhancing creativity, etc. These are also my general cleaning crystals (like selenite) where other crystals go to get the equivalent of a crystalline day spa.

My general altar crystals are both small and large ones that are grouped for altar use. There are smokies for protection, elestials for angel altars, various rose quartzes for love altars and so on. These are used for a short period of time and can be placed pretty much anywhere in the house where the cats won't play with them or the pups won't steal them.

Then, my very special altar crystals are ones that only I touch. They are extremely personal to me and I literally share them with only a few. People say that because I sell crystals, I must have a magnificent collection of only the best and most pristine. Nothing could be further from the truth as these are crystals that speak to me, whether a warrior or pristine, whether ultra-clear or heavily included. Some I clearly recognize from previous lifetimes whereas others are new friends.

All this being said, altars and grids go hand in hand. You can set one up in a

## Newsletter Mid-Summer 2009

meditation room to stimulate the meditative process in specific ways. You can place one in a sick room to ease pain and stimulate healing. The key thing is that they will move and emplace a lot of energy so above all, the altar must be pure of intent, meaningful to the person and lovingly created. From there on out, your altar is limited only by your imagination as the potential energy combinations are both dizzying and amazing.

Setting an altar up begins with a central crystal. It need not be large, but it does have to be a lot of energy and significant to you. I like to lay them out on a nice scarf of silk, or some other natural fiber, with colors and patterns that complement the overall energy of the layout. For instance, colors of green, blue and pink are nice for heart centered altars. Shades of green are wonderful for peace or Mother Earth altars. Radiating or undulating patterns seem to add movement at least for me. I like to take the companion crystals and place them spiral fashion around the central crystal. Incense and music are temporal touches that add mood and are specific to when you're using the altar. Also, I include a special candle, feathers, dried flowers, seashells, beach glass, pine cones, a cat whisker, etc. Basically, use anything that adds

meaning to you and avoids using synthetic material. I have experimented with various geometric grids as well and they are great for more focused energy, whereas the spiral grids are gentler and broadcast. Use whatever one seems best for your purpose and remember that this is both intuitive and personal to you as you are creating your Sacred Space.

When I travel, I will often take along a smaller version of this altar so that I can set up one in my hotel room (and gather it up during the day so it will not be disturbed). Morning walks provide the other items to add, like leaves, flowers and feathers, and it is a ritual that makes a foreign place seem more like home. Years ago, a friend made me a portable altar from a round of deer leather, hand painted by her. It transports in a small tube along with a tea light and any crystals I want inserted down the center. Further, the inclusion of special things from the place you are visiting allows you to see that place in a different light, not just an airport and hotel, but a living, breathing part of Mother Earth. For an amazing insight into this process, I strongly recommend reading *Pieces of White Shell* by Terry Tempest Williams. She writes beautifully, and with her use concept of

## Newsletter Mid-Summer 2009

a medicine pouch, she creates her own Sacred Spaces everywhere she goes.

However you build your altar, remember that the energies will complement the vast Continuum of energies and contribute to the increase in peace, love, understanding and compassion in the world.

Enjoy the blessings of this splendid summer time and in particular, enjoy the beauty and energy of your own Sacred Space!

Jan