

Well, fall is settling beautifully here in East Tennessee and the leaves are at their peak – it's beautiful looking out over the mountains and seeing the range of color! This is my favorite time of year! I keep reminding myself that back in April, I was thinking that I ought to start Christmas shopping because of how fast the time was passing ... and here we are and I'm no further ahead. Oh well ... still time!

This newsletter, I'd like to talk about crystal altars. Many have asked how to do one, so here goes. An altar is highly personal and pretty much anything works. That being said, you can have crystal altars in several rooms and for different purposes. Basically, I have one set up in the meditation room that is to assist with meditation and it changes little – I add or subtract a few of the smaller crystals, but in general it stays the same. I have another set up in my office that is more muse oriented and then I have a traveling one. This also serves as a temporary altar when I'm setting up a special purpose one.

Basically, I start by placing a beautiful scarf or cloth on an area that won't be disturbed. The color will set the theme. Then, I have a central crystal – usually a cluster, but not always. This is the center and activator and will infuse the other crystals with specific energy. This central cluster/crystal doesn't have to be large, but should be meaningful and profound – a personal favorite. The, surrounding crystals can be placed either in a grid pattern or simply in a

spiral around the center. These are all special crystals, hand chosen for energetics. If you've chosen a loving theme and want all pink crystals, don't worry about a gold one or a chlorite one in there – they will almost self-select for your purpose. I also like to include a special candle, feathers, shells, pine cones and anything else that seems appropriate – remember that this is an expression of you, so if you want to include something, why not?

Once it is set up, I do a meditation by sprinkling the crystals lightly with rain water and then lighting the candle. I focus on the intention I want for the altar – protection, relationships, abundance, etc. I ask all the crystals to direct the energy for my highest good and reinforce that thought throughout the meditation. At the end, I write the intention on a piece of paper and place on the center cluster. I do a meditation with the altar several times a week, beginning on a new moon; each meditation focuses on the intention as well as what I want to do to accomplish it. At the next new moon, I remove the paper and burn it in the candle, sending the intention fully to the ethers.

You can leave the altar up as long as it feels right to do so. Meditation can be continued as well – and sometimes, the intention shifts to fulfill the initial intention. As long as you are open and flexible, the magic of the altar will be fulfilling.

As far as the traveling one goes, a dear friend made me a leather circle and painted it – it's absolutely wonderful and is a perfect portable altar. I bring my favorite crystals and for well over 2 decades, my morning tradition is to go out on a walk and find objects to add. This integrates the energies of the area you're in. I have a little portable candle and it's wonderful to have a piece of home with me wherever I go! Altars are a wonderful way to focus energies and work on special intentions – critical for any Light Worker! Try one and see! The crystals don't have to be big and fancy, just ones that work for you and create the wondrous energy field that you need!

There is a good listing of altar crystals in the eBay store and at www.topazconsulting.com.

Happy fall!!!

Jan