

Creating an altar.

Altars hold a central place in most of the world's religions. An altar is a place that is regarded as holy, a place where contact with what is most important can occur. An altar sets an ordinary space apart and bestows it with holiness. It can be a simple cloth with whatever objects are holy to you... a shell, a special rock, flowers, a candle, statuary, photos. If there is a place where you tend to sit for reading quietly, or for reflecting – perhaps you'd like to set up an altar there. It can remain static, or it can become your practice to regularly change the altar to reflect what is most holy to you in this moment.

You might also like to create a “travelling altar” – a small bundle of objects that can fit into a small bag to take with you when you are away from home. I like having an altar in a hotel room if I'm at a conference, or if I go to visit a friend.

