

# Sacred Space Altar Setup Checklist

You don't need marble statues, rare crystals, or ten pounds of sage.

A real altar is made with **intention**, not perfection. It's a place where your energy meets the unseen. Where your spirit can breathe.

This checklist gives you options — not rules. Build it with what you have, not what some influencer says you need.

## ***SET YOUR INTENTION FIRST***

- What do I want this space to hold?
- • Protection
- • Peace
- • Healing
- • Focus
- • Transformation
- • Communication
- • Ancestor reverence
- • Light body activation
- • Shadow integration

## ***FOUNDATIONAL ITEMS***

- Flat surface (table, shelf, crate, box top — whatever works)
- Cloth or base layer (bandana, scarf, towel, natural fiber cloth)
- Candle (any kind — doesn't have to be fancy)
- Glass of clean water or a small bowl
- Salt, soil, or sand (grounding element)

## ***ELEMENTAL PIECES (Optional but powerful)***

- Fire — Candle, incense, charcoal disc
- Air — Feather, incense, symbol of breath
- Earth — Stone, crystal, seed, leaf, bark
- Water — Shell, glass bowl, moon water, tear jar

## ***ENERGY TOOLS***

- Pendulum

- Sacred oil, spray, or cleansing herb
- Mirror (for self-reflection or reversal work)
- Bell, rattle, or sound bowl
- Personal item charged with intention

***SPIRITUAL SYMBOLS (Make it yours)***

- Ancestor photo or offering
- Affirmation or handwritten intention
- Tarot card, oracle card, or sigil
- Journal, offering bowl, or handmade object
- Protective symbol or item

***FINAL TOUCH***

- Sit in front of it.
- Breathe.
- Speak this: "This space is sacred. I honor what lives here. I enter with truth and leave with power."