

Ancestral Altar Checklist

Building an ancestral altar is a powerful practice that allows you to honor your past while empowering your present. It's a tangible way to connect with the wisdom and energy of those who came before you, helping you create a sacred space for healing, guidance, and growth. Take the time to build your altar and let your ancestors know that you're ready to walk this sacred journey with them.

1. Choose a Sacred Space
2. Cleanse the Area
3. Lay Down a Cloth
4. Add Photos or Mementos of Ancestors
5. Place Offerings (food, flowers, water)
6. Add Candles
7. Burn Incense or Herbs
8. Add Personal Items (crystals, symbols, etc.)
9. Set Your Prayer and Intention

By incorporating an ancestral altar into your spiritual practice, you open yourself to a powerful connection with your lineage. This sacred space becomes a source of strength, protection, and wisdom, guiding you forward on your spiritual journey.

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