

Clearing spaces and creating your **Equinox Altar** for this potent time.

As we prepare ourselves and spaces for the **Equinox** it's important to make sure we don't take on too much in our enthusiasm to clear the decks - so we can maintain a steady pace and easeful flow as we clean up our spaces, create our vision statements and beautiful altars. The more deliberate, and steady we are, the more we naturally entrain with the cosmic, planetary seasonal energies, which begin to slow as we move closer to the **Equinox** doorway or portal on **March 20th, 2021**.



Altar Photo credit: Susan Jenkins ~ Maine, USA

It's good practice to clear the area around where you sleep. Clearing away piles of books, and other things that can easily accumulate around our beds. This opens space for deeper sleep, clearer dreams and dream recall. Clear off as many surfaces as possible on desks, counters, tables, while paying close attention to how and where you then put the things you're clearing off!

Because it's also an important time to close and complete circles of energies and open space for the next season – make sure to resist the temptation to tuck all the things you cleared away in dark closets, drawers and corners!



Photo credit: Susan Jenkins Sunrise Altar Staniel Cay, The Bahamas

Creating a Sacred Equinox Altar

When you're creating an altar, a sacred space to pray, tend to and honor spirit, and the seasonal doorways, it's very important to keep your process as simple as possible, so as not to bring any energy of confusion or overwhelm into your altar.

If you live in the northern hemisphere, you are moving towards the **Spring Equinox doorway** in the **northeast** on the seasonal planetary medicine wheel. If you are in the southern hemisphere, you're moving towards the **Fall Equinox doorway** located in the **southwest**.

If you can locate your **Equinox** altar in one of these two directions, it would be ideal, but not imperative. If it's not physically possible, just go with your intuitive knowing as to where your altar is calling to be created. Spirit will lead when we ask for guidance and surrender to the sacred, creative journey.

Altars can be made with just about anything – they can be situated anywhere - and don't need to be elaborate!!!! Any flat surface inside, uncovered, or covered with a weaving or cloth, that is safe for a candle or candles, is perfect. A cloth spread out on a floor, or some-where outside is fine. If it's not safe to have candles, that's fine!

Creating an altar is like going on a medicine walk. Once you begin dreaming and creating yours – surrender, trust and go with your intuition and spirit. The perfect stones, talismans, crystals, feathers, etc., will magically call to you. It's good to have each of the 4 elements, of earth, water, air and fire represented on your altar, and to have a strong center – such as a bowl of water or sand, with a candle placed in the center – or a meaningful talisman or crystal - you'll just know.

Because altars amplify the energies emitting from them, it's important not to clutter your altar with too many things, even if they are sacred and beautiful - so as not to mix too many medicines. You want to leave space for the spirits to bless and flow. Also, make sure that everything on your altar has strong meaning for you and symbolizes your dreaming and visioning for the specific season ahead – as this is what we're focusing on in these **Equinox Bonus Bundle Preparation** instructions.

Smudge yourself, the altar, and everything you place on it. It's the door of sky, so honor it, with pictures, prayers or whatever feels right to invite and receive the blessings of the sky realms and the universal laws streaming in. When you light the candle or candles, honor the heavens, great spirit, and the sky beings - pray to them, and open to their messages. Go with your intuition, and trust your inner knowing. Smudge all your sacred objects! On the morning of the Equinox you can light the candles and humbly honor and give thanks. Keep the candles burning all day, if possible! Place gifts of food and fruit on the altar for the spirits.

Once you finish writing your **Vision Statement** it's wonderful to place it on your altar and ask the powers of the doorway, your guides and spirit allies to bless your vision.

I hope your spirit enjoys creating your beautiful Equinox altar!

Many blessings of love and light – Susan