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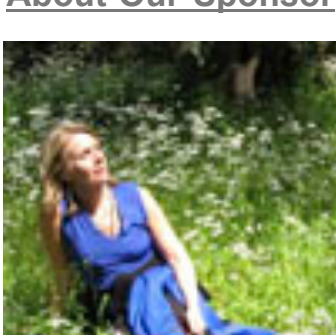
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About the Author



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About Our Sponsor



Lindsey Sass is a clairvoyant healer, spiritual teacher, Nationally Certified Hypnotist and a Licensed Massage Therapist with a Bachelors degree in Social Services and Psychology.

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The Shaman's Dream Newsletter

January 2009 - vol #1

An offering of thoughts, meditations, visualizations and other musings.

Greetings!

You are receiving this newsletter as a service of **Hearts of Light Institute** and **The Healing Center**. You are currently a subscriber to my email list. If you no longer wish to receive mailings from me, please unsubscribe below (at bottom of newsletter).

Blessings and Best Regards,

Lindsey Sass-Aurand

Who Am I? What is this?

I am grateful that Lindsey has given me this unique opportunity to share with you my thoughts, visions and understandings gathered over years of meditation, visualization, journeying, study and inner contact with my Pleiadian star ancestors and other spiritual guides.

Who am I? I am an artist, a shaman, a healer, a dreamer and like you, a spiritual being awakening to this dance of three-dimensional reality, a human lifetime steeped in drama, karma, cause & effect. As the Buddha offered to all who would listen - this human reincarnation is a special gift, a unique opportunity not to be wasted. So I have committed to spending my every waking moment to furthering insight, wisdom and compassion. Of course, distractions abound, so I try my best to keep focused and to be grateful for each moment.

What is this? Lindsey has asked me to share with you my visions, my own inner understandings - not to try to convince you of my truths, not because I know something that you do not... Rather, I will be sharing with you so that you too may remember / construct your own stories, your own visions and dreams. Your own truths to live by. Like a Zen teacher, I can only point in a general direction and hope, by this action, to help you open your own inner eye of wisdom and heart of compassion. As each person changes, the world is transformed from illusion to a Pure Land. May each of us be guided and blessed.

Altars - your own sacred space

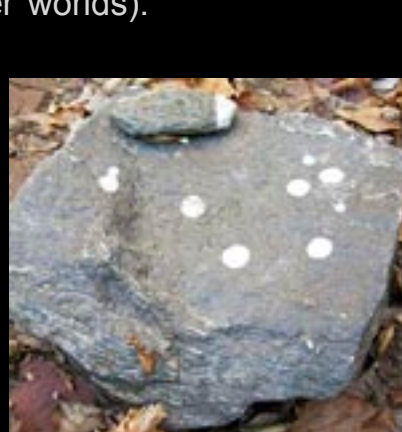
In today's increasing mood of chaos and uncertainty, it's imperative to make peace with yourself - to go within and find your own quiet heart, your own inner truth. Meditation, movement (yoga) and breath awareness have always been basic tools for centering and grounding oneself. Externally, in the 'real world', a personal altar may also be useful to both generate and mark a sacred space - a place for prayer, meditation, offerings and expression of gratitude.



Altars, as an instance of the divine, connect energetically to all things sacred - to all sacred places, all times and lifetimes, all dimensions and frequencies, all universes. An altar can thus be regarded as a 'singularity' of the divine, a hyper-dimensional place of connectivity, consciousness and energy flow.

The simplest altar is the sacred fire itself - a point of divine light. (This can be a candle, an oil lamp, or even a bonfire - depending upon the size of the space, the ritual needs and the number of people gathering...) Expansion of the single point altar becomes a two point altar with the addition of another elemental essence - water (water or alcohol); earth (stone, crystal, wood); or air (incense, smudge, tobacco).

Further expansion of the altar's symbolic coordinates results in a mandala or medicine wheel form (four elements, four cardinal directions - which in conjunction with the center point becomes a 5 element map); thence, a full three dimensional symbolic space of six directions, including up (sky deities, star ancestors, Creator) and down (Pancha Mama - Mother Earth, crystal beings, nature deities), can be constructed. Often in ceremony, a seventh direction implied previously) is called out explicitly: the center (the higher self, the divine spark within). Yet another variant of the altar - the World Tree - makes use of this 7-fold dimensionality, sometimes simplified to a single vertical axis of 3 symbolic levels (upper, middle, lower worlds).



Altars can be constructed of anything. They can have natural objects such as a found piece of wood, a dried seed head, a bone, crystal or special stone. Altars can have man-made objects, as well, such as: coins, beads, sacred geometry, photos or a figure/statue of one's personal protector, Goddess or totem guide. There are no rules! Incorporate whatever catches your eye and heart, anything which holds a story or meaning for you.

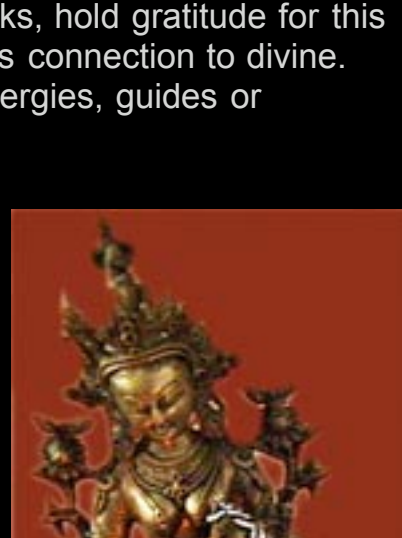
Your altar may be located anywhere in a space (or perhaps outside in nature). Find somewhere convenient, yet private. A cabinet or wall niche might provide a shrine-like setting, allowing a door or cloth screen to be shut, thus insulating the altar from general view.

By symbolic association, elements of the altar will naturally align with one or more of the cardinal directions. Keep this in mind when situating the altar. The altar's orientation will also become important during ceremony while smudging (clearing & activating) and when placing offerings.

When you first construct your altar, do so with intention. As you place each object, re-tell that object's story or meaning once again to yourself. Intuit it's proper placement (spatial position, both physical and symbolic) - and be willing to learn from the object, changing it's meaning and position over time if need be. The altar can be dynamic with the seasons or with cycles in your life.

Now it is time to "open" your altar's sacred space with a dedication ceremony. First cleanse the altar's objects, the surrounding space as well as yourself, with smudge, incense, oils and/or tingsha bells, tones and chants. Call in your protectors and guides. Fill your heart and the altar itself with an invocation or prayer - state your intentions for the altar clearly. Present offerings of flowers, alcohol, tobacco, rice, chocolate and other special foods. Give thanks, hold gratitude for this special moment, for the timeless and limitless connection to divine. Close the space and release any invoked energies, guides or protectors.

Over time, any altar (especially one used for healing) may require cleansing and re-dedication. A special "enlightening" ceremony may be undertaken which clears and re-energizes the altar's sacred energy flow. This is similar to a light body chakra cleaning in that first the altar's "chakra" is "flushed" with counter-clockwise spiral motions of the hand. Then, divine light is brought into the "chakra" and it's energy flow is re-started in the clockwise direction. Bells, tingshas, chants, rattles and so forth may also be used during this ceremony.



Remember also to daily care and feed your altar with prayer and offerings.

Altars can be created indoors or outdoors. Altars may be temporary, built to be permanent, or may even be portable. Such a portable altar, termed a "mesa" by the Peruvian mountain tribes, consists of a folded and knotted woven cloth filled with specially selected stones, herbs and tools for healing. For ceremonial access, the cloth is untied and opened; the various power objects and offerings contained inside are then arranged on the open cloth, as required.

There is no one "correct" altar. Each can be built for the moment or to last a lifetime, based upon your needs and goals, based upon your current beliefs and understandings. Whatever altar you build - by intentional design or through a more intuitive accumulation process, there is only one rule to follow: Make it yours! Each element within the altar, the altar configuration itself, should be meaningful to you, be resonate with symbolism, energy or intention. And as you grow and change as a spiritual person over time, so too will your altar change and evolve with you.

Altar Prayer - invocation of the 6 directions

Facing the south:

I call upon the Light Energies and Light Beings of the South to be here now, to sanctify and empower this altar, to protect and purify this altar.

Ho!

Facing the west:

I call upon the Light Energies and Light Beings of the West to be here now, to sanctify and empower this altar, to protect and purify this altar.

Ho!

Facing the north:

I call upon the Light Energies and Light Beings of the North to be here now, to sanctify and empower this altar, to protect and purify this altar.

Ho!

Facing the east:

I call upon the Light Energies and Light Beings of the East to be here now, to sanctify and empower this altar, to protect and purify this altar.

Ho!

Looking up (arms upraised):

I call upon the Light Energies and Light Beings of the Sky to be here now, Father Sun and Grandmother Moon, the Star Nations and the unnamable One who created All! Please sanctify and empower this altar, protect and purify this altar.

Ho!

Looking down (perhaps kneeling):

I call upon the Light Energies and Light Beings of the Earth to be here now, Pancha Mama, our great mother and all her children [recite their names, as you see fit] Please sanctify and empower this altar, to protect and purify this altar.

Ho!

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