

Body as Altar Wants and Needs

How do I see myself when I feel sacred?

What clothing do I wear that keeps me connected to my intentions and values?

When I am visiting friends or family on special holidays how do I dress? What earrings, rings etc. do I always wear on these days?

Are there ways I would like to increase my feelings of self-acceptance? Can I achieve that through Spirit as Altar or are there articles of clothing, ink or other adornment that would help me present my inner self outwardly?

I would like to have _____ ring or bracelet to wear to honor myself as sacred and enough.

Certain gemstones have energetic properties that affect individuals in positive ways. What stones would you like to incorporate into your adornment? (Rose quartz? Turquoise?)

I've always wanted to get a tattoo or piercing to honor myself or this sacred intention _____.

My favorite things to wear are _____

I have plenty of _____ so I would like to add more _____

Anything else?