

How to Create an

Ancestor Altar

1 Connection

Ancestor altars provide a physical place to be and connect with your ancestors.

Think about where you want to place your altar. Ideally, it will be in a place where you will be daily. Your ancestors will want to see you, be a part of your life, and watch over you.



2 It can be simple or elaborate

Your altar can be as simple or elaborate as you wish. It can be a small space on your desk or take up a whole wall.

What's more important is that you love it so you spend time there.

3 Altar Elements

You can use anything you like to decorate your altar. Such as:

- Fresh flowers and/or live plants. Refrain from using anything dead or dried.
- Crystals, stones, wood, feathers, candles. I like to light a candle for someone on their birthday or anniversary.
- If you don't know your ancestors, anything that represents the country or place they are from. Flags, artwork, jewelry, etc. You can also display items that belonged to your ancestors.



4 Ancestors, Friends, & Animals

You can decide who you want to be on your altar. Some people prefer their ancestors only. I have ancestors, friends, & animals.

Just be sure there are no living people on your ancestor altar. If you have a picture of a couple & one of them is still living, remove the living person.



5 Keep Them Fed

Remember to feed them. You can feed them everyday and/or on special occasions like their birthday or anniversary.

If you feed them daily, they can have whatever you're having. Just place a small plate & a glass of water on the altar. Or you may suddenly get a craving for something you don't normally like or haven't had in awhile. It may be a message from someone who wants that meal. Make it for them and place it on the altar.



Definitely feed them on their birthday or any anniversaries. My dad always gets a shot of vodka on his birthday and death anniversary.

Be sure the altar food never molds or goes bad on the altar. Throw it away before that happens and never ever eat the altar food.



6 Say Their Name (aloud)

Talk aloud to your ancestors. Say their name and tell them about your day. Share your triumphs and your sorrows. Talk to them as if they are sitting in front of you.

Once they have passed, they forget their names and can wither away so we have to say them to help them remember.

Ancestors are great listeners. And if you really listen, you will hear what they have to say.



7 Keep It Clean

Keep your altar dusted and tidy. Remove old food and/or water, dying flowers.

Once your altar is set up, be sure to cleanse it physically and energetically. Light a candle, burn incense. Ring bells. I like to light a guava or bay leaf and let the smoke waft over every item and in every corner. You can also do this periodically to keep the energy clear and uplifted.

