# Mini Travel Grounding Altar

Grounding techniques can be a valuable tool for anyone, witch or not, to manage stress, anxiety, and negative energy. Sometimes a simple breathing exercise will suffice but there are the odd occasion, when we need a little more.
With that in mind we are going to create a mini travel altar for elemental grounding that can dropped into the bottom of your bag and used whenever you need it.

To create this mini altar you will need…

- A small clean and dry jar (herb jars work nicely for this)
- Feather (small enough to fit in the jar you've chosen)
- A crystal (one that calls to you)
- Candle (I find birthday cake candles to be the perfect size)
- A small ball of blu/white tack or clay (the size of a blueberry)
- A stone (as flat as possible)
- A small shell
- A small square of fabric ( a mini altar cloth if you like)

You will also need…

- some form of tool to write on your stone (paint pens work perfectly for this but a sharpie works too)
- Incense for cleansing
- Décor for the outside (go with what you feel you need)

## Steps

1. Begin by cleansing the jar using your incense. If you prefer a different method of cleansing then please feel free to use that.
2. Once your jar is cleansed you can begin to cleanse your cloth, shell, candle, feather and stone.
3. Fold your small cloth until you can fit it into your jar. You want to try and leave as much space for the other items. When selecting your cloth consider the thickness of your material.
4. On your stone you will draw a five pointed star and put a circle around it thus creating a pentacle – a highly protective symbol within the craft.
5. While you are waiting for the ink/paint on your stone to dry you can start placing the other items into the jar – the crystal representing earth – The feather representing air – the fire representing fire – use your blu/white tack or clay as a candle holder & finally the shell representing water.
6. Finally add your stone and place the lid back on and decorate the outside of your jar anyway you wish.

## Using your mini altar

When you find yourself needing to take a few minutes out of your day to ground set your altar up by placing the cloth down onto a flat surface followed by your crystal representing Earth facing towards the north, the feather representing air facing towards the East, The candle representing Fire facing towards the south and the shell representing water in the West. Finally add your stone with your pentacle into the middle to ensure you are protected.

When you are ready you can light your candle take a few deep breaths and recite the following…

***Beneath my feet, the ground so strong.***
***May your steady pulse, anchor me all day long.***
***Grant me roots, which pierce deep and true.***
***Drawing Strength & calmness anew.***

***With every inhale, a cleansing breeze.***
***Carry away, anxieties and unease.***
***Fill my lungs, with clarity and grace.***
***Renewed perspective, find my resting place.***

***Like crackling flames, ignite my spark.***
***Inner passion ignites, & leaves its mark.***
***Transforming doubt, to embers bright.***
***Burning through darkness, guiding me to light***

***Gentle rain, cascade & flow.***
***Wash away burdens, worries let go.***
***In depth of stillness, calmness rise.***
***Reflecting, moonlit skies.***

***Grounded & centred.***
***Whole I stand.***
***Elemental embrace.***
***Guided by natures hand.***

Allow your candle to burn out of its own accord and then place your items back into your jar and replace your candle at your earliest convenience.