



# Your Altar: Creating a Sacred Space for Prayer & Meditation

*Sandra Kynes*

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## **Your Altar: Creating a Sacred Space for Prayer & Meditation** Sandra Kynes

"Being able to shine in the outer world starts with acknowledging a spark that shines in your inner world.  
—Sandra Kynes

In this fast-paced world of over-stimulation and distraction, keeping a private space for meditative retreat and spirituality is essential. Creating an altar using the power of numbers allows you to achieve spiritual stillness in a personal and meaningful way. The numbers one through nine each carry a profound symbolic history and significance. Harness this energy and apply it to your life by selecting the number that best resonates with your intention and using it as a guide to your altar design. Deepen your spiritual practiceExplore your inner worldWith meditation techniques and many examples of prayers, practices, and rituals from all major faiths, popular author and Celtic scholar Sandra Kynes offers a new approach to altar-building. Using representations of elements from myth and nature as focal points, you can create an altar that best suits your spiritual needs. Straightforward and practical, with easy-to-follow instructions and clear illustrations, this unique book allows you to experience the restorative benefits of altars—and ultimately reconnect with that sacred space within yourself."



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