

## IA ALTAR IA

- The use of an altar has proven to be very important in terms of self-realization for us, and many of our students. We have found that personal home altars can be a point of focus for your spirituality, a place where you confirm the mind in compassion and love. It can also be used for healing, manifesting or meditation. The altar symbolizes an area where you honor wisdom, and transformation. Many people have altars out of wood or on wood, because the wood's presence gives testimony to the greater cycle of life.
- Items to add to your altar:
  - Pictures of self realized people
  - Your own picture confirming yourself to be in the company of the realized ones
  - A mala with 108 beads symbolizing mastery and completion
  - Objects that make you feel protected and strong
  - Objects, which represent your divine state, harmony, and serenity
  - Crystals to represent clarity
  - Candles to represent enlightenment
  - Fresh flowers to represent prana
  - Incense to represent upliftment
  - Play specific mantras to confirm the intention for the altar
- The purpose to add your own picture to the altar is to consciously create the habit to worship your own higher self. This is why we as kundalini yogis are mindful to inhale Sat (truth) and exhale Nam (identity). We do this to confirm that our identity is Truth. When you create your altar let it be dedicated to your own higher self. What you will notice is that as you take time to regularly connect with the altar, you start to unlearn any condescending behavior or language that insults your real identity. Your words and your actions will become aligned with your higher Self.
- We also noticed that the focus for our morning practice changed from trying to get rid of problems to dwelling in bliss. We experienced bliss to be the ultimate state of deep, higher self love.
- Yogi Bhajan used to say frequently "If you can't see God in all, then you can't see God at all." Let your altar be dedicated to your own God self, so that you can see the God in all.

For more information visit our website: [www.purestpotential.com](http://www.purestpotential.com)

Sat Nam, much love and light

Guruchander and Kirn