



Create an Altar to Freya

Altar spaces can powerfully hold our intentions and call in sacred guidance and support for our journey. Your altar should be in a place in your home or office where it can remain for the duration of our course, holding the sacred energy of your intention to work with Freya over the next three months.

You can come back to your altar daily or in the evenings to journal or to reflect on how Freya has shown up for you that week, and what lessons, wisdom and guidance you have received.

Altars are focal points, and performing your daily spiritual practice before them can assist you in grounding and integrating transformation and spiritual blessings into your lives.

To create your altar to Freya I recommend that you gather ceremonial items that are either sacred to you or that reflect Freya's energy.

Below is a list of some sacred symbols and energies I found to be closely associated with Freya:

- Lingerie, toys (Freya loves anything sexy & seductive!)
- Pictures of Freya
- Crystals, stones, or sacred objects that you love or that help you feel connected to Freya. Amber is her favorite.
- Essential oils- Sandalwood, Patchouli, Rose

The most important thing is to unleash your passion, and bold, fearless energy in a fresh new way.

Please post your altar picture when you are complete!

Write a Sacred Letter to Freya

This is to place on your altar - take your time with this.

This is your time to claim your wild, free, feminine force, and to own your power with no feelings of shame or apology. Think of a wild, beautiful cat, a tigress, a lioness, a black panther - they don't shrink! They own their majestic beauty and radiance.

When I was growing up we had two Siamese cats and they radiated this essence beautifully.

I like to write a letter to the Goddess I am invoking - and if you wish, you can write a letter or prayer to Freya as well - asking her to come forward and assist you with your vision for your life. Get really honest about what you truly desire in all areas of your life. Share your heart with her. Ask for help with what you need. Share any fears or resistances you might have. Ask for help in healing those areas, and ask for whatever requests you feel will most help you in this process. For instance, Freya's energy is big and bold. If this feels too much for you, ask her to be gentle with you.

What are you laying down on the altar? What are you willing to give up?

Feminine Sound Practice with Peroquois

Emotional Cleansing (Available on Spotify)

Ladies, this is such a powerful CD to help you release your emotions and aides in allowing yourself to be real with what you are feeling. Freya is all about authentic honesty - this will open you to more radiance, aliveness, passion, and courage.

[Click here for the link.](#)

Breath of Fire

As little as 1 or 2 minutes a day will clear and restore you and bring a radiance and calmness to you. It also improves your digestion and strengthens your 3rd Chakra, along with many other benefits.

[Click here for the link.](#)