

Portals to Peace™

Creativity and self discovery made fun and easy through the art and ritual of shrine making using

the **Portals to Peace™** kit

by *Beth Amine*



Introduction:

My exploration into making invisible worlds visible began with my first passion for art making as a very young child. Crayons and found objects gave me access to inner life that connected me to something far more vast than I was, and yet that I knew was still in me. Through color and composing different elements together I felt happiness and a childhood sense of peace and stability that I could create myself. Self knowledge and feelings beyond words are the gift of any art making. An integral part of this is reception of and relationship to the unseen and unknown. Shrine making is a format for this kind of connection through the arts. These containers have been used throughout history and in cultures around the world. They are simply homes for the spirit.

The discovery of shrine making as a pleasurable path to self discovery came about through my own personal artistic history. Always, side by side with my exploration of the visual arts, appeared the deep work of self evolution. The art became a guide, learning about process and revealing the mysteries of my own journey. Personal fears were revealed along with delight. I had to develop courage to feel my way along.

The kit itself is a composite of 40 years experience of being a working artist. Every decade has had its flavor which added to this mix. In the 1970's visionary paintings gave me both a spiritual foundation and mystical knowledge. At that time I made my living as a belly dance performer and teacher, and explored the world of healing and expression through the body. In the 1980's I began to explore the world of interior design, creating hundreds of paintings and stained glass windows to embellish and bring beauty to people's homes. I studied lighting, what people resonated with, and how art can be lived with. The 1990's was the decade of community, in murals, large public art and children's projects. I started creating cut out or shaped paintings on board which became wild animals that were used for zoo exhibits and other public places. In the year 2000 I was asked to do a one woman show at a Museum in Santa Barbara, and I began looking at world relationship. It was a huge space, and I wanted to incorporate my whole past history of ideas, so I called it Love in the Garden, a Journey of Healing. It was to chronicle both personally and culturally my experience in evolution of consciousness. It begins with leaving the garden state (a metaphor for early nature awareness or wholeness) into the state of

separation. This rift is both internal and external, where we are separate from ourselves, each other and the moment. Through integration and cultivation we heal or put our lives back together and in the process and journey, return in a new way. Pieces that developed spontaneously out of this exploration were cut out shaped paintings that had shelves which could hold lights and other objects. The art could be luminous in a room and alive with the intention and feeling of the owner. Each was imbued with a quality such as compassion, generosity or wholeness. A large sculpture called the Goddess of Fulfillment had a place for wishes to be left on scraps of paper. The requests could be felt granted in that moment. Many hundreds were collected from the viewers. I realized then that people needed a place to focus, and the development of the box began. It is a sacred space that can be a self portrait, vehicle to navigate ever changing personal experience, or process the past through memorial and loving remembrance. It has since been used with hundreds of school children, groups and individuals as an easy access to self discovery through the arts.

I call the shrines and kits Portals to Peace *tm*. A portal is a place of entry, and the space entered is both a womb and a tomb. It is a site for letting go and then creating new life, sensing joyful fulfillment in the unknown. Each moment is a portal to be experienced and moved through to the next .

One of my deepest desires has been to create art that supports personal evolution, and is a tool for creating internal connection. It is my wish that these kits and shrines fulfill that for you.

Chapter 1 What is a Shrine?

A shrine is a place of focus. It is a living portal into which you can enter the rich invisible world of honoring, remembering, worshiping, exploring and connecting. It is a container for both clearing and creating. A shrine is a place to feel, revealing the invisible forces and internal workings often hidden in our lives.

It is distinct from an altar in that it is an enclosed space, a box or cabinet, often with doors. An altar is an open place for devotional ritual. A shrine then has the capacity to become more deeply personal.

Shrines are as old as human history. It is believed that the first shrines were as simple as indentations in rocks that could contain a figure or object where one could connect to, honor and feel part greater forces. One can imagine early humans in reverence of the sky, forces of nature, and the animals and that their survival depended on. The unknown and great mysteries of life such as birth and death could become more personal and fathomable. Shrines have been found in Bronze Age Mediterranean sites honoring the Goddess as far back as 7,000 BC. In civilizations of the ancient worlds such as Greece and Rome, they were used as part of daily life for honoring ancestors, healing, protection and divination.

Today they are found in cultures around the world in as diverse countries as Africa, India, Japan, China, Mexico, Thailand and Indonesia. They are sometimes referred to as Spirit Homes, since they are always an enclosed safe place. Ancestors, lost loved ones, and prayers for favorable conditions all are held in these special places for connection to higher power or the divine. They are used for guidance and uplifting energy. Here thoughts can be focused in a particular direction for one's conscious life creation.

Shrines are holders of great diversity. Although they are not necessarily religious, almost all religions have them. They can hold statues of important personages or doctrines and are found in the Christian, Jewish and Muslim faiths as well as in Shinto, Hindu, and Buddhist traditions. The shrine intensifies the energy of any persona or belief that is put into it.

The shrine can also be a sacred space for non-traditional practices. Worship can exist anywhere that soul or internal center seeks to commune with its origins. These places become for us the divine feminine, the containers of creation. They are empty space, wombs of creation where we can birth our

own lives. They can then contain each person's distinct flavor of spiritual expression.

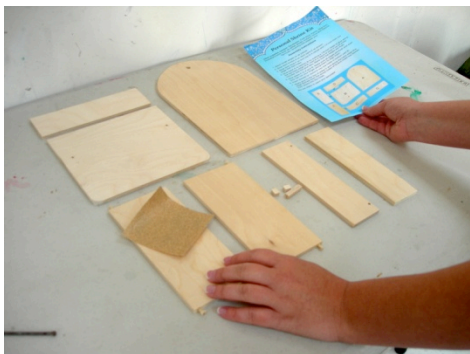
Their making and use is a natural instinct and will always elevate the spirit. Whether used by children for art expression, to remember a loved one, or to offer comfort and enhance power, they contain it all. One of the best practices offered is enhancing the ability to enter the unknown with joy and confidence. Shrine boxes are a daily and renewable source of visual and spiritual inspiration, that can be counted on to reveal the inner workings of the subconscious, be a place of beauty and joy, and help us do the work of transformation that is required by personal evolution and to create a happy life. In these sacred spaces we can practice raising our vibrational level and add to the uplifting of human consciousness. And now it is time to make one!

Chapter 2. Making Your Shrine

Making the shrine is a fun, sensual adventure for anyone. Even if you have never used your hands before, have had fears about art making, or consider yourself linear, you can create a beautiful, successful and alive home. You have the desire and ability because you are reading this!

Always start with the feeling, asking yourself where am I now? This gives you immediate access. Have you been attracted to any objects or colors lately? Is anything up to be processed, looked at or reviewed? If there is not anything, that is good too because all will be revealed in the making. If you have any objects that are speaking to you such as statues, cards, stones or anything. Take a few minutes to be quiet and see if anything comes to you.

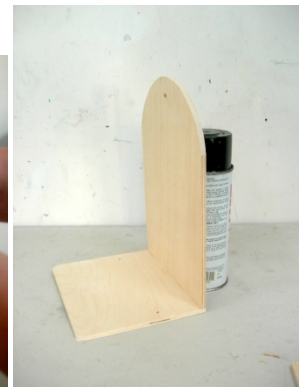
Step 1: Then, open my kit. (Picture 1) Start with taking out the pieces and lightly sanding any rough edges. (Picture 2) You will need a small piece of sandpaper, light to medium weight. Then follow the printed instructions. I always begin by putting a small bead of craft glue on the back top 1/8 inch edge of the floor or bottom piece and then putting a small amount of craft glue on the bottom edge of the back piece. Put the back piece on the top back edge of the bottom piece and prop it up with a bottle or any object (Picture 3).



Picture 1



Picture 2



Picture 3

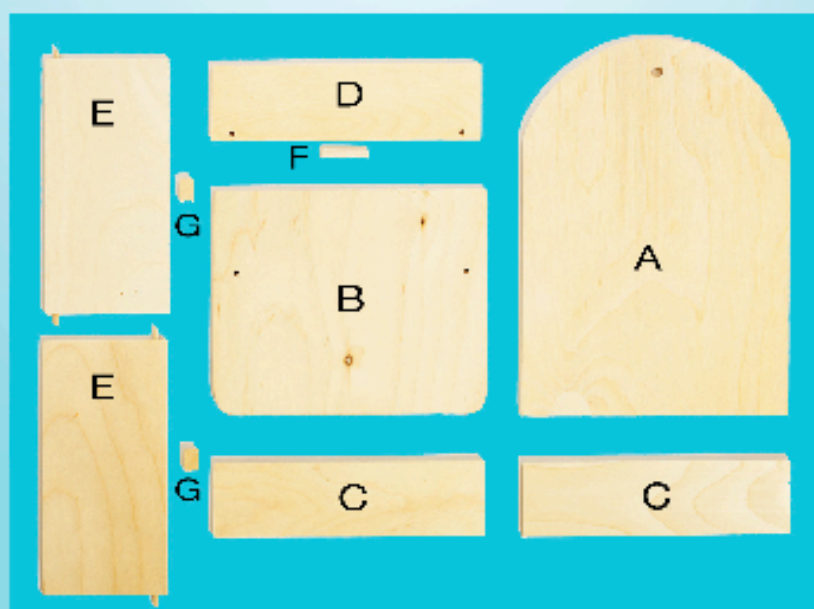
Personal Shrine Kit

Other supplies needed: Sandpaper, Craft Glue, Paints, Glue Gun, Embellishments such as glitter, jewels, buttons, trims and ribbons, figurines—anything that pleases you!

Assembly Instructions

1. Sand rough edges on all pieces.
2. Glue door knobs G on door parts E as shown.
3. Glue door stop F on box top D in center and 1/4 inch from the edge that has holes.
4. Glue back A to bottom B by putting a 1/8 inch bead of glue along the top back edge of B. Hold A in place or prop it up for a few minutes until the glue sets. Make sure the edges are flush.
5. Glue sides C to A and B. Make sure all edges are flush and even (you can run your finger along them to align them).
6. Insert dowels on doors E into the holes in bottom part B.
7. Apply glue to the top of sides C and along the back edge (the edge farthest from the dowel holes of D) and insert top dowels from doors into the holes.

You are ready to paint and decorate!



Glue on the doors knobs and the door stop. (Picture 4)



Picture 4



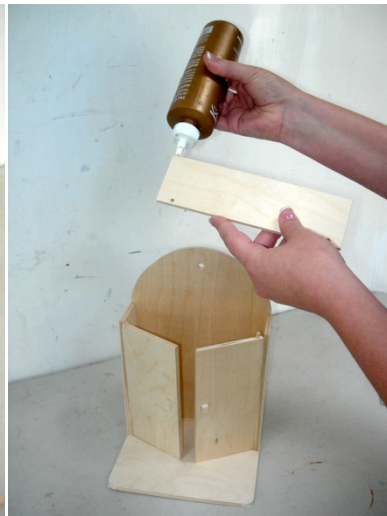
Picture 5

Then add the walls. (Picture 5)

Place the doors in the holes of the bottom piece, (Picture 6) and glue to the roof piece (Picture 7) and place it and you are done! (Picture 8).



Picture 6



Picture 7



Picture 8

Let the shrine box set until the glue dries, anywhere from 15 minutes to 1/2 hour. You can begin to gather your supplies while it sets up.

Step2: The next step is painting the box. Even if you have never painted before the box will speak to you and direct you. I have seen this happen hundreds of times, with remarkable results. You can use very simple effects such as: flat, layered, textured, glazed, wet, mixed, improvised. Download *Painting Techniques* for simple techniques for applying paint, coming soon.

We use acrylic paint in a variety of colors. I suggest a basic palette of primary colors and metallics.



You can also go to the art or craft store and choose colors that appeal to you in the moment. Use any of the techniques I have outlined. Basically, just let yourself go, there are no mistakes and paint is a very forgiving medium as you can always paint over what you have done. The main rule is to feel and have fun.

Step 3: When you are satisfied that your box is done, let it dry. Isn't it amazing! It is so much fun to interpret it after. Take a break if you like. Now it is time for embellishing. In my classes I supply a wide variety of trims, stones, jewels, feathers, statues, ornaments, beads, tassels and basically any ornamentation you can think of. Again the choosing of this is all done by feel.



Collect some special images, objects and decorations that have meaning for you or that you are just attracted to. Figurines, ribbons and trims, jewels shells, anything that you enjoy is great. Your shrine and your inner self will guide you.

Then, fire up the glue guns. I use two sizes and two heat settings. The only rule is to keep your fingers away from the glue! Look at the photo gallery to see some uses of ornamentation.

Step 4: Marvel at and interpret your box! What did it come to mean to you in the process? It could be movement, letting go, opening to your life's dreams, freedom, or just the fun of color! The creating of a sacred space will amplify and radiate the good feeling that you have put into it. It is a constant bridge to revisit this higher place again and again. Here are some photos and interpretations of people's boxes: Marcy desired flow in her life and created a water themed box.





Elba is a film editor and life is her stage, so her box became a theatrical set.
We will move on to how to use your shrine next.

3. Personal Use - How Do I use my shrine?

Once your shrine has been made, remember that it is an alive and interactive center, and will change with its continued use. No matter how or when you use it, the box is the point or place where you come to your center.

Lighting a candle will remind you of the present moment, and the changing of objects provides fresh information. Objects have a language of their own, and when listened to their wisdom is very revealing. I suggest hanging the shrine on a wall or finding a special place for it in your home or office. By all means move it around, as its location can be changed when the feeling hits.

Setting aside the creative time to give to yourself helps decipher what is important to your life, takes you to the center of issues, and gives you the opportunity to process feelings. When you merge with moment you become the vibration of what you seek now, instead of always reaching for it in the future.

You can have a specific time set for mediation or focus, using it as part of a spiritual practice. In the case of a memorial go to the shrine whenever you want to have a special remembrance of the person or loved one. There are many other subjects that will benefit from your focused attention. Use the space for appreciation, attraction, exploration, healing, clearing or simple release of self expression.

Often in times of change and transition we can feel lost as to the direction life would like to take us on. With too much information all around us, we need help to find the way. The shrine can be a navigation center, a personal guidance system. The natural rituals you create there become a pathfinder of inner life.

Lavish yourself in beauty, it is the best!

Here is an example of How to Use a Shrine



The Shrine on the left is a homage to water as it represents the quality of Flow. Fluidity is life at its healthiest, moving unimpeded over and around bumps and obstacles. Flow also is the knowledge of plenty, as the essential nature of life and love. The shells are a home to both release and create your wishes. Write a note and put them in them or in the box itself. This shrine is meant to be used as a tool to align with the quality of free movement.

Whatever you would like to flow with or have the flow of, focus on it and give it to the box. It is a container, or womb for your inner desires. You don't even have to know what you are seeking or how to use it. Just arrange the objects and intuitive knowledge will flow forth.

The shrine on the right is for aligning with an opulent life. The Ganesh figure represents overcoming obstacles, the complete opening to the lavishness of being alive.

The Chapter 5 on rituals will guide you through more specific uses.

Chapter 4 Community Use Shrines for Classes, Parties and Group Gatherings

Shrine making as a format for group or community use takes on two forms: Classes in art instruction and art parties for schoolchildren, teens or adults. You can conduct your own class or party following the guidelines below. I have included a syllabus for teaching children that anyone, even an untrained art teacher, can conduct with great success for all. Remember the most important thing is to have fun and free self expression and artistic intuition.

The Shrine in the Classroom for Art Instruction

Shrines in the Classroom: The shrine class offers a full spectrum of art training and self portrait for children and teens. We call it *Awesome Art*.

I have had great success using the kit in the classroom as an easy way to teach a variety of art techniques as well as self directed creative thinking and feeling. And it does not require a trained art teacher! With plenty of supplies the children direct themselves, and only suggestions are needed. One of the great beauties that I have found with this format is that there remarkably has been no competition. There have been no comparative conversations such as "Yours is better, I'm no good at this, or I can't". Everyone is just free to express themselves and create a unique portrait. Here is the sequence of how to do this:

1. Pass out a kit to each child and have them open it and set the parts out.
2. Give them each a small piece of sandpaper, even a 3" x 3" piece is adequate and have them familiarize themselves with the wooden shrine parts by lightly sanding the edges. This is a great eye hand coordinator and develops the sense of touch.
3. Have them then glue the door knobs on by placing a small dot of glue in the center of the doors. Next have them take the bottom piece and put the rounded edge closest to their bodies on the desk. Glue the back and prop it up with paint or glue. Then add walls, doors rod and doorstop as per the directions.
4. You are now ready to paint! I use acrylics that can be bought in art catalogs and like the squeeze bottles in a wide variety of colors. While we are waiting for glue to dry I ask each child about theme and what

are their favorite colors or what are they interested in. They will usually have something in mind such as a sport, their rooms, sea scenes, or a home for pet photos. Sometimes they just want to see what comes out.

5. Next we set up the "art studio". This means a piece of newspaper or butcher paper covers the desk or table. We distribute water in picnic cups and paper plates for a palette. The children love to help set up the studio and each place is like a place setting with brushes, paint and water. I let each child pick the colors they want including metallic colors. I then show them different sizes and types of brushes, and how they are used. This is usually a large flat brush and a smaller more pointed one for details. I then show a few simple techniques such as applying paint flat, wet on wet, blending, and texture. Then let them go! Usually two hours is needed for the painting segment. This would be two weeks of a 6 or 8 week hourly session, or two hours of an all day class.
6. Next we sculpt pieces from quick drying modeling clay. Again, just hand out the supplies and show a few examples of what can be done. I like the clay that does not need firing and varieties can be found at the craft store.
7. The children love the next segment, using the glue guns and gluing. I have small guns and then give a lesson on the larger ones to keep the hands away from the glue. Usually a parent or aide can help with gluing on the sculpted pieces and more complicated parts like edges. Have some plain white glue on hand as well for younger children and fabric gluing.
8. I offer a wide variety of "treasures" for embellishing:
9. The kids can do this for hours and the results are amazing. There is usually a narrative that comes with the box, so encourage them to tell their story to each other and write it down for a literary class project. Do give positive suggestions without being controlling and only encourage and praise. "There are no mistakes in art", is always my young students' favorite quote.





Glittering

Gluing

Assembling



Syllabus, Description and Extra Class Awesome Art: Grades K to 6

Class Description: AWESOME ART

A celebration of self discovery through the arts! Your child will experience a full spectrum of art technique training that includes construction, painting, assemblage and sculpting in addition to self directed creativity. The students will take home a beautiful hand crafted wooden box with opening doors that they can go back to and use again and again for play, and narratives. The artwork will then be displayed in the school office or library at the end of the session. This is a class you do not want to miss! Price includes materials.

I suggest a six week session. The class can also be give in eight one hour sessions or over one full day.

Class One: One Hour

1. First, talk to the children about the concept of what we are going to create, which is a creative space to hold and reveal all their favorite things. Ask them about what interests them, what themes, colors and subjects.

Show some finished kits or photos of them.

2. Pass out kits. Pass out a small piece of sandpaper to each child. Allow them to touch and turn each piece and use both hands to smooth all the edges.
3. Glue Shrines: Glue on door handles and place to the side, also door stopper on roof piece.

Start with the back, pointy edge of bottom piece is towards the body. Put a thin strip of glue on each piece and prop up a paint bottle or some other object behind the back to help it set. Show the children how to use both hand to feel if the pieces are flush. A teacher or older child can help dispense glue. Kids hold them flush until they set.

Add walls, then doors and top. Keep checking that all edges are flush and even!

Discuss colors and the idea that it will be a complete expression of themselves, and that every week they will use a different art media and technique. Also what they love in life can be added, aspirations and family and pets.

Class Two: One hour

Paint boxes

Handout palettes of acrylic paint on smooth paper plates according to the colors they want. Red white purple pink blue green brown etc

Give a small talk on color mixing and the color wheel. also texture and paint applications, show samples, demonstrate technique

Free expression on themselves and what they feel again water, flame, the colors of their room horses flags

Three brushes, small, medium and large, water save palettes for later with wrap

Class Three: One Hour

Complete Painting. Add details and metallic finishing touches.

Class Four: One Hour

Modeling clay. This is the most tactile part of the class. Purchase fast drying modeling clay at the craft store and pass out strips of four colors.

Demonstrate possibilities such as rolling, flattening, cutting and making any figures from basic shapes. Tools that can be used are pencils and scissors, but basically the hands will do the job! Children are remarkably creative with this process and absolutely love it. Next class session, when the figures and pieces are completely dry, glue them to the boxes with the glue gun.

Popular themes have been animals, flowers, mermaids, sports figures, polka dots, rainbows and interior décor such as couches, rugs and chairs.

Ask them to bring figurines or things from home to be glued for next week.

Class 5 and 6 One Hour each

Gluing, glittering, assemblage. Set out glue guns on paper. I usually have small one for the younger children as well as white glue. The older children can use the larger guns, and give them the only rule about using them:

Don't get the glue near your fingers! I usually do the more complex gluing for everyone.

Bring fabric, paper, beads, trims, jewels and scraps of anything that look decorative or interesting. They are voracious for ornament so bring plenty!

Two more optional classes can be given for a seventh and eighth week.

Optional extra class Drawing Class for 7 week session

- Take photos of the kids for portraits if the teacher does not have them
- Print and take them in next week or use a mirror for each!
- Self Portraits and Abstract painting for the back of the box
- Cut two water color paper cards to the size of the back of the box to be removable and exchanged
- Give kids watercolors and oil pastels and a pencil and water
- Let them know that this is not a photo, it is a portrait of the inner them, to be fun and loose
- Start by asking them what shapes faces are Ovals and circles
- Ask them to make air oval to loosen up their hands and arms
- Show on board and with my own portrait where to place ovals
- On paper. Ask them to get to know the shape of their face and see where the oval needs to be modified, I.e. chin and cheeks
- Divide shape in center for placement of eyes with one eye width in the middle
- Add Nose and then mouth, with or without teeth
- Lightly sketch hair and then put portrait card aside
- Take blank card and ask them to freely put on oil pastel in scribbles or shapes, and with colors that appeal to them
- Show them how to load a water color brush with paint by adding water and twirling it. On the card, over the oil pastel demonstrate using the side of the brush for a thick line, the point for a small line, and more pressure for a medium line. These can match their box or not they add more paint
- They all come out beautiful!
- Ask them to use the same technique for their portraits, making sure to not use so much oil pastel that there is no room for paint. Make the background crazy like the card!

Class 8: Writing the narrative

There is always a story with the boxes. Whether the theme is the sea or a favorite sport, the child has been having a dialog about the process and their ideas. For the last class,, they can share out loud with their friends and write a short story about the content and how they plan to use their "creation containers".

The Shrine Making Party

The shrine party is a wonderful bonding, revealing and relaxing experience. It can be two hours to two days and is a beautiful celebration of self discovery through the art of shrine making.

Ask the group to bring anything they might intuitively want to include in their box such as photos, mementos, figurines, objects such as shells or trims.

Once you have invited everyone and gathered the group, prepare the environment. It can be from two to ten members or more. Create an art making area tables depending on the number of guests. Usually one long table will do. Conversation between the participants is part of the experience. Cover the table with paper or plastic as art making can be messy! Keep supply tables for paints and embellishments nearby.

I always begin by going around the table with the participants stating their name and little bit about themselves. At this time each party member can tell if they have an intention for the shrine making process. Sometimes it is very specific such as the desire to feel freer in some aspect of one's life or create an homage to a loved one. Very often the guest will just want to see what will be revealed.

Then pass out my kit, and follow the instructions for construction. This is a great, hands on, tactile experience, especially for those who do not use their hands all the time. It gives great sense of accomplishment to see the memory box come to form. I find that the dialogue between the members is nurturing and many solutions come to light. Also everyone helps everybody. Next, proceed to paint. Give suggestions for simple techniques as shown in Chapter 2. Take a lunch and rest break. Then do the embellishments. This can often take from 10:00 AM to 4:00 PM, a perfect spa day!



If you are going to do a two hour party, construct the kits beforehand and spray paint them in metallic colors, gold, silver and copper. Then just talk about themes and have plenty of supplies ready for embellishing the box.

I have used the shrine making process in community gatherings for events such as New Year's intentions and memorial where everyone gives something to the community shrine.

Workshops in My Garden



Chapter 5 Rituals

Your shrine is a live center, and is available daily for focusing and amplifying whatever you desire. This chapter will guide you in its interactive use through creating personal and group rituals. You can also use and modify the following ritual suggestions that I have created as guidelines for your own shrine practice. The shrine is a tool for focus and spiritual practice.

A ritual is a prescribed or spontaneously created order of actions. The felt symbolic value of this sequence creates an effect or a connection. It provides steps on a journey that guides us into the unknown.

I was once asked at a talk how to begin a ritual. My answer was with that if there could ever be one thing to begin any new focus, it would be the breath. When looking at all the rituals I use in my life, whether beginning a dance class that brings the body to the moment or starting my day with tea and a journal, the breath is the beginning of calm and entering into new, unified space. The breath is deeply symbolic. It is releasing of old life with the exhale and taking on or being reborn with the inhale. The content of most rituals also reflects this never ending, basic pattern. Let go, and then create the new. The intuiting of desires and the movement of life's purpose cannot form without clearing of consciousness. The rituals created here for you to use with your shrine are in those two categories. And as added benefit, purifying your awareness and attuning to your authentic self also transforms the world! You can even use two shrines simultaneously. Use the first one for processing the dark or congestion which is separation from love, a wounding or tear in the fabric of life. The second one is for light or creation after the clearing. Using your shrines in this manner can make transformations a safe and beautiful practice.

Letting Go

Much of letting go has to do with clearing mental and emotional blockage (also called fear) so that we can create a happy personal and planetary life of peace and plenty. Thoughts and feelings that are contrary to what we desire, which is love manifest in all its forms as the basis of reality, also have to be acknowledged, attended to, and released. Ritual with the shrine

is a beautiful place to dispel our illusions. We can then give the expansive *Yes!* and allow our fulfillment to be answered.

Rituals for Letting Go are:

1. Release
2. Compassion

Upcoming on the Ritual Section of this website:

3. *Transition*
4. *Flow*
5. *Purification*
6. *Gratitude*
7. *Quiet*
9. *Peace*
10. *Trust*
11. *Becoming the Moment.*
12. *Transformation*

Ritual for Release *I live in the expansiveness of my light being.*

Letting go is one of the most simple and profound of spiritual practices.

The new cannot be taken on without the room made from the release of the old or past. Old habitual patterns of thought from childhood and our culture often run our lives when they are no longer wanted or appropriate. We learn what we want from the contrast, but do not want to stay focused there. The deep desire to feel better motivates us to change and choose another approach that is sourced by the expansiveness of love instead of the constriction of fear.

Let how you are feeling in the moment guide you in this ritual. What is the nature of the fear you would like to release? What does it feel like in your

body? What does it look like? Is it a small child or a monster? Ask for this pattern to be cleared. You can journal any information that you receive.

Open your shrine and clear it of any items. Find a small object like a shell to contain this fear. Write the identified fear on a scrap of paper. Put it on your shrine and light a candle. The container will remind you that this is a small part of yourself, not your larger nature which is infinite. Then say: I release this pattern in me that created this constriction and separation to the flow of love and light that is all there is. It is transformed and cleared, dematerialized into the fluid light from which it came. Continue to give the fear love until it dissolves into light. Burn paper or leave on shrine to be purified. Place shell back on shrine. Throughout the day or next days when the fear comes up, identify it and internally repeat the process of giving it love and letting it go. Repeat with the shrine whenever it feels right.

Be with the emptiness.

The fear itself is not as big as the fear of letting go of it.

Remove the shell and breathe into the emptiness of the shrine.

I understand that it is only a contrast to show me the way to my true nature, expanded being. Fear of held to trust of held

I live only in trust. Breathe!

2. Ritual for Compassion *I see myself as you.*

Compassion is a remedy for people and situations that you respond to with annoyance and negativity. You can't alter them, you can only alter yourself, and they often respond! That is because the patterns you see are in you, so you are giving the true compassion to yourself. There are methods to work this. See the opposite of what is happening and allow that to permeate your being. So if a person is stressing you out with their behavior, say I am the embodiment of relaxation. Let go, through your commitment to happiness. I am a place of peace and radiate that. Just go to the higher place! All will benefit.

Compassion is the ultimate art of allowing and holding the space of love. Being non reactive, what is the relaxed space that will benefit all?

Using your compassion shrine:

Move the emotion of the situation through your body. Wave your arms if you are angry, run around, punch the air, do your dance. By all means shake! When you are ready,

Open the doors of your shrine, and as you do remember the open doors of your heart.

Write on paper the pattern that is annoying you or the behavior that set you off. Is it yours as well? The act of writing releases it from your body and makes it small.

What is the opposite behavior? Meanness to kindness? Stress to Relaxation? Sadness to happiness? Sickness to health? Hold the behavior in your being until it is you. Envision the person or situation in this field and release them.

Light your candle to hold this space and merrily proceed with your day.

Rituals for Creating are:

Creating has to do first with intuiting your next step. What is it you want? Catalyze it with feeling the desire in the moment, so it is alive and present. Be in the moment with complete vibrational fulfillment.

1. Possibility

2. Receiving

Other rituals for creating coming on www.portalstopeaceshrinemaking.com are:

3. Allowing

4. Abundance

5. Happiness

6. Health/Movement

7. Fun

8. Relaxation

9. Purpose

10. Family

11. Joy

12. Money

13. New Beginnings

14. Love

Self-Love

Earth Love

Romantic Love

1. Possibility

The Universe of pure possibility awaits my creative input

Possibility is the gift that comes after having cleared empty space. Delighting in emptiness creates room for the new to move in. Start the ritual for inviting possibility with closing your eyes and feeling the beauty and simplicity of life and your connection to it. Take as long as you want. Then breathe and begin to move, using your arms to feel freedom of movement in this new space and to ground it in your body. Open your chosen shrine, put on favorite music and collect any object or image that has some intuitive feeling or meaning to you. Light your candle. Say to yourself: I am so excited to wake up and uncover/discover all these wonderful possibilities that the Universe is always presenting to me! I am filled with excitement and wonder at the new avenues that are opening for me. I marvel at all the golden opportunities that life is providing me. They are everywhere!

I am so grateful for my good health and all the blessings this day holds!

The door is always open, and all is always available to me. I am endless potential unfolding, beautiful light forming to the divine pattern in me. My space is empty and therefore full of limitless possibility.



If you desire clarity on the next step or what you want, ask for this information. As it comes to you, write your new desire on paper and put it in your shrine for focus and fulfillment. Feel it already done.

2. Receiving

I am open to receive Life's bountiful blessings

Any of the shrines can be used for focus on receiving. If you are specific about what you want to receive, choose a box that has been made for the topic such as love, money, or purpose. A shrine that is simple and decorated with a few special items also works well to help embody the general feeling of accepting. Sit in front of your shrine with the doors closed.

Take a few moments to breathe. Breathe in golden light and sense the web of beautiful connection that lights up everything. Join with life's underlying pattern that connects all and sense the life that moves in an interwoven web of beauty. See a golden light moving through the essence of all things. I breathe into this golden light as I become its beauty. I see that all possibilities are fulfilled here, and that love is the very fabric of life.

Open your shrine and light a candle. Feel in your whole being the elation of bringing in. Now bring it into your body, and center the energy around your heart. I open my arms and hands in a gesture of acceptance and surrender. Yes! Thank you!

Say: I open myself completely to receive, feeling totally safe, loved and nurtured. I know that I am loved and as I receive, and so I am inspired to give. You are the living mandala of your dreams. Watch and be thankful for the constant gifts that come your way!



Workshops – Adults



Children's Classes





Chapter 7: Ordering

For ordering, or to contact Beth personally to book a workshop or give a testimonial please visit www.portalstopeaceshrinemaking.com. Thank you!

