



Sacred Postpartum

A guide to creating your
postpartum altar

Congratulations, Mama!

Whether you are 2 months, 2 years or 20 years postpartum I am glad you found your way here!

Motherhood is a complex journey. One moment we can be filled with the most heart expanding love and the next moment we can find ourselves yearning for the life we once had. Many women suppress these conflicting emotions because we are told that we should love all aspects of motherhood. We deserve to give ourselves permission to feel all the feels of motherhood. The joy, the sadness, the grief, the creativity, the uncertainty, the empowerment. All of it.

I hope you enjoy this guide to creating a postpartum altar designed to integrate all the aspects of your motherhood journey as it shows up for you.

**This information is not a substitute for therapy.*

Please visit Postpartum Health Alliance to find a therapist near you.



*"Ritual is to the soul what food
is to the body"*

-Sobonfu Some

Journaling Exercise

I encourage you to use these journal prompts as a guide to create an altar that is meaningful and healing for you.

Find a quiet space, where you can comfortably go inward. Take a few deep belly breaths, feel yourself grounded and present.

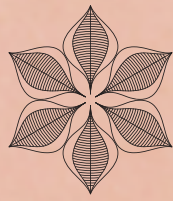
Bring to mind aspects of yourself as a woman, pre-motherhood, that you miss. Maybe it's your free natured spirit that had unlimited time and energy, maybe you miss the career you left behind, or maybe you want to call in a sense of strength to assist you on your motherhood journey. Experience the aspects you wish to call in through all of your senses. You may use the attached page to journal your feelings or use your own journal.

Use this page to journal or draw, get creative!

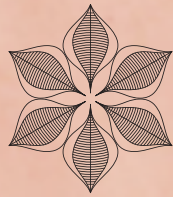
What aspects of yourself have you mourned since becoming a mother?

What images, people, places or objects represent the parts of yourself miss since becoming a mother?

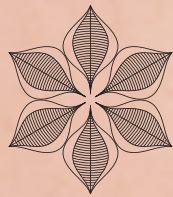
What do you wish to call in to support you on your motherhood journey?



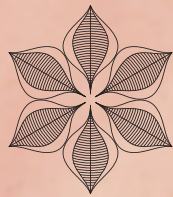
Once you have identified the aspects of your self that you wish to bring attention to, find an object or image that represents these aspects. You will place this object on your altar.



You may want to include the elements of nature to your altar. For example, flowers in a vase, feathers, sand, crystals or essential oils.



Sacred items such as a statue of your favorite deity, religious figure, mala beads, rosary beads or oracle cards



There is no right or wrong way to create an altar. Find what has heart and meaning for you and make it your own sacred space. If you have children you may want to place it in a space their curious hands can't reach. Ideally your altar will be in a location that you will see everyday.

Your altar as a portal for healing

The objects on your altar are a reminder of the aspects of yourself you wish to bring attention and healing to. For example on my altar is a picture of me and my best friend in our early 20s. A time in my life when I was traveling and carefree. As a mother I have mourned the loss of the time, energy and freedom to travel as I please. Seeing the image of myself in my younger years serves a reminder of that carefree nature which lives in me. I also experience deep gratitude for the experiences I have had in my life which have all led me to the person I am today. My altar inspires me think of other ways which I can welcome in my carefree nature as a mother.



Take a picture of your postpartum altar and post it on social media using the hashtag #mypostpartumaltar



*What has heart and meaning
to you?*





Bring Back the Village

Parenting Support and Therapeutic Services



Glna Janc, LMFT

Inspiration for this work received from
Gena McCarthy of birthspiritualityandhealing.com
&
Sobonfu Some "Welcoming Spirit Home"