

ANCESTOR ALTAR GUIDE

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*welcome to*  
**YOUR  
ANCESTOR  
ALTAR  
PRACTICE**



LET'S GET  
STARTED →



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# 01. WHAT IS AN ANCESTOR ALTAR?

An Ancestor Altar is a sacred space created to honor, connect with, and seek guidance from your lineage. It is a type of energetic “home” for your ancestors. An Ancestor Altar is a powerful tool for healing, remembrance, and spiritual grounding. It can provide access to abundance and gifts from your lineage. This altar becomes a portal – a bridge between the living and the ancestral realms, where love, wisdom, and protection flow freely.



# 02. WHY WE USE AN ANCESTOR ALTAR?

- To honor those who came before us, known and unknown.
- To receive guidance, protection, and clarity from ancestral wisdom.
- To heal generational and intergenerational patterns thus healing ourselves.
- To reveal brighter more abundant futures.
- To root yourself in identity, resilience, and remembrance.
- and much more...

# 03. COMMON ALTAR ITEMS...

and a brief description of what they represent.



White Cloth or Natural Fabric – Symbolizes purity, peace, and a clean foundation for sacred work.

Ancestor Photos or Symbols – Brings the presence of your lineage into focus. Additional options are outlined in #4 on the next page.

White Candle – Represents light, spirit, protection, and guidance.

Glass or Bowl of Water – Water holds memory, provides coolness to the ancestors, and acts as a spiritual conduit.

Smudging Herbs – Used to cleanse, protect and call in. Optional addition– Incense

Ancestral Offerings – Offer food, drink, tobacco, herb, money, cultural items, or flowers or a plant.

Journal or Notebook – Record messages, dreams, or insights.

Small Bell or Instrument – Optional tool to open or close ritual.

Any Additional Items – Personalize your altar with objects connected to your dead or lineage.



# 04.

## WHAT IF I DON'T KNOW MY LINEAGE OR I'M DISCONNECTED FROM THEM?

Divine Being,

For many African Americans, the loss of—or inability to access—physical ancestral knowledge is the result of systemic erasure through slavery, colonization, and racism. Yet even without names or detailed histories, you remain connected to a lineage.

There may also be other circumstances that create distance between you and your biological family. However, this does not mean you lack access to your ancestors or their wisdom. Ancestors are found not only through bloodlines, but also in chosen families—those formed through love, friendship, and community. You do not need complete knowledge of your ancestry to begin a relationship with them. Start where you are.

When creating your altar, begin by reflecting on yourself—your likes, your talents, and your features.

- Your likes: What brings you joy? Whether it's dancing, walking, eating certain foods, or simply having fun, chances are your ancestors enjoyed similar things.
- Your gifts: Are you a skilled dancer, writer, cook, painter, or speaker? Do you possess keen observation or a thoughtful presence? These talents may have been passed down through generations—many of your ancestors likely shared similar strengths.
- Your features: Celebrate and embrace your physical traits. They are a direct inheritance from your lineage. Honoring yourself is a powerful way of honoring and venerating your ancestors.
- Your culture—or a culture you feel drawn to: What aspects resonate with you? What gives you strength or inspiration? Exploring these connections can offer insight into an ancestry you are either descended from or spiritually called to.

Finally, the photos on your altar can include communal ancestors who have inspired you—such as Zora Neale Hurston, Malcolm X, and others. You may also use titles like “Great-Aunt” or “Mother” to represent ancestors whose names you do not know.



05.

## WHERE DO I PUT THE ALTAR?

Place your altar somewhere you can comfortably sit and engage with it regularly without it being disturbed by daily activity. Trust your intuition. If a particular corner or surface feels sacred, peaceful, or charged with presence, it may be the right place. Wherever you choose, keep it tidy as a form of ongoing respect.

06.

## DO I NEED EVERYTHING ON THE CHECKLIST FOR MY ALTAR?

Nope! The checklist and items mentioned are simply a guide, not a requirement. Your altar should reflect your intentions, your space, your budget, and what feels meaningful to you. Even a simple setup with just a candle, or plant, or solitary photo, or a heartfelt offering can be powerful. Start with what you have and build from there—your hearts intention is what matters most.



# 07. SET YOUR INTENTION & BLESS THE SPACE

Before you place any item, pause. Speak to your ancestors – aloud or in your heart. Let them know this altar is for them, and for the healing of your shared line. Cleanse the space with smudge or Florida water.

## *Ready, Set, Go*

Use the Ancestor Altar Checklist on the next page to help you build your altar. Let it flow, let it be easy.

Remember it's OK if you don't have everything on the checklist. Your intention is what's most important.

Again, welcome to your ancestor practice, Divine Being.

You Got This!



CHECKLIST —→



# Ancestor Altar Checklist



White cloth or natural fabric.



Ancestor photos or symbols.



White candle.



Glass or bowl of water.



Incense or smudging herbs (e.g., sage, frankincense).



Ancestral offerings (food, drink, flowers)



Any additional items you'd like.



Journal or notebook nearby



Small bell or instrument nearby (optional)

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# Keep In *Touch!*

Divine Being,

Let me know how it goes. Whether you have a question, want to share a win, or you're curious about working together more closely, I'm just a click away.



## Follow & Connect on Social

Stay inspired, get behind-the-scenes updates, and join the conversation:

 YouTube: [@RobinDenise1222](https://www.youtube.com/@RobinDenise1222)

 Instagram: [@RobinDenise1222](https://www.instagram.com/@RobinDenise1222)

 TikTok: [@RobinDenise1222](https://www.tiktok.com/@RobinDenise1222)

## Let's Talk

Have a question or want to say hello? Drop me a message — I personally read every email:

 [pleasure@robindenise.com](mailto:pleasure@robindenise.com)

## Work With Me

Ready to go deeper? I offer spiritual coaching and healing sessions designed to help you heal, evolve and manifest your desires — all while honoring and drawing wisdom from your ancestral lineage.

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*p.s. I'm rooting for you — and so are your ancestors!*



*Robin Denise*