



The Purpose of an Altar

Having an altar in your home can be a way of as reminding you to take time for serenity each day.

If you didn't grow up with an altar in your home, having an altar now may seem like an exotic and unattainable idea. Yet having an altar does not have to be complicated or difficult, nor does it need to be based on a religion or a set of ideas that don't seem to relate to you.

An altar can be a simple, personal expression of what you want to focus on right now. You do not have to build anything or take up a lot of space. You do not have to buy anything new or follow a complex set of instructions to create your altar. All you have to do is allow yourself access to this wonderful, ancient tool of transformation.

At its most essential, an altar is simply a raised structure that serves as a resting place for meaningful objects. It focuses the eye and provides a place for contemplation

One idea for a simple altar is a pot with a bulb planted in it, set on a box. This altar to growth can act as

a reminder to you that all living things bloom in their time. A simple ritual might be to write down dreams you would like to see come to fruition on scraps of paper. You might place these scraps of paper in the box, or under the flowerpot, or in an envelope you prop against the pot. As the flower grows, so will your dreams.

If you look around your home, you may find that you have already created altarlike arrangements without even really thinking about it; this is something we humans do quite naturally.

A candle, a decorative box, and a vase of flowers are just a few of the common household objects that lend themselves naturally to the creation of an altar. Add intention and intuition, and you have created your first altar. Remember that it isn't necessarily about the objects you place at your altar—it is the time you spend with it daily, taking the time to be with it for your sacred time.

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MARINATED CUCUMBERS, ONIONS, AND TOMATOES

Thanks to Helene "Lucky" Jensen

- 2 cucumbers, thinly sliced
- 1 small red onion, thinly sliced
- 2 medium tomatoes, diced
- 1/4 cup apple cider vinegar
- 1/4 cup olive oil
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons chopped fresh parsley



In a large bowl, combine the sliced cucumbers, sliced red onion, and diced tomatoes.

In a small bowl, whisk together the apple cider vinegar, olive oil, honey, Dijon mustard, salt, and black pepper.

Pour the dressing over the vegetables in the large bowl and toss to coat.

Cover the bowl with plastic wrap and refrigerate for at least 1 hour, or up to overnight.

Before serving, sprinkle the chopped fresh parsley over the top of the vegetables and toss to combine.

Serve chilled and enjoy!



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HOW TO SHOWER LIKE A WOMAN:

Take off clothing and place it in sectioned laundry hamper according to lights and darks. Walk to bathroom wearing long robe. If you see husband along the way, cover up any exposed areas. Look at your womanly physique in the



mirror - make mental note to do more sit-ups/leg-lifts, etc.

Get in the shower Use wash cloth, long loofah, wide loofah and pumice stone. Wash your hair once with cucumber and sage shampoo with 43 added vitamins.

Wash your hair again to make sure it's clean. Condition your hair with grapefruit mint conditioner. Wash your face with crushed apricot facial scrub for 10 minutes until red.

Wash entire rest of body with ginger nut and jaffa cake body wash. Rinse conditioner off hair. Shave armpits and legs. Rinse off. Turn off shower.

Squeegee off all wet surfaces in shower. Spray mold spots with Tilex. Get out of shower. Dry with towel the

size of a small country. Wrap hair in super absorbent towel. Return to bedroom wearing long robe and towel on head.

If you see husband along the way, tighten your robe and cover up any exposed areas.

HOW TO SHOWER LIKE A MAN:

Take off clothes while sitting on the edge of the bed and leave them in a pile. Walk naked to the bathroom. If you see wife along the way, shake wiener at her making the woo-woo sound.

Look at your manly physique in the mirror. Admire the size of your wiener and scratch your butt. Get in the shower. Wash your face. Wash your armpits. Blow your nose in your hands and let the water rinse them off.

Fart and laugh at how loud it sounds in the shower. Spend majority of time washing privates and surrounding area. Wash your butt, leaving

those coarse butt hairs stuck on the soap. Wash your hair. Make a Shampoo Mohawk. Pee.

Rinse off and get out of shower. Partially dry off. Fail to notice the water on floor because curtain was hanging out of tub the whole time.

Admire wiener size in mirror again. Leave shower curtain open, wet mat on floor, and light and fan on. Return to bedroom with towel around waist.

If you pass wife, pull off towel, shake wiener at her and make the woo-woo sound again. Throw wet towel on bed.

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