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Altar Your Space: A Guide To The Restorative Home



Synopsis

Altar Your Space is an invitation to rethink your home and find the sacred in the simple and attainable, creating an intention that allows your environment to reflect your consciousness. Create a home within your house, and accentuate your vision of the sacred within your home. Humble or grand, your home should be your sanctuary. For many of us, however, what often used to be a safe haven has become a place to "put our stuff". Altar Your Space will show you how to set an intention, surround yourself with things that bring you to life and infuse your home with consciousness. Sacred furnishings, beautiful pieces sculpted by human hands from real wood, colorful textiles imbued with spirit and purpose – these should be the foundation of one's home. Finding the traditional role of interior designer outmoded in many ways, guide Jagatjoti Singh Khalsa provides a foundation for an exploration of self-discovery through the expression of "altar-ing" one's home environment. Using bold examples of transformed homes including those of Sharon Stone, Jeremy Piven, Joely Fisher, Adrienne Brody and Shiva Rae, Khalsa demonstrates how to create a sense of sacredness in your living space – whether it's a bathroom, kitchen, a children's playroom, a home office or the entire house. Drawing inspiration from the East; a team of craftsmen and artisans in Rajasthan and elsewhere in India, Khalsa suggests simple ways to fill your home with a spirit-infused décor. Discover within these pages the creative use of antique Chinese wagon wheels, silk bedding, Tara statues, Asian pine tables made from 300-year-old railroad ties, Antique screen doors and Kela vine bedding that bring an eastern sensibility into the modern home. Including 150 full-color photographs, Altar Your Space illuminates how small changes and a new perspective can make all the difference in the effort to live a grateful and radiant life.

Book Information

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Customer Reviews

I discovered this book at a book store in SF and while I did not think I was looking help at home the richness of the photographs and colors drew me into this book. Almost 30 minutes later, I had to purchase this book. One of those photography books in which the brilliant images bring you in but the sage and engaging writing style had me stay awake all night feeling as if this writer had opened my head and extracted everything I had ever felt but by no means could articulate or even know that I thought these things. I loved this book and with some simple changes, trials and efforts around my house, I look at my home much differently and more importantly, I feel different at home. Its promise to help me make my home feel more restorative was delivered. When I arrive home each night, it is like I have arrived at a perfect oasis. I highly recommend it.

ALTAR YOUR SPACE is a must have book! It appeals to all of your senses with its' inspiration of color, insight and possibility. I have applied the concepts the author conveys in my home; not only do I feel a sense of peace but everyone who visits feels something similar. This book is beautifully written and the photos are candy for the eyes. Treat your senses then give the gift of this masterpiece to someone who appreciates life.

I have a small collection of books relating to collecting, displaying and living with folk art, in particular spiritual artwork. This book is lovely to look at, very rich photography. And as it happens I enjoy Asian artifacts. However, the text is weak, too much personal introspection vs a broader view of incorporating spirituality into the environment. The range of artifacts was also very narrow, mainly South Asia with a little China and Japan. Origin of objects was not identified so limited the ability of the reader to gain a greater appreciation of them. Strange mix of almost kitschy contemporary pop imagery alongside sacred antiquities with little explanation of the aesthetics, for example "multiplicity", how to make a large number of smaller objects function as a single larger object by effective grouping or its spiritual analogue in Indian philosophy. Those things being said, it is a lovely book that will fill a place in a decorator's collection as it is not too expensive.

This book captured my attention with the title and cover, but it held me from the intro right on

through with the deep thought that obviously went into writing it. It hit me with its deep insight into how important to our well being, our consciousness, and our lives are impacted by our Sacred Space. It not only portrayed that visually but in the body of the work through metaphor, thought provoking ideas, and real life examples, shared in a spiritual voice. I love this book and I have already gotten it for two family members and a half dozen friends. Good job on taking what I would normally consider a coffee table book and giving it some substance.

A very encouraging book to someone who has never taken the time to create a "home" environment. I now feel the importance to honor myself with a beautiful space to live in, but not just in an aesthetically pleasing way, but in way that is warm, comfortable and "restorative". But, I am not just encouraged to do it by the book, I have been given the tools to accomplish it. With beautiful photography and elegant instruction I found my confidence growing and my eyes opening to opportunities to create sacred spaces in my home.

Jagatjoti's book Altar your Space is not only visually beautiful, uplifting and inspiring-- it touches the reader beyond the mind and reaches into the Heart. With his wise and humorous anecdotes he weaves the reader through a warm, bright expansive space called Life. This way of living involves not only extending into our space from our hearts but teaches us how to manifest peace and beauty in our homes in the way that is most natural--and uplifting-- to us. I highly recommend this book to whoever wants to discover how to connect to the Sacred in the details of Living. To those who want to honor that through the expression of beauty, Love and joy, every day, this book is a must.

This book makes a wonderful gift. It is meant to be looked at and referred to for specific instruction as well as inspiration. I've given a number as "house" and "wedding" gifts and keep it out in my home for my own enjoyment -- great to page through after a tough day. This is a book that will serve many purposes for many years.

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