

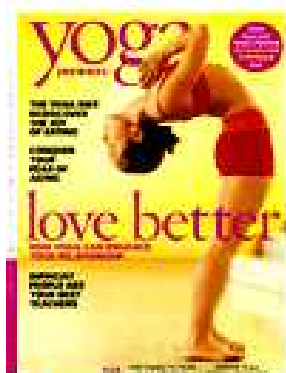


WHOLESOME RESOURCES

Mind-Body Mastery through Yoga, Meditation,
Guided Imagery, Affirmations, Stress Relief and Wellness

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Julie Lusk was interviewed for an article in *Yoga Journal* (Feb. 2006) on Desktop Altars. See the full article by Toni McLellan and more FAQs below for more guidance on how to bring inspiration to your workspace with an altar.



You're reeling from a stressful conference call when another pile of papers appears on your desk, requiring a late-night work session. It's the kind of thing that could send you over the edge – but after a few deep breaths you're feeling calm again. Your stay-cool tool? The desktop altar you've made to keep yourself centered.

To collect the items for such an altar in your workspace, Julie Lusk, a yoga teacher in Cincinnati and author of *Desktop Yoga: the Anytime, Anywhere Relaxation Program for Office Slaves, Internet Addicts, and Stressed-Out Students*, suggests sticking to simple objects that are linked to a specific memory, belief, or goal. That might mean a special shell, stone, photograph, flower, fountain, book, plant, or even a simple saying that inspires you.

"An altar need not scream "Spiritual!" says Lusk. "What makes your collection an altar is your intention – which can be as simple as your desire to return to the present each time you see it."

- Yoga Journal – Issue 193 – February 2006
- Toni Klym McLellan

FAQ

1. What is your definition of a "desktop altar".

Personalizing an area of your workspace to remind you of your higher values/self in a way that is personally inspirational, meaningful, uplifting and keeps you grounded and centered.

2. How might a desktop altar help people supplement their yoga or meditation practice, even in the midst of a hectic workday?

A desktop altar serves as a reminder to breathe, be mindful, and practice Desktop Yoga™ stretches.

3. What items would you suggest in creating a desktop altar? Please include space-saving considerations.

Select something that is personally meaningful. Start by stilling yourself and become aware of clues from your inner self for some things that are just right. Suggestions include a special shell, stone, photo/picture, flower, cloth, something to hold, art, fountain, a book, plant (i.e. prayer plant, or a violet to care for), feather, finger labyrinth, or a gift from someone special. A saying or a significant symbol could be used as a screensaver. Under various circumstances, a calendar with inspiring sayings or artwork may be just right.

4. Any tips for how to keep it under the radar of coworkers or bosses, but still give it private significance?

Use an ordinary object with personal significance that is linked to a belief, memory or a goal. Consider blessing it with a ritual.

Keep it 'for your eyes only' by tucking it away, like in a drawer that you use often.

5. What items (if any) might someone in the land of the cubicle seek to avoid?

Candles (fire hazard)

Items that could offend others (things that could fall into the realm of religious, sexual, racial, or political bias)

Things that are distracting.

Anything against office policies.

Things that you are not willing to explain, discuss or defend.

6. Can you give some examples of altars?

I have a statue of an angel that was given to me by someone special, a quartz crystal wrapped in a beautiful cloth, and some pictures are beside my computer.

Coworkers of mine and I passed around a tiny angel when times were especially challenging. We took turns with 'hosting' her and felt divine support and protection as well as the support of one another. We kept it as long as it felt right and then passed it along. The angel was always floating around among us. This happened at a large and busy medical clinic. I no longer work there and she was in my care at the time I left - of course I passed it along so it would keep working it's magic.

A friend of mine wears a mala on days when she needs extra strength and courage.

Julie Lusk

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