

Day of the Dead/Dia de los Muertos

By Lourdes Lebron

The Day of the Dead is primarily celebrated in Mexico and other Latin American countries. The tradition originated from Mayan rituals where skulls were kept on altars as symbols of death and life after death. Taking place during the month of August, Dia de los Muertos was a time to remember and honor ancestors. When the Spanish took over the region the celebration was moved to November 1st and November 2nd to coincide with All Saints Day and All Soul's Day. Energetically this day is now occurring when the veil between the worlds is thinnest and the ability to communicate with those who have passed on is easiest.

Celebrations honoring the dearly departed vary for each person and home. Visits to the cemetery where candles and flowers are placed on the grave are typical. Some cemeteries even hold candlelight vigils for this purpose. People may have picnics by grave sites inviting their loved ones to join them in spirit. At home altars are often built composed of items such as pictures of loved ones, candles, flowers (e.g. Marigolds), incense, and sugared skulls. For dinner candles and flowers are placed at the dinner table with a place setting for loved ones who have passed. Toys for children who have passed are brought forth for the children who have moved on. A shot of Tequila may be had by those in attendance in regard of adults who have passed.

If you wish to bring this commemoration into your home life, you can use crystal skulls in lieu of actual skulls to honor those who have transitioned. Below are some tips on how you can incorporate these particular crystals into your personal remembrance of the Day of the Dead.

Dinner – For dinner, you can have the favorite foods of those who have passed on to share with all in attendance. . Tell stories about happy memories you may have. Pass a Rose Quartz skull to everyone in attendance and ask them to infuse it with their love for that person/s. By passing it around in a clockwise manner you are filling that crystal with lots of love and happiness. Keep it the **Family** gua of your home (middle left of the home from entrance door according to Black Hat Feng Shui which views the home as a 9x9 grid) to always fill your home with happy

memories. Or place it by a photo of one of your loved ones as a way to always share loving experiences.

Crystal – You can carry a crystal skull in your pocket or wear one as a pendant. When you touch it remember the good times and love associated with that special person/s.

Altar – You can set up an altar to commemorate your loved ones by placing flowers, a picture/pictures of those who have passed, corn bread or sweet bread, and a crystal skull on a small table or just a portion of a shelf. Burn incense and spend a few minutes talking with their spirit, telling them about what is going on in your life.

Meditation – A crystal skull can be a focusing tool to communicate with loved ones. Use a Clear Quartz, White Aventurine, Lapis Lazuli, or Amethyst Skull to hold onto or as a visual aid by focusing your eyes on it. Ask your loved ones to join you for a few minutes of love and tranquility.

Crystal Grid – You can make a grid using Rose Quartz Skulls and placing them in the directional positions surrounding a Clear Quartz Skull. There can be Clear Quartz points in between the skulls. You can place a picture of your loved one underneath it and infuse the crystals with your love.

Party – If you are having a party for Halloween or for the Day of the Dead, the crystal skulls can be given as party favors. Invite everyone to share this tradition by sharing one with them.

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