

# *Sage Goddess Magical Sabbatical*

## Winter 2012 Supply List

Following are supplies you will need if you engage in all crafts and activities planned for the session. I try to offer a range of inexpensive and more costly alternative to suit various budgets.

1. White sage, palo santo, Artemisia, or other smudging herb. Whether you require a feather fan to smudge the smoke is up to you. Many prefer to use their hand.
2. A candle, set of meaningful gems, and anointing oil for ritual use (you can purchase the set created for this sabbatical or use your own supplies). The gems should be chosen with care as my intention is that they will accompany you throughout the 8 weeks of our work and then come to hold that sacred energy once our winter Sabbatical is finished.
3. Something to use as the body of a magical wand – twig, branch, selenite stick are all good options. Pagans and native Americans prefer wood for their wands. Manzanita wood is perhaps the most beautiful choice as when polished, it has a shiny and multi-dimensional hue. Wood from your yard or property has a high vibration, too. My favorite wand branches have been chosen by my 3 year-old. Because she doesn't overthink it; she honors her instincts.
4. Herbs and gems associated with peaceful sleep and astral travel (if you're so inclined) for your dream medicine. I'll give more specific guidance on this as the course evolves but initially, I'd gather lavender and rose buds, amethyst and sodalite, and lavender or chamomile essential oil.
5. Speaking of oil, you need to begin thinking about the chakra potion you will create. We will craft a chakra-dedicated perfume together. For now, gather a small beautiful perfume bottle and a carrier oil (jojoba or sweet almond are my favorites). As you begin to feel called toward a chakra point, and also using your intuition to choose scents that appeal to you, you will need 2-3 essential or fragrance oils to blend.
6. Other ritual tools I recommend: A chalice or wine glass for ritual use only, an altar or other table covering that feels right for winter seasonal use, and a holder or base for your sabbatical candle.