Sage Goddess Magical Sabbatical

Spring 2013 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 or resin. Whether you require a feather fan to smudge the smoke is up to you. Many prefer to use their hand.
2. Incense ingredients – I’ll be guiding you through loose incense creation vs. stick or cone. I recommend purchasing supplies here: [www.mountainroseherbal.com](http://www.mountainroseherbal.com). You can use Makko powder as an ingredient if you prefer not to use charcoal to light your incense. I’ll be guiding you through loose incense creation vs. stick or cone. I recommend purchasing supplies here: [www.mountainroseherbal.com](http://www.mountainroseherbal.com). The best resins and herbs for incense are myrrh, frankincense, patchouli, rose, lavender, rosemary, pinon pine, cedar, juniper, cypress, and pine. We will talk extensively in the Facebook group about which ingredients to use in order to customize for your magical purposes.
3. We will craft a new kind of potion this spring, magical perfume spray. For this craft, gather a 4-6 oz. glass bottle with spray cap and a mix of your favorite essential oils or oil blends. You will need distilled water, witch hazel, and small gemstones as well (small enough to fit through cap of bottle). You can substitute flower hydrosols for the distilled water if you choose.
4. A large loose gem, some dried herbs, and a ribbon of your choice for our jewelry crafting exercise. You can choose to tie the string and knot it or add a clasp or other adornment. More detail will be offered later.
5. Other ritual tools I recommend: A chalice or wine glass for ritual use only, an altar or other table covering that feels right for seasonal use, and a holder or base for your sabbatical candle. You might also consider having a deck of oracle cards for divination, a pendulum for dowsing, or other scrying tool. We often find ourselves fortune telling in this group. Tools you use for that purpose are welcome.