

Preparing for the
~ **Discovering Your Succulence** ~
Retreat Day

Sacred Items for My Nurturing Retreat Time

- *Pillows, sheepskin, cushions, and/or rugs*
- *Blankets*
- *Water or herbal tea*
- *Finger foods that are healthful for your body*
- *Pretty Journal, with a favorite pen*
- *Art paper and supplies like markers crayons*
- *Candles - unscented is recommended but not required*
- *Fresh flowers or flower petals (faux flowers are a great substitute)*
- *Alar (sacred space on the floor or a table)*
- *Anointing bowl (for your oils)*
- *Water bowl (for washing hands etc)*
- *Soft hand towels and/or wash cloths*
- *Beautiful book of matches or lighter*

Optional items to further personalize and enhance the magic:

- Oracle or Tarot card deck(s)
- Crystals or Stones (when uncertain, use clear quartz, rose quartz, or moon stone)
- Natural Feathers (preferably meaningful to you, and harvested harmlessly)
- Incense with Burner (non-toxic charcoal, if resins will be burned)
- Cleansing Herbs to be burned as smudge (sage, cedar, santo palo, sweetgrass)

Once gathered and your sacred appointment approaches, ask yourself these final questions as a check-in just before you begin:

Have I prepared my Sacred Time?

Have I prepared my Sacred Space?

Have I prepared my Sacred Body?

Have I placed my Sacred Items?

Is there anything else I would like to have available to me?