



December 6, 2021

Dear Med Bag Participant,

Throughout Sacred Anatomy Energy Medicine Bag we will work with different sacred and energetically powerful objects in wonderful ways.

To assemble your Medicine Bag in addition to items you feel called to include you will need to purchase or find:

- *4 small quartz crystals- 2-3 inches in length
- *6 small rose quartz- 1-3 inches in length
- *4 small amethysts- 1-3 inches in length
- *I suggest a small cloth purse to hold your rocks.
- *A bottle of Bach Rescue Remedy (no other type please)
- Small bottles of lavender oil, sandalwood oil, rose oil
- 6 small blue or brown dropper bottles
- 2 atomizers
- *3 separate plastic baggies for sea salt (no iodine), popcorn, and rice
- *1 small bag of New Spirit organic tobacco
- *1 package of copal
- *1 sage stick
- *A fire stick
- *6 small candles- use tea lights in their own metal containers
- *1 dowsing rod
- *Charcoal package for burning incense
- *1 small dish or bowl to burn charcoal and incense in- make sure it is not flammable.
- *A pair of tongs to hold lighted charcoal
- *1 small bottle of pure water
- *1 packet of seeds (any kind)

Please either make or buy a bag or purse to use as your Medicine Bag. Make sure that it is large enough to contain the starred objects above. We will begin using these objects in our very first module together.

For each class please establish an altar near where you are sitting. Make sure it has a candle, a plant or flowers and any other sacred objects you feel you want to include. I will add things as we go but these are the major items you will want to have.

As we get ready to soar! I send you my love,
Desda