



## Creating Your Work Table and Meditation Space

To develop your work as a shamanic practitioner over the nine courses of the program, you will need a specially designated meditation space and work table.

Your work table, or altar, is where you will keep the essential tools for your shamanic practices. These tools include the following:

- Candles
- Copal incense
- Herbs, either as essential essence, or dried leaves to burn: basil, rosemary, lavender, sage
- An eagle feather or a feather from a bird that is as large as an eagle
- 4 glass cups
- Rattle
- Native Frame Drum or hand drum of any kind
- A large crystal – quartz, amethyst or agate
- Small coals to burn
- Matches
- A notebook to record your experiences
- 1 meter of red fabric
- Small white cloth to wrap your crystal in
- Ribbons of all colours that are used to make gift bows
- Paints, colored pencils

Take the next week or two to purchase your materials and to find a space in your home where you can locate your work table without moving it for the duration of the course.