



Goddess Retreat Supply List

This course is all about taking a creative approach to learning about and working with the wisdom of the goddesses. To make the most of your “Studio Time” during the webinar, I recommend gathering some supplies in advance. Here are some ideas of what to have on hand. The Studio Hour is intended to get your creativity flowing. Don’t feel pressured to complete a project within the hour.

Refer to the Goddess Profile tucked inside the envelope that you received for a list of colors, symbols, and other details for the featured goddess.

Color: Each goddess has a specific color palette. Gather up your pens, markers, papers, and some images from magazines or scrapbook paper that reflect the color of the goddess.

Gemstones: Each goddess has specific gemstones that reflect the strengths of the goddess. You may want to hold a gemstone in your hand or have one near you during the Soul Journey guided meditation.

Journal or Notebook

Adhesives: Glue Stick, Packing Tape, Washi Tape (note these are options to have on hand if you are doing collage or want to add things to your journal)

Pens: Ballpoint, Gell Pens, Glitter Pens, Fine liners, Markers, or your favorite marking tools.

Scissors or Craft Knife

Paper: notebook, stationery, graph paper, scrapbook paper, etc. for collage or altering a catalogue to use as a journal.

Images: Magazines, greeting cards and junk mail to cut up for collage art.

Art Supplies: You have the option of creating goddess inspired art in your favorite medium. Refer to the list of project ideas in the sidebar. Feel free to have on hand the supplies that you’d like to use during the workshop.

Prepare Journal Pages: One idea is to prep up your art journal pages in advance if you use wet mediums. Fill the background with watercolors in advance so they are dry and ready to go, saving time during the “Studio Time.” I love to spray an ink for a quick background effect. Try Ranger Dylusions Spray Inks: <https://amzn.to/2PP64dA>



Goddess Inspired Art Project Ideas

You are encouraged to follow your muse. What sounds like fun?

- Visual Journal with collage elements.
- Mandala Art
- SoulCollage® cards
- Jewelry
- Painting
- Fiber Arts - knitting, quilting
- Talisman - clay, painted rocks
- Spirit Sticks
- Altars
- Affirmation Cards

New to Zoom?

Have a new device?

Having your video camera and audio enabled is required to participate in the Goddess Retreats.

Test your device on Zoom

www.zoom.com/test

Suggestion

Start a file, envelope, or bag and collect images, words, and embellishments for your creative play.

Questions?

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