



PREPARATION FOR 'NORTH' DIRECTION – Tutorial #2

YOUR MÁLA NAOFA (Medicine Bag) and Other Items:

3 North Lia Naofa (Sacred Stones)

Cauldron. (Always bring a **small candle** (and ability to light it) to accompany your cauldron.)

A Journal (ideally large enough to take you through the whole Course including your homework in between module sessions) and Pen/Pencil.

Other Items:

Hazelnuts (at least 3, if allergic do not bring)

A sprig of fresh Rosemary, if available

CLOTHING

Wear comfortable clothing and you might fancy having a wrap/throw/shawl to cover yourself in for Immrama (Journeying), quiet times and when relaxing.

START TIMES

We meet on in November from 5.00-8.00pm Irish time (check your local equivalent on www.timeanddate.com). The dates are shown on the 'Zoom Links for the North Direction' section of the course platform.

The Zoom Recordings will be sent to you especially our tribal members in the Southern Hemisphere the next day for a week. If you do not wish to be visible you may turn off your video and listen and speak that way.

FOOD AND SLEEP

Please make sure to have a good substantial nourishing lunch the day of each session with snacks to hand for the Break time at approximately 6.15pm for 15 minutes.

We look forward to seeing you for the epic voyage that is the Slí An Chroí
Medicine Spiral.