



Sadhana Materials Checklist

- White pillar candles or supply of white tea lights
- If using chakra-coloured candles, three candles of each colour: red, orange, yellow, green, light blue, dark blue, and light violet or white
- Fire-safe candle holders
- Twenty sticks or cones of incense
- Incense holder or dish
- Variety of meditative music tracks and a music player
- Clock or watch (analogue may be more useful)
- A timer
- 108-bead mala (can be ordered from my website, or purchased at specialty shops)
- Mirror on a stand or one that can be propped up on your altar so you can see your reflection
- Pen or pencil
- Journal or notebook to write in
- Sheets of lined paper (fifteen sheets should do)
- Lighter or matches
- Your pyjamas
- An object you dislike such as a fruit or vegetable; or an image of something you dislike, such as an insect, animal, or inanimate object
- A special or fancy plate or dish (to place your fruit offerings on)
- A plate to put soil in
- A cup of soil
- Fresh fruits, nuts, sweets, biscuits
- A blindfold
- A cushion to sit on

Optional Items

- A blanket in case you get chilly while doing the sadhanas
- A yoga mat and a pillow for your head to use when needed after the sadhana
- A glass of water, as you may experience thirst when doing sadhanas
- Pre-arranged music playlist totalling twenty-one minutes of instrumental meditative music (see Day 2 in book)
- Pre-arranged music playlist totalling twenty-seven minutes (see Day 4 in book)

Semi-precious Stones & Crystal List

- Garnet
- Carnelian
- Yellow Serpentine
- Rose Quartz
- Turquoise
- Amethyst
- Clear Quartz
- Red Jasper
- Orange Calcite
- Citrine
- Aventurine
- Blue Lace Agate
- Lapis Lazuli
- Selenite
- Ruby
- Tiger's Eye
- Light Amber
- Amazonite
- Sodalite
- Fluorite
- Celestine

