

## Preparing a Gathering Space

Gathering the bits and pieces of material evidence of your life's journey will be an ongoing process throughout this course and if you choose, may continue to be an ongoing process for years to come.



You're encouraged to create a small workspace to become your sacred place for crafting your sacred legacy. Begin to select containers for your gatherings. These will be used for sorting and curating your cherished photographs, ephemera (letters, cards, notes, ticket stubs, all manner of paper souvenirs, etc.), jewelry, touchstones and tokens of your life's journey.

**All the following materials are suggestions to help you consider your personal choices. Please use and/or make substitutions for whatever you have on hand. Gather any additional supplies you feel may be personally helpful and inspiring for you. This is an opportunity to follow your intuitive creative choices.**

Look around your home for:

- Baskets, small to medium sized
- Small to medium sized boxes (shoe boxes or shirt boxes will work well)
- Folders
- Envelopes of various sizes

You will find it helpful to also have the following supplies nearby as you work through the various practices of exploration and curation:

- A glue stick
- Scissors
- Markers
- Magazines (for collage making)
- Cardboard or other backing for collage making
- A free-standing mirror or hand mirror
- Camera or phone camera
- Crayons or colored pencils
- Washi tape or transparent tape
- **Additionally, it's recommended that you designate a journal or notebook to record your responses to the journal prompts provided throughout the course, and for noting your personal reflections pertaining to aging and the crafting of your legacy.**

When you begin the actual curation of your gatherings you will want to choose a presentation container for your sacred legacy offerings. Options for your special legacy container and resources will be explored later in the course.