

The Odyssey

Odyssey Journey Preparations Checklist

“The test of an adventure is that when you’re in the middle of it you say to yourself, ‘Oh, now I’ve got myself into an awful mess; I wish I were sitting quietly at home.’ And the sign that something is wrong with you is when you sit quietly at home wishing you were out having lots of adventure.”
– Thornton Wilder

- Preparations
 - Clothing
 - Natural materials: Ideally you will only wear items of clothing that are roughly natural: cotton, wool, silk, leather, metal. Obviously weather and other factors may inhibit this, but out of respect for the purity of this spiritual journey, the less synthetic material (plastic, rubber, rayon, etc.) the better.
 - Shoes: You will be doing a lot of walking. Please wear the most comfortable shoes possible. While natural materials are strongly encouraged for the rest of your dress, your foot comfort and protection are far more important.
 - Clothes: Dress in layers to anticipate changes in the weather and your own body temperature after long periods of exertion.
 - Cloak: Procure a cloak, cape, shawl or similar garment to wear. Ideally the cloak will reflect the archetypes and mythology most closely associated with your ethnic heritage and/or spiritual alignment. The cloak is partly for protection from weather, partly as costume to keep you focused on your purpose, and also to hold the talisman you bring and collect on the journey.
 - Satchel: You will want to bring some sort of carrying device for your journey documents, writing implements, tools, and food. Ideally this will be of natural material. I am reminded of the Guatemalans who use a simple square piece of cloth to carry everything from groceries to mechanical parts to their babies. They fold two opposite corners in over the parcel and then tie the corners on the long end together and hang the cloth over their shoulders.
 - Food: Ideally you will bring your own food for the journey, including at least one full meal. If you choose not to bring your own food, try to purchase the most natural food available to you on the road.
 - Beverages: Ideally you will bring a metal, glass or wooden cup to drink out of and request water or other beverages to be filled directly by local sources. You will be surprised how accommodating people will be. And asking for water/nourishment while on a pilgrimage is part of the experience.
 - Documents: You are being provided with all the necessary documents for any perch/sephiroth or path/channel. You will want to organize these pages into the order of your journey. You can either put them in a binder or on a

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clipboard or in any way you desire. I recommend that you still bring all the pages as you may find that in the middle of your journey you may want to change your route – either for personal reasons, or because you meet up with other travelers from this class and decide to travel with them for part of the way.

- Tools: You will need to bring all four tools on your journey. You can choose alternate versions of the tools provided to you if you wish, but ideally they will be of natural materials.
 - Fire – Wands – Candlesticks
 - Water – Cups – Chalices
 - Air – Swords – Knives
 - Earth – Discs – Plates
- Talismans: Bring one small talisman that represents either your lifetime growth cycle or something very special to you or the reason you are taking this journey. It should not be larger than you can easily hold in your hand. You will be collecting other talisman on the journey and will not want to be weighed down. You will wear all the talisman either around your neck or pinned to your cloak.
 - Talismen Receptacles / Pendants