

## **Preparation Suggestions for the Beginning Anew Online Ceremony**

Please gather items that will enhance your contemplative experience, whether this is at your home altar or in a space you find conducive to reflection and meditation. Options include:

- A Buddha or other statue or image that evokes sacredness to you
- Candle
- Incense (if you wish to offer incense during the ceremony)
- Flowers
- Photos of teachers or loved ones

Additional Items to have ready:

- Notecards or pieces of paper
- Pen or pencil