Let’s start off by clarifying what I mean by “survival kit.” It sounded cute. It had a nice kitschy ring to it for the title of this booklet. And that’s all there is to it. There is or there should be no “survival” mentality when it comes to your Saturn Returns. You’re going to be fine, with or without the “survival” kit. You do not need this survival kit. You can ignore this booklet altogether and you’re still going to be fine.

Yet for those who like a little extra something-something, then that’s what this booklet is for. It’s my guide on how to empower yourself with that little extra something-something.

All the recommendations provided herein can be used to counteract any malefic effects of a Saturn Return, Saturn Opposition, or Saturn Square.

Please do not treat this booklet as a listing of mandatory action items. Rather, it’s a brainstorm of possibilities to consider. Choose one or a few that resonate with you. Change around the recipes or instructions so that they are customized to your specific needs and preferences.

What are Saturn Returns, you ask? Uh-oh. You haven’t read the original blog post or watched Episode #29, have you. Reference link: http://benebellwen.com/2018/03/18/your-saturn-returns/

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Saturn Return Talisman of Protection

The above seal is an example of what my Saturn Return talisman of protection would look like. To follow this formula, you’d use the same structure and design, but the design of circles and lines inscribed within the hexagon would differ.

Above to the left is a magic square, based on the Lo Shu magic square from Chinese Taoist magical traditions, though it’s also used in Western mystery traditions. Here, the alphanumeric assignments are provided. My name, Benebell Wen, only triggers the 2, 3, and 5 sectors of the magic square. I circle only the numbers from the sectors that all the letters of my name are found in. Then I, well in effect, connect the dots. Draw lines to connect all the circled numbers corresponding to the letters of your name. What you’ll produce is a circle and line glyph that is an alpha-numeric constellation of your name. This is used as a call sign or signature for petitioning up to the heavens.
Okay, let’s review once more for good measure. See below. I start by circling all the letters of my name. That’s what’s pictured in the magic square to the left. Then I note exactly which of the nine sectors are triggered. I circle the numbers of those sectors only. That’s what’s pictured in the magic square to the right.

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What I am left with after I link all the circles with lines in a pattern that I draw per my intuition and as I feel guided, is what you see below. That becomes the signature glyph I inscribe at the center of the Saturn Return talisman of protection.

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The design of the talisman calls upon the other Sacred Seven—the sun, moon, Mercury, Venus, Mars, and Jupiter. The practitioner’s intention will be to call upon these six planetary celestial guardians to safeguard you from any malefic effects of Saturn. The hexagram and circle are used as further energetic designations of protection. The circle is then inscribed with power crosses to fortify it. There’s also a balance of divine feminine and divine masculine powers imbued into the protection talisman. Who the talisman is intended to protect will then be inscribed into the center of the hexagon, and the identity of that person is expressed by a glyph produced out of the magic square. A large, clearer image of the talisman design is provided on the subsequent page.
Using the magic square, craft your signature glyph or call sign to the celestials, then inscribe that call sign into the center of the talisman of protection.
Start by circling the letters of your name from the magic square. Then note only the sectors that contain letters from your name and circle the assigned numbers. Finally, connect those circles with lines, in the order of letters of your name. Below are the steps for using the magic square to design a glyph representative of the name “Abraham Lincoln.”

Fun fact: during Lincoln’s first Saturn Return in 1838, he gave his famous speech, “The Perpetuation of Our Political Institutions” where he spoke out against slavery and it was during his First Saturn Return that he made his public disavowal of slavery.

Circle each letter of the name. Then circle the number for each marked sector. Connect the circled numbers to form a glyph. The final glyph will feature circles in the position of each number of the magic square that corresponds with the letters of your name. Then lines are drawn between the circles so that the consecutive letters are connected by the lines.
Once you’ve completed the design of your personal Saturn Return talisman of protection, you’ll need to charge or empower it. Then you’ll need to put it into use.

Think of each copy of the talisman that you produce as a battery. Where you put that battery, the battery will charge what’s around it. Thus, think about how many batteries you’ll need. For example, perhaps you’ll want to affix one to your day planner. Perhaps you’ll want to affix one to the back of your mobile phone, or tuck one into your wallet. Perhaps you’re crafty and will be creating a piece of jewelry inscribed with your talisman design. You’ll want to separately charge each copy of the talisman as its own independent battery.

Get all your copies ready. If there aren’t that many, then you can proceed with the empowerment ritual for each and every copy, one at a time. Alternatively, gather all the copies together into a pile, create a much larger umbrella version of the talisman and place that over all copies, to cover the pile of talismans. For example, sketch out the talisman on a large piece of paper, canvas, or cloth that is able to cover the pile of talismans you’ll be using.

To commence the empowerment ritual, set sacred space or cast a circle as is your ordinary custom. Place the talisman(s) inside that space, all facing the same direction (all sun points aligned, all moon points aligned, all Mars points aligned, etc.). If you’re using the umbrella, then gather your individual talismans into a pile and place that larger umbrella talisman over to cover the individual talismans, so all of them are concealed beneath the “umbrella.”

You will need six candles, one to represent each of the designated Sacred Seven.

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<tr>
<th>Sun</th>
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<th>Yellow</th>
<th>Sweet calamus, marigold, sunflower, hibiscus, calendula, rosemary, sesame, frankincense</th>
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<tr>
<td>Moon</td>
<td></td>
<td>Purple</td>
<td>Lotus, lily, lavender, hydrangea, iris, juniper, willow, camphor, myrrh, gardenia</td>
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<tr>
<td>Mars</td>
<td></td>
<td>Red</td>
<td>Cinnamon, cardamom, chives, garlic, ginger, galangal, turmeric, bloodroot, allspice, cayenne</td>
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<tr>
<td>Venus</td>
<td></td>
<td>Orange</td>
<td>Angelica, apricot, marjoram, vanilla, rose, jasmine, apple, ylang ylang, geranium, aloe vera</td>
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<tr>
<td>Jupiter</td>
<td></td>
<td>Green</td>
<td>Star anise, chicory, chestnut, bay, ginseng, tulip, rosehips, nutmeg, hens and chicks, cedar wood</td>
</tr>
<tr>
<td>Mercury</td>
<td></td>
<td>Blue</td>
<td>Bottlebrush, dragonhead, dill, sage, fennel, parsley, lemongrass, caraway, rosemary, lilac</td>
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The six candles need to be empowered as beacons for drawing down the six celestial bodies. There are a number of different ways to empower the candles. One way is to carve or inscribe the glyphs representing each of the celestial bodies into the wax of the candle. In the preceding reference table, the first column of glyphs is the Western designations. The second column of glyphs represent the Eastern designations.

If you want to work with color symbolism, then select six different colors to represent the planets. Note that orange is used for Venus because astronomers have observed that the skies of Venus are orange. The other color designations should make sense. Yellow and golden tones for the sun; purple for intuition and esoteric knowledge to designate the moon; red for fiery Mars; green for the growth, expansion, and prosperity correspondences of Jupiter (and also its Wood designation in Eastern traditions, with Wood corresponding to green), and blue for Mercury to designate the throat chakra, the color of communications and esoteric knowledge.

I generally do not work with color symbolism when selecting candles. All of my candles are either red or white. So here, I would use six white candles and then anoint the candles with herbal correspondences. Note that the herbal correspondences provided here is certainly not a complete and exhaustive list. Rather, the list represents what I have most easy access to where I live. Likewise, think about what herbs and plants corresponding to the Sacred Seven that are accessible in the local lands you’re living on. The same way you have a ruling planet per your birth chart and a planetary hour, etc., species from the plant kingdom and herbs have certain traits and dominant qualities that attune them more strongly to certain planets. That’s where these planetary correspondences are coming from.

Set out the six candles as six points forming a circle around the talismans. The candle for the sun should be direct with the point on the talisman that features the sun glyph; the candle for the moon direct with the bottom point featuring the moon; Mars direct to the top right; Mercury direct to the bottom left, etc.

Light the candle for the sun and as you do so, visualize a white orb forming at the top of your head, from your crown chakra. The orb grows stronger and brighter, then suddenly expands out and up forming a white beam connecting you to the heavens and specifically, up toward the sun. Recite empowerment words to yourself that fix your intention to call down the powers of the sun, something to the personalized effect of, “I hereby call down the powers of the sun.” (I know, real creative and fancy.)

Then light the candle for the moon, and as you do so, again visualize the steady white orb sending up a white beam to connect to the heavens, connecting specifically with the moon, and then you recite, “I hereby call down the powers of the moon.” (Again, craft your own language and recitation to concretize that intention.)

After the sun and moon, the precise order of the planets is up to you and I don’t find the order you go in to be significant in how it would affect this particular ritual. Just be sure you cover all remaining four—Mars, Venus, Mercury, and Jupiter. Each time, light the corresponding candle
and through recitation, amplify the power of your intentions with a call of that planetary power down into the corresponding flame.

Once all six candles are lit, recite a prayer you’ve written to send upward your intention for protection from any malefic effects that may come from Saturn in the coming year. You can even designate the exact time frame. The prayer should include wording that expresses your intention to be protected by the six celestial bodies and their planetary powers through the activated talisman.

An example, just for reference only, might be something like the following:

Protected by the divine powers of the sun; protected by the divine powers of the moon; protected by the divine powers of Mars; protected by the divine powers of Venus; protected by the divine powers of Jupiter; protected by the divine powers of Mercury: come what may of this Saturn Return [or Saturn Opposition, Saturn Waning Square, or Saturn Waxing Square], I am shielded, I am protected, I am safe and guarded by these planetary powers, these holy guardians. Send down to me the divine light of your protection and influence to empower these talismans so that I, [state your name as it was spelled out for crafting the glyph], prevail against all odds, succeed at every endeavor, transform every fear to strength and courage, and safeguard the health of life and limb. What might have been Saturn’s bane shall, by the powers that be, transform into blessings. What comes forth shall be advancement, empowerment, success, contentment, prosperity, and glory.

You will then need a candle snuff. Snuff out the first candle you lit (presumably the sun) and immediately hold the snuff over the center of the pile of talismans so that the smoke of the candle can be imbued into the talismans. Snuff out the second candle you lit (presumably the moon) and again, immediately move over to the center of the talisman pile and let the smoke be absorbed into the talismans. Continue snuffing out the candles in the order they were lit and keep moving the snuff into the center of the talisman pile to have the smoke be absorbed.

Leave the arrangement as it is overnight, in sacred space. The next day, your talismans will be activated, empowered, and charged with the intention you’ve crafted.

Then start placing each copy of the talisman of protection where you intuit an extra charged battery would be most effective. For me, one in a sticker form might go on the front cover of my calendar or day planner for the year. Another might go on my mobile phone or I would change the wallpaper of my mobile phone to the sigil design then place my phone in that center point during ritual and kept in the arrangement to be activated empowered altogether.

You might also consider crafting a clay pendant with the talisman carved into it. Then activate and charge the pendant in your ritual. Slips of cardstock with the talisman drawn on it can also be activated, charged, and tucked into wallets, handbags, or coat pockets. They can also be placed around your working area or in the glove compartment of your car.
Prosperity Oil Recipe

List of Ingredients:
- Sesame oil
- Amber stones
- Angelica root
- Bay leaves
- Cloves
- Frankincense resin
- Ginger root
- Lavender
- Loong yen (dragon eyes)
- Mint leaves
- Red dates
- Rosemary
- Saffron
- Star anise pods
- Sweet orange blossoms

A prosperity oil is essentially a spell oil that imbues whatever is anointed with the oil with fortified metaphysical energies that will attract prosperity. You do not need to follow this precise listing of ingredients. However, you do need to select ingredients that correspond metaphysically with the energetic frequency of prosperity. The following is nothing more than a representation of what I would craft for myself, based on what I have localized access to.

Pound the dried herbs so they release their oils. The herbs to oil ratio should be 1 to 1. Use as much of the dried herbs (total) as there is oil. I just eyeball this. It doesn’t need to be exact measurements. Note that if it’s 1 to 1 ratios with really packed-in herbs, then you’ll get a stronger potency, so work with ratios based on how potent you want your infused oil. If you choose an oil that corresponds metaphysically to your spell’s intention, then the precision of ratios won’t be as important, since your carrier oil itself is going to support the spell’s intention. If you’re using any carrier oil based on what’s practical, then increase the amount of herbs you use to ensure potency.

Transfer the pounded herbs into the oil. In a heat-safe pot, heat on very low heat making sure the temperature of the heat never exceeds the smoking point of the oil you’re using. For example, the smoking point for sesame oil is 350° Fahrenheit so when I heat up the mixture, I need to make sure the oil never exceeds 350° Fahrenheit. You’ll need to stir, gauge, and constantly adjust the heat levels to maintain below smoking point. Heat and stir the mixture continually until the air around you is distinctly defined by the scent of the oil, which for me is usually about 15 to 30 minutes. Remove from heat and let it cool to room temperature.

Once at room temperature, transfer into a sealed jar, place somewhere cool, dark, and dry, and leave for two weeks up to one month, or one lunar cycle. I then strain the oil of the solids. The remaining oil is a concentrated blend that energetically contains the properties of the herbs you’ve used, which are programmed toward prosperity and material abundance.
Bath Salts for Energetic Cleansing

**List of Ingredients:**

- 1 cup Epsom salt
- 10 drops sandalwood essential oil
- 10 drops bergamot essential oil
- 10 drops frankincense essential oil
- 10 drops eucalyptus essential oil
- *Optional.* 1 cup baking soda

This is my recipe for purification by water bath salts. The idea here is if Saturn may have a more likely detrimental impact on you, then routine energetic cleansing will keep you clear of any of that malefic metaphysical residue. Note: If I’m out of sandalwood, then in its place, I will use cedarwood. I always have one or the other on hand.

These bath salts also happen to work wonders on aching muscles. They’re not just for detoxing from Saturn Returns, but are great for unwinding and relaxing, especially for someone who has worked hard at physical or mental labor all day. Use in a bath after active sports activity (or intense high magic and psychic work). This bath salt recipe will energetically detoxify and clear the aura. Metaphysicians, of course, will love this recipe for psychic cleansing, but I’ve found that athletes, laborers, and those who work in stressful professional environments also swear by this rejuvenating bath salt mixture. Combine all of the listed ingredients together. Plunge the tip of a wand into the center of the salts and recite:

> “I call upon the one Divinity, the Holy Spirit with many names, to consecrate these salts and whosoever bathes in these salts shall be cleansed and purified, pain and aches leaving the body and shed into the water, troubles and discomforts leaving the mind and spirit, shed into the water, and the spirit sanctified. By the powers vested in me, it is so ordered.”

Ingredients as listed above are for single use in one full bathtub. Inscribe a white pillar candle with your Saturn Return protection talisman. Once the bathwater has been drawn up, light the inscribed pillar candle. Before adding the salts to the bath, as you light the candle, recite:

> “I call upon the one Divinity, the Holy Spirit with many names, to consecrate this bath water and whosoever bathes in here shall be cleansed and purified, pain and aches leaving the body and shed into the water, troubles and discomforts leaving the mind and spirit, shed into the water, drained away when I drain the bath, and the spirit sanctified. By the powers vested in me, it is so ordered.”

Then add the consecrated salts into the consecrated bath water. Unwind and relax in the bath for at least 30 minutes. Visualize and feel the body being cleansed, the spirit being cleansed, and all aches, pain, worries, stress, and troubles leaving you and washed into the water. After a particularly brutal day or even week, draw up this purification bath to rinse away the bad juju.
Saturn Returns and even Saturn Oppositions and Saturn Squares are important milestones in your life path. I would recommend documenting these periods of your life, journaling both to memorialize the milestones and also to facilitate the much-needed, much-induced self-reflection that is characteristic of Saturn Returns.

Devote an entire blank journal or notebook to documenting the period of your Saturn Return or critical Saturn transit. If daily entries are a bit too ambitious for you, then just log an entry when you can. Don’t limit content to diary entries. Create vision boards, collages, glue or tape in documentation of anything at all memorable during this period of your life. You can turn this journal into a scrapbook or just work with a scrapbook concept from the start, in lieu of a journal.

I recommend journaling or scrapbooking guided by a tarot or oracle deck. Pull a card and using that card as a prompt, reflect on what’s been going on in your life, your thoughts, your aspirations, your status quo versus where you want to be ideally, your relationships, etc. Try your hand at channeling or automatic writing, inspired by the card you pulled as a prompt. Journaling or scrapbooking might be one of the best possible ways for you to stay grounded through your Saturn Return.

Also, you know how every survival kit would include a map and compass? Yeah. In your Saturn Return survival kit, the journal and divination deck are your map and compass. Let’s even take it a step further to reveal a map of your Saturn Return (or Saturn Opposition, Saturn Square).
Use a tarot or oracle deck, any deck you feel strongly connected to for divination, to reveal your map. I like to fast for at least 7 (seven) hours prior to the reading. Make sure when you do the reading, you can truly be alone and there can be quiet. Burn incense to clear the vicinity. You’ll need a clear, uncluttered work space. I like to anoint the space first with holy oil or, alternatively, spray it down with holy water and then wipe dry with a natural cloth made of only one type of thread, such as 100% cotton or 100% silk, etc.

Next, light a candle and gaze into the flame and the aura around that flame. Treat this as a moment of quiet meditation. However, in that meditation and flame gazing, see Divinity in that flame. Intent and visualize that one flame to become sympathetic to the Holy Flame and through that fire, the Divine can descend down and be Present. When you feel that presence strongly, begin the divination ritual.

You will need consecrated salt. Start by scooping up a generous handful of salt in your dominant hand and forming a single vertical line with the salt, top to bottom, as above, so below. Then take another scoop of salt to form a horizontal line, now forming a cross. This is the connection of Heaven and Earth, metaphysical with physical. You can now cross over and occupy two different planes of reality simultaneously.

Pick up your divination deck and shuffle. As you shuffle, gaze into the candle flame, connecting to that Spirit Presence, and petition to that Presence: “Please show me a map of what’s to come.” Then pull four cards in the chronological order noted in the above right diagram, occupying the four quadrants of the cross of salt you set down.

Card 1 represents initiations, how the Saturn period will start, energies most present during the beginning, and what baggage you carry into the start of the Saturn period that affects your Saturn period. These are the “root causes.” Card 2 represents what will first unfold from the root causes, events to come, and what you may need to be most attentive of. Card 3 represents the peak or climax period. This is the culmination point, how all the energies will converge. Card 3 can also represent goals or sights to set upon for this Saturn period as revealed by Spirit. Finally, Card 4 is the unwinding period and how you’ll be transitioning into the next phase of your life path.

In your journal, document the reading at the start of the Saturn Return. Card 1 will likely reveal the first quarter of your Saturn period, Card 2 the second quarter, Card 3 the third, and Card 4 the final quarter of the Saturn Return or key transiting Saturn period.
Fortifying the Personal Vicinity with Wood

Feng shui principles or feng shui cures are often blended in with traditional Chinese fortune-telling and astrology. If the divinatory result of a reading or the astrological forecast for a given year doesn’t look good, then a metaphysical practitioner might recommend certain feng shui cures based on the Wu Xing five elements and their correspondences.

The malefic effects of Saturn are rooted in the Wu Xing element Earth. Thus, to neutralize the Earth element of Saturn Returns, you would fortify your personal vicinity with the Wu Xing element Wood. Wood also helps to usher in financial gains, business success, prosperity, and protection brought to you by your ancestors. Wood helps to facilitate more creativity, artistry, and personal growth.

Place living plants in your kitchen and family or living room area. Bamboo plants, beautiful ferns, perennials, or succulents are great. Add bold color accents of green to your interior décor, especially in the southeast and east areas of your home and office work space. Add gemstone decorations that are Wood-strong, such as turritella agate or petrified wood.

Eat foods that correspond with the element Wood. Plums, vinegars (especially apple cider vinegar) and vinaigrettes, pickled foods, grapefruit, yogurt, kombucha, citrus fruits, rhubarb, and fermented foods correspond with Wood and using diet, help to fortify your body metaphysically with stronger Wood.

Note: Eating Wood-dominant foods to counteract the malefic Earth effects of a Saturn Return is a broad and general rule. Overriding this general rule are specific and personalized prescriptions per Traditional Chinese Medicine based on your body constitution. Thus, the principle of eating Wood-dominant foods to fortify your body against the Earth of Saturn Returns works for most people, but not for all. In exceptional cases, Wood-dominant foods might not be suitable for your constitution and innate physiology, so exercise intuition and diligence when it comes to dietary considerations.

Burn Incense Corresponding with Air

In Western alchemical and elemental dignities, Air and Earth are in conflict, but to that extent, the element Air can neutralize unwanted effects of the element Earth. Thus, harness more energies of Air to offset an imbalance of Earth energies. One way to do that is to fill the air around you with the smoke of incense that corresponds with the Western alchemical element Air.

Frankincense, hazel, lemongrass, marjoram, mint, myrrh, parsley, sage, sandalwood, star anise, tea tree oil, or witch hazel are all ideal considerations for incense to burn routinely through your Saturn Return or difficult transiting Saturn aspects.