

Ritual

Before we start with the session, let's build your altar

1

Build Your Altar

Materials Needed

Herbs

candle

Bowl
of
Water

crystal
+
incense
or
smudge

Fill your altar with loving intention

When beginning ritual we always open the space by calling in the four directions when calling them in we face the direction to honor the supportive energy that they bring into the space.

Calling the winds of the east

Calling in the grandmothers of the north

Calling in the grandfathers of the south

Calling in the waters of the west

Ceremony is now open

Firstly lets take a moment to honor the lands that your on. The people who have tended and walked the lands long before we were here. Sending love from your heart with gratitude to the well spirits of the land.

How to build your altar

1. Place your bowl of water in the center of the space
2. Place your stones /or crystals in all four corners of the bowl
3. Place a pinch of each herb in between the stones
4. Light your candle
5. Light your incense
6. Close your eyes and send love and golden light from the open lotus of your heart space to your altar
7. Breathe in gratitude breathe out love
8. Breathe in love breathe out gratitude
9. Slowly begin to open your eyes



Making Medicine

Materials Needed for salve

- 8 oz organic coconut oil
- 1 oz beeswax or vegan wax
- lavender essential oil
- 1 oz calendula flowers
- 1 oz rosemary
- 1 oz st johns wort
- 2 - 2 oz tins
- cheesecloth
- glass bowls
- pots for making the salve



1

Combine ingredients into pot (small croc pot works too)

melt coconut
oil in pot

add in dried
herbs

Let herbs
sit for a
day or two
on low heat

Stir
periodically
infusing with
love and
intention

Strain
herbs
through
cheesecloth

always return your used herbs back into the earth with a prayer of gratitude for the healing and wisdom the plants have brought your or add to carrier oil for second infusion
and then give back to earth of course

2

melt your wax and add your herbal oil to the wax
add 5 drops of lavender essential oil

wisk all ingredients together continuing to hold that prayer of love
from your heart space

3

Pour salves into tins and allow to cool + label your offering with the
ingredients, date, and moon phase
then..

give your salve to the person, place, or mutual aid group your heart showed
to you