

JASMINE AND ROSE

FEMININE EMBODIMENT THROUGH ROSE ALCHEMY

A ceremonial guide



A person is sitting on a patterned rug, wearing a white top and a grey cardigan. In the foreground, three white ceramic cups with floral patterns are filled with a dark liquid and dried flowers. The person's hands are visible, holding the cups. The background shows a colorful, patterned rug and a person's legs in white shorts.

DEDICATION

To the beauty and wanderment of nature and specifically to the Flowers. To their immaculate design and continual Love, Healing and language of sweetness. Gratitude for their guardians and the guidance we receive within the delicate perfume of their Truth. We hear your messages, Aho.

CEREMONY AND MAGIC

Ceremony and magic, in essence is the full embodiment of the callers connection to pure source and to the sacred intent being harnessed.

It is becoming.

Being fully present, rooted in the now.

It is the mastery of harnessing, cultivating and bringing forth vital life-force through a specific intent, system or practice.

Alchemising and embodying from the stillness.

Ceremony encompasses mystical lore, planetary star practices, ancient wisdom, mother earths cycles and rhythms, inner creativity and talismanic preparation.

This is a timeless and ancient path that can be an intimate inner journey or a great display of spirit and form uniting.

The way to begin is to initiate the love from within.

A photograph of two women sitting in a lush green forest, surrounded by tall grass and white flowers. They are holding hands over a small bouquet of flowers. The woman on the left is wearing a red long-sleeved top, and the woman on the right is wearing a colorful patterned top. The scene is bathed in soft, natural light, creating a serene and spiritual atmosphere.

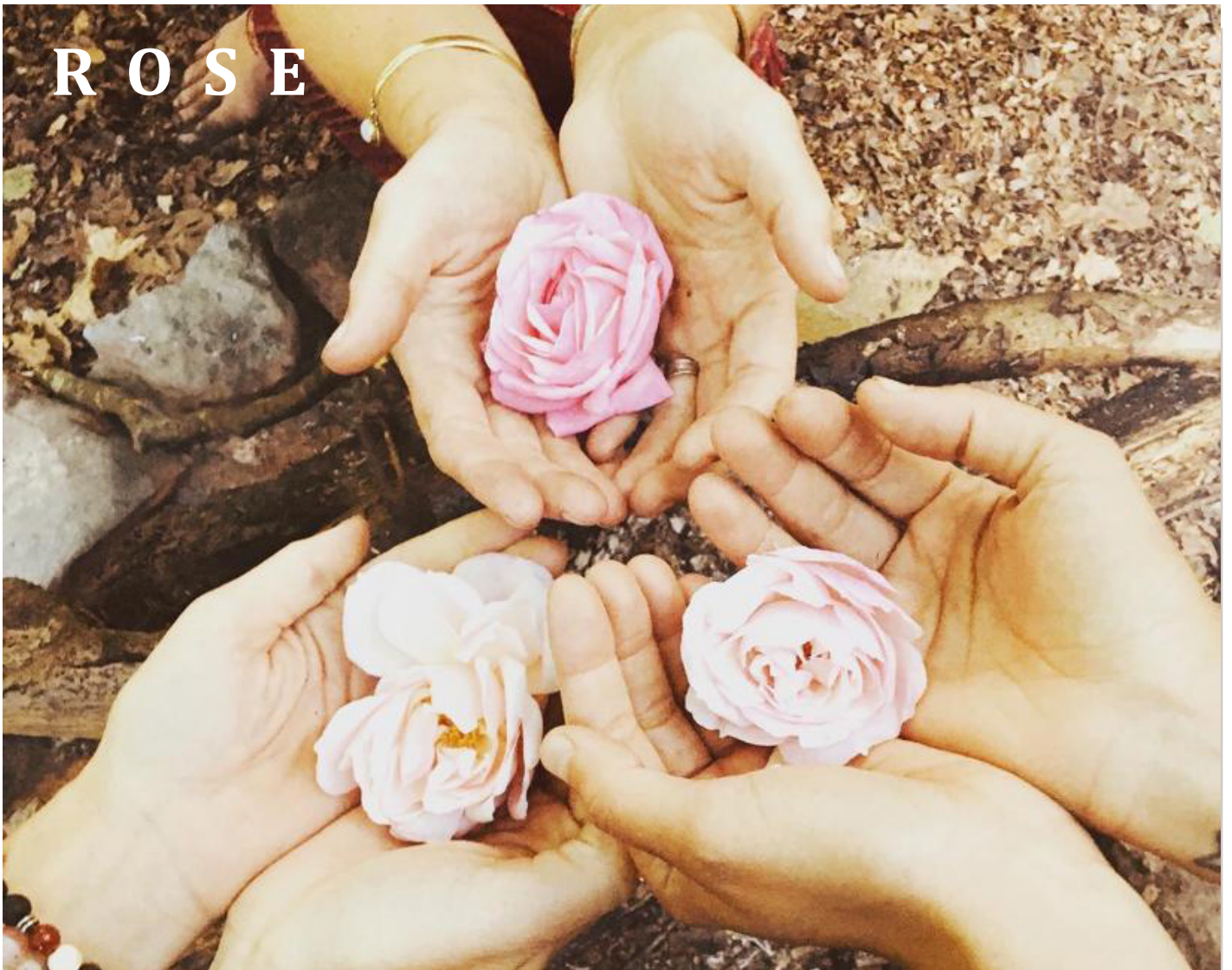
**“Disrobe me that mine inner
beauty may be revealed”**

(Sacred kabbalahist script)

" I find one vast garden spread out all over the universe. All plants, all human beings, all higher mind bodies are about in this garden in various ways, each has his own uniqueness and beauty. Their presence and variety give me great delight. Every one of you adds with his special feature to the glory of the garden. "

Anandamayi Ma

R O S E



Rose

I Am Love

Rose is the Queen Essence and heart of hearts. The Rose will open the female body to new levels of love softly. Rose also represent divine protection connection the earth and her sensual nature.

Rose works directly with the heart and very specifically in creating healthy boundaries full of love and clarity. Rose also directly works with the Womb and therefore is the medicine of the Women.

I use an Avalon Rose flower essence range that I have created for retreats and immersives. The Essence is made with Chalice Wells red water, lemurian crystal and the essence of the Avalon Red Rose.

To unite the masculine and feminine spirits within, supporting the deep transitional journey back home.

Her scent carries the wisdom of ancient and new sacred feminine mysteries.



J A S M I N E

Jasmine

Purity I Am

Jasmine is the symbol of purity through divine grace, wisdom and strength. Her the essence is of love through unity. Jasminine and nurtures and guides healthy sensual and sexual awakening. Jasmine can balance through sexual forces and create healthy boundaries within the body and subtle anatomy. In India Jasmine is revered as the essence of mystery and magic. Indian women use it to scent their hair and call it "moonlight of the grove." Jasmine is the national flower of Pakistan and the sacred flower of Kama, the God of Love.

Jasmin supports healing of deep intimacy and of sexual imbalances through asserting the virtues of safety and purity. Her intention is for the purest intimate relations and sexual empowerment.

Her scent carries and transports individuals to ancient lore and magic.

Invocation

I Am

Calling forth the unconditional loving grace of pure source

I call forth the light and protection of Mother/Father God/Goddess All that is.

As I consciously create sacred space to connect and commune with the spirit of Rose and Jasmine.

To awaken the rose codes of feminine self -love and well-being.

I Am open to receive the intelligence and wisdom of our union.

Loving myself I Am.

It is done

So it is

So it is

So it is

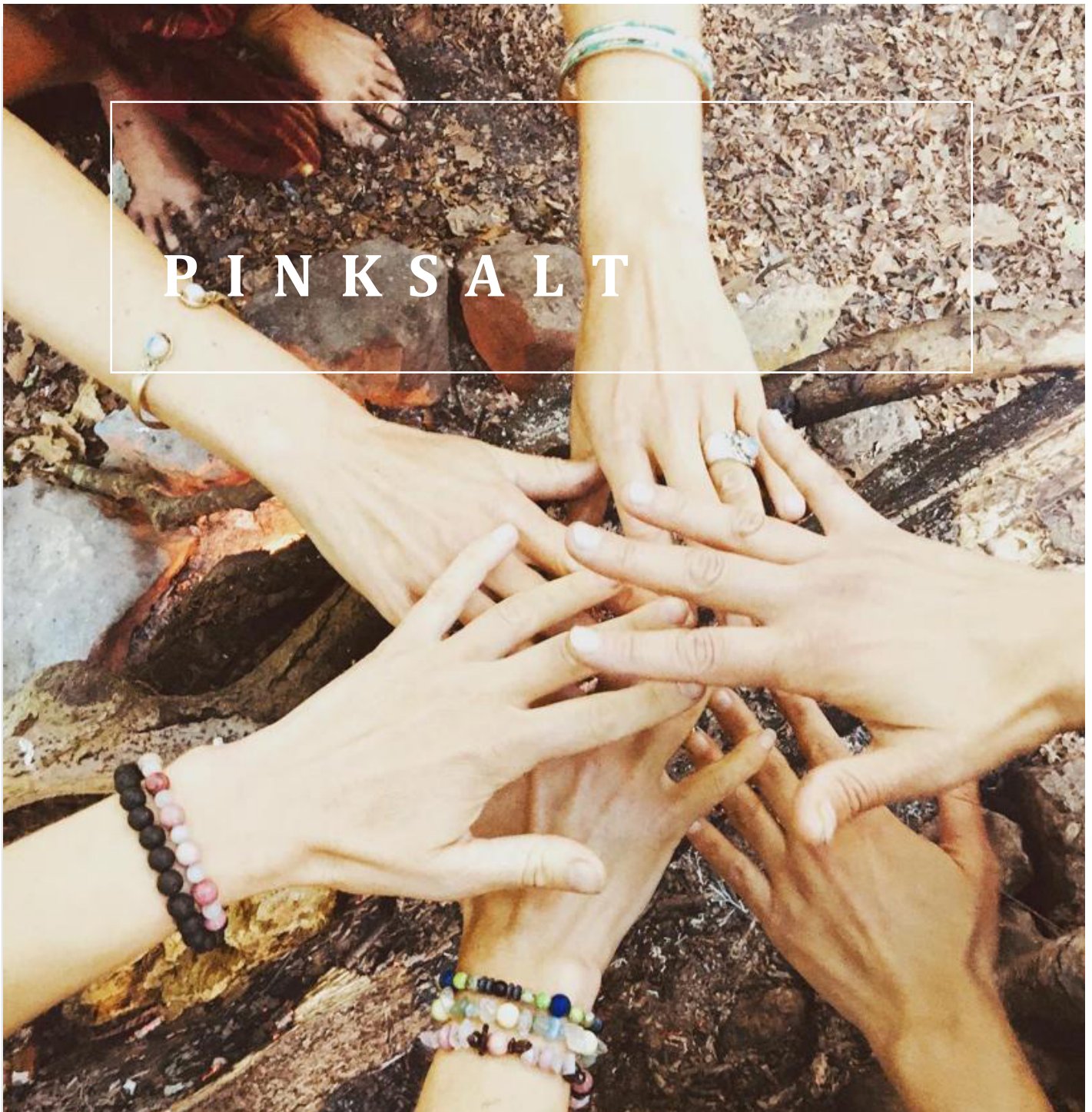
Blessed Be.

Below are a few ways to weave and embody the wisdom codes of these powerful flower spirits.

Enjoy!

Infusions

Rose and jasmine infusion is a wonderful way to enjoy, embody and ingest the medicine. Place the flowers into a glass bowl of spring water and place under the sun or moon light. Create an intention and infuse the liquid with your love and prayers. Leave for up to an hour and then simmer for at least 5 minutes. Then enjoy.



PINKSALT

Rose, Melissa and pink salt bath

Fresh wild rose petals, fresh melissa and organic pink salt. Add to a glass chalice and mix together all the ingredients with a sacred wish, song or simply your breath.

Add to bath water and soak deeply or conscious cleanse the breasts and womb by rubbing the salk medicine onto these areas of the body with softness and pure intent. After, wash salt off with spring or freshwater. Invoking nature and water spirits to guide and impart love and joy.



ELEMENTS

Water
Fire
Air
Earth

'Your body is an elemental'

Tinctures

Rose and Jasmine embody divine spiritual LOVE and the King and Queen archetypes. Currently I create a Patagonian wild rose elixir and an Avalon Rose tincture for retreats, so will share a little on them. The Rose Tincture energetically and physically softens and opens the heart and quietens the mind. She directly affects the blueprint of the womb and female reproductive system.

Tinctures are fully embodied medicine that consist of the flower, spring water, preservatives and raw honey. It is liquid light in form. This is a multi-dimensional way to heal and to transform through the element of fire and water. It is a great companion for journeying and visioning into deep cellular healing. The tincture clears deep wounds, imprints and trauma and softly opens each individual to higher levels of self-love and awareness.

I love to work with tinctures and elixirs alongside a Flower Essence, such as Avalon Rose.

Sacred Touch

Lying amongst the flowers or placing the flowers on the body is the most sensual and powerful way to connect to the delicate nature of the flower's spirit. Through this practice you are invited to meet the plant through pure intent, prayer or song. Lay with the plant and unite with your breath and consciously connect to the subtle vibrations of your body. Open your heart to the highest levels of communion to serve all.

Await with sweet curiosity.

Observe the scent, forms and colours of the flowers and breathe in with deep adoration and reverence.

Give thanks to complete, either through sacred intent or an offering such as myrrh or a song. If you are guided to work with the flower physically this is a wonderful time to pick the flower for creating flower water or to place on the body.

Creative writing or meditation is ideal after your communion such as the meditation provide on the Jasmine and Rose Journey.

<https://www.sacredrosemysteryschool.com/jasmine-rose>

Flower Essence

Flower Essences are living vibrational medicine that are energetic and come in liquid form. They are made from the signature of a flower and they directly work with the frequencies of our bodies in the journey of alchemy and transformation. The Essence of the Flower has a direct connection with spirit, nature and their specific qualities and healing attributes. Therefore each remedy that is created is for a specific emotional healing.

Flowers have always been an inspirational healing modality for humanity since we began our journey into duality.



Sacred sanctity of sisterhood gathering to remember and reclaim.

S M O K E



Myrrh, Cedar Wood, Palo Santo and White sage

Sacred smoke and fire for purification, healing and raising consciousness.

Sacred Rose

MYSTERY SCHOOL

