

A close-up photograph of a person's foot stepping onto a thick layer of vibrant red rose petals. The foot is positioned on the left side of the frame, with the heel and arch visible. The petals are scattered across the entire surface, creating a soft, textured background. The lighting is soft, highlighting the smooth skin of the foot and the delicate edges of the petals.

This month's
Self-Care Toolkit

Red Clover
Lavender
Selenite
Kuan Yin

Create a *Love* Ritual

Self-care is love; love is self-care. To begin walking down the path of self-love, turn daily acts of self-care into rituals. Pursue mindfulness in the smallest of moments, taking time to love the parts of your life that you usually breeze through. Whether it's a walk in the garden or drawing yourself a bath... the more care you put into each action, the more special you will feel.



HERB

Red Clover

BENEFITS

Heals respiratory issues and nourishes with minerals



ESSENTIAL OIL

Lavender

BENEFITS

Relieves stress and soothes the mind



CRYSTAL

Selenite

BENEFITS

Cleanses negative energy



GODDESS

Kuan Yin

BENEFITS

Promotes compassion and gentleness

Red Clover is a beautiful flower found most often in the Northeast. A tonic herb, known for cancer-prevention, red clover can be consumed daily. This nourishing, delicious herb aids the respiratory system. Add 4 tablespoons to a mason jar, cover with boiling water and let steep covered for 5 hours or so. After steeping, warm on the stove or enjoy over ice.

The ultimate self-care oil, **Lavender** is great for healing. If you are new to oils, start with Lavender, which eases and relaxes you. For peaceful nights, spray a lavender mist on your pillow and sheets. Take a few minutes each day to apply lavender to areas of your body that need a few drops of extra love.

Selenite is a soft mineral that quickly opens your upper chakras, making this a great stone to meditate with. Selenite works wonders at clearing out negative energy from the body. Keep this stone around your house to clear the energy; meditate with it for purity, strength, forgiveness, and to make room for love in your life.

The eastern goddess **Kuan Yin** says: "Release judgments about yourself and others, and focus on the love and light that is within everyone." With gentleness in your heart, you can then begin to spread love to all the people in your life. Meditate on Kuan Yin to guide you when you're struggling with hate, unforgiveness, and negative thoughts. Keep this ritual sacred by reserving a special, private place in which to reflect on your life.

Use this month of love to create rituals that help you be mindful about the magic of each moment. Love can come out of any situation. Loving yourself fully means you can love others fully, too!

Ashley Dees frolics around Saint Augustine Florida, picking herbs, finding herbal remedies, and playing with aromatherapy, tarot cards and crystals. Learn more about her, and how she teaches and gathers goddesses together at her website greenharmonyaromatherapy.com.