

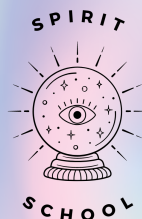
CLASS SEVEN: TINCTURES

CONNECT WITH NATURE

We are going to start this journey outside. Go into your backyard or on a walk, and collect a few plants and/or flowers that you can identify to start making your natural medicine. Don't overthink it, just see what is in your local area. Make a list of everything you collected below:

Leave your collection on a clean white cloth to dry for a few weeks. Speak love to them.

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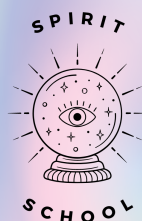


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CONNECT WITH SELF

Get yourself into a meditative state, and do a body scan, as you scan each part of your body, both internal and external, make note of any areas that may be calling for your attention. This may be physical, emotional, energetic or spiritual. Write what comes up for you below:

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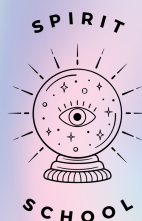
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CHOOSE ONE INTENTION

From your body scan and list, choose one area to remedy. Assign an intention to that area. For example, if it was a headache, migraine or pressure in the mind, that may suggest overthinking, so the remedy would be relaxation and surrender.

So your intention would then be
"I surrender and relax with ease".

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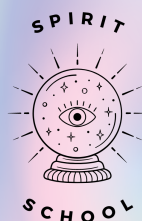
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CHOOSE YOUR MEDICINE

Again get yourself into a meditative state, and ask spirit to connect you with the right plants that would support that intention, and see what comes through as you channel, make your list below:

(You will also connect in your conscious state, and ask for the medicine to be revealed. As you walk, or browse your pantry, ingredients may jump out at you.)

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CREATING OILS

Before you begin, ask yourself these two questions;

Do you have a space that would be conducive for creating oil blends and mists?

Do you have the energy to create medicine today?

-

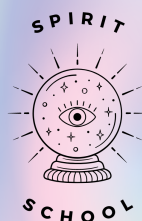
Step One: Choose your base oil. We recommend Almond Oil or Jajoba Oil

Step Two: Infuse the oil with your chosen blend (**dried** herbs and plants that you have crushed). (Visualise and affirm your intention as you do this work)

Step Three: Leave your blend to infuse for at least 30 days (moon cycle to moon cycle).

Step Four: Store in a glass bottle or roller. Add crystals and dried petals if desired. Bless the bottle with love and intention.

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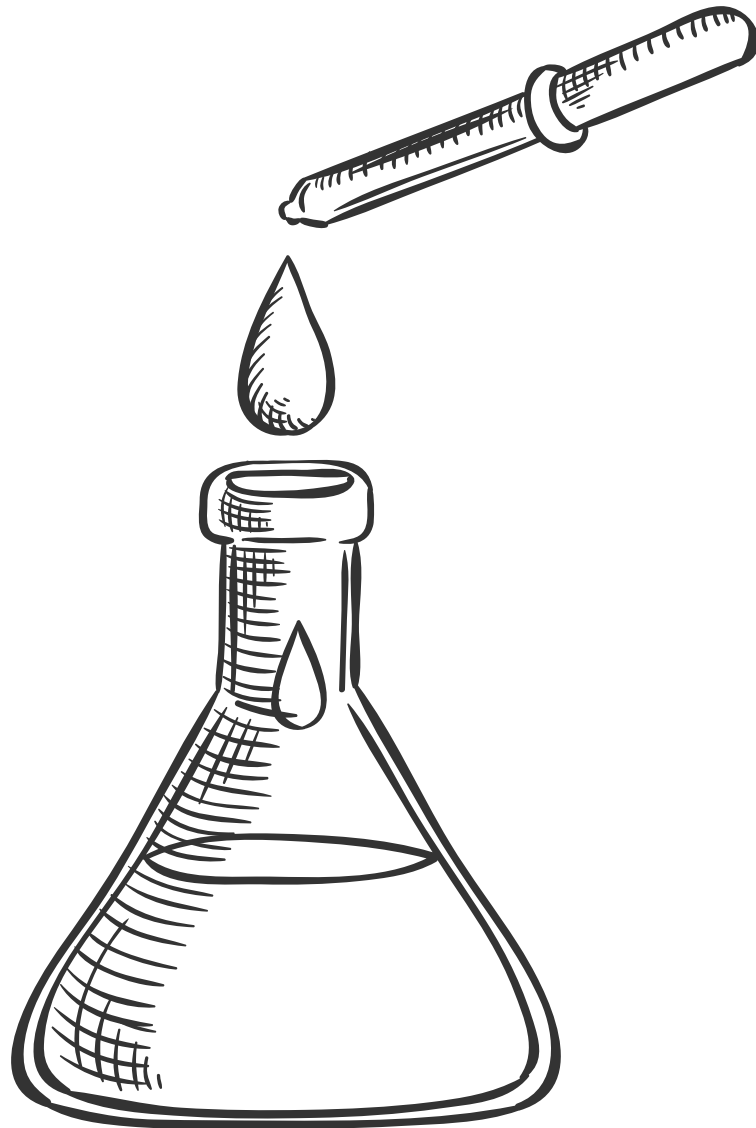


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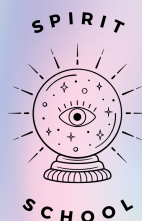
CREATING OILS

Choose which ingredients you would like to add to your oil (write the exact measurements in the bottle below), along with any crystals you may choose to add.

Write your
intention here:



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CLASS SEVEN: TINCTURES

CREATING MISTS

Before you begin, ask yourself these two questions;

Do you have a space that would be conducive for creating oil blends and mists?

Do you have the energy to create medicine today?

-

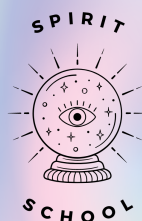
Step One: Choose distilled water or floral water (bought or home made). (Measure everything)

Step Two: Choose your essential oils (whichever you're intuitively called to). (Visualise and affirm your intention as you do this work)

Step Three: Store in a glass spray bottle. Add crystals and dried petals if desired. Bless the bottle with love and intention.

Step Four: Connect with your mist, shake between your two hands. Use as desired.

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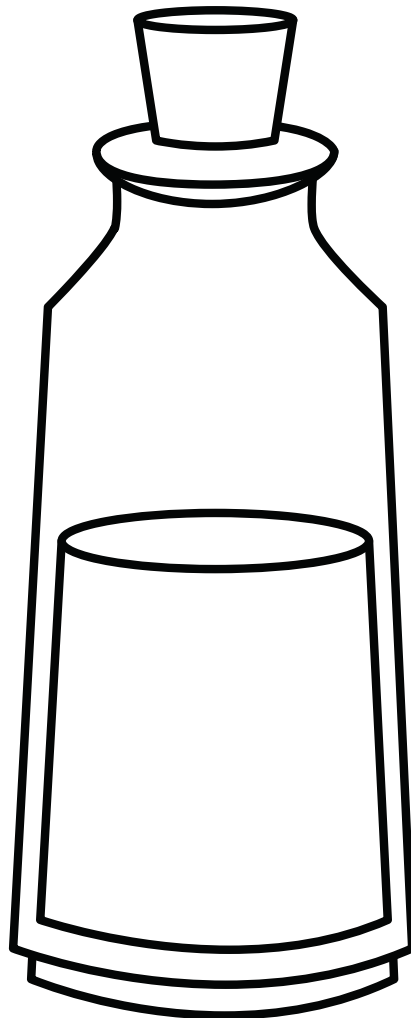


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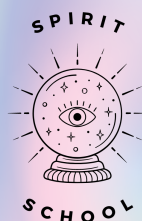
CREATING MISTS

Choose which essential oils you would like to add to your mist (write the exact measurements in the bottle below), along with any crystals you may choose to add.

Write your
intention here:

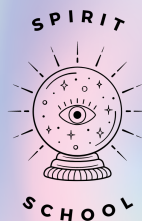


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CLASS NOTES

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CONNECT WITH OUR SPECIAL GUEST
FILIZ HALIL



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