



The Path of Truth: Walking with the Divine Messenger

Beloved Bloomkeeper,

Truth is not always a thunderclap; sometimes, it's a whisper at the crossroads. A stirring in the gut. A choice we make over and over again to be whole.

This week, we honor the energy of **Èşù**, Divine Messenger, and Guardian of the Crossroads. Through the essence of Truth, we're invited to meet ourselves, raw, real, and radiant, in the liminal space at the edge of transformation.

Èşù reminds us: *The path reveals itself when we tell the truth about where we're standing.*

The Spirit Of Truth In Summer

Summer is the season of illumination, visibility, and bold action. It asks us to stand fully in who we are: No masks, No apologies.

Together, Truth + Summer help us:

- *Burn through illusion and self-doubt*
- *Align our choices with our soul's deepest values*
- *Move forward with clarity, courage, and creative fire*
- *Manifest goals rooted in authenticity, not performance*

To manifest with integrity, we must first be honest about what we truly desire and what we are willing to release.

Essence of the Week: Truth

Flower Essence: Truth (Inspired by Èşù)

At the heart of this formula is **Cerato**, a flower essence that strengthens inner knowing and spiritual discernment. It's especially helpful for those who often doubt themselves or seek outside confirmation.



Cerato Emotional Focus:

- Trusting your inner voice
- Releasing self-doubt and indecision
- Gaining clarity about your next steps
- Strengthening the wisdom of your Ori (divine consciousness)

Affirmation:

"I trust what I know. I speak what is true. My inner voice is my compass."

Explore Truth Flower Essence

Essence Focus: Honest Communication, Inner Clarity, Soul Alignment

The Truth formula supports you in:

- Speaking what’s real, even when it trembles
- Aligning your words, actions, and values
- Navigating transitions and decisions with trust and grounded power



[Learn More About Truth Essence](#)

Soul Practice: Crossroads Offering



Visit a physical or symbolic crossroads, a trail, doorway, or decision point.

Bring three small offerings:

- A coin (for gratitude)
- A flower (for beauty)
- A truth (for release)

Whisper your truth to **Èṣù**. Leave your offerings and walk forward with clarity.

Plant Ally: Basil (Ocimum basilicum)

Basil is a spiritual herb of purification, clarity, and open roads. It clears confusion, sharpens intention, and blesses communication.

Ways to use Basil:

- Brew a tea for internal clarity
- Make a basil wash with salt and use before prayer or ritual
- Add fresh basil to meals to speak blessings over your voice and path



Quick Ritual: Add basil and a few drops of your Truth essence (if available) to a bowl of water. Stir clockwise while speaking your intention. Anoint your forehead, heart, belly button and feet.

Closing Blessing,

May you speak your truth, live your light, and stay grounded in your becoming. With deep roots & rising spirit

With love,
Iya Bola

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gathering where we can explore the vibrational gifts of the plants, learn about each essence, and connect through conversation, ritual, and reflection.

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Did you know that there are 7 types of rest? Do you know which type you need? Learn how flower essences can assist with developing a rest practice.

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