



**Returning to the River Within:
A Soul Soil Love Letter to Your Radiance**
Flow Into Self-Love: Ọṣun , Water & the Power of Rest

Beloved Bloomkeeper,

As we move deeper into the **sacred rhythm of the Ọṣun Osogbo Festival**, we are held in the embrace of **Osun, Orisa of sweet waters, beauty, love, and fertility**. She calls us to slow down, soften, and return to the source: **ourselves**.

This year feels especially tender. After many years walking as a devotee, this is my first Ọṣun Osogbo Festival as an initiate, and the season lands differently.

There's a deeper devotion, a sweeter connection, and a sacred awe rising from within. The songs feel richer. The river flows differently. Everything, within and around me, whispers,



“You are held. You are worthy. You are loved.”

This is Ọṣun's medicine. And this week, we honor it through water, plant



The Power of Water: Flow, Feeling & Hydration

Water is Oşun's sacred element, flowing, sensual, and healing. Her rivers cleanse, restore, and reawaken us.

From *Be the Medicine*, we are reminded:

“Water is not just for the body, it is a spiritual technology. Every sip is a ritual. Every bath, a baptism.”

Hydration becomes a sacred act, an offering to your emotions, intuition, and energetic balance.

Ritual Practice:

- Begin your day with a glass of blessed water—infuse it with lemon, cucumber, or flower essence.
- Speak your intention into the water.
- Bathe with honey or herbs, allowing your skin to soak in Oşun's softness.
- Offer fresh water at your altar to welcome sweetness, flow, and grace into your space.

Lead Flower in the Self-Love

Essence: Pretty Face

From the Divine Collection

At the heart of our Self-Love Essence is **Pretty Face (*Triteleia ixioides*)** a radiant, star-shaped flower native to California. With her soft yellow petals and sunlit presence, Pretty Face offers a gentle, grounding invitation to return to your own glow.

She speaks to the tender-hearted ones who've felt unseen, emotionally depleted, or disconnected from their light. Her presence is subtle, yet powerful, like Oşun's river, reminding us that beauty is not something we earn through performance, but something we are by nature.



From **The Healing Power of Flowers:**

“When we begin to value ourselves, we no longer chase our worth. We rest. We receive. We remember that being is enough.”

Pretty Face is the lead flower in this blend because she knows what it means to rest into your worth. She helps soften self-doubt, release over-efforting, and restore the inner light that shines without striving.

Take our [rest quiz](#), and receive a free copy of *The Healing Power of Flowers*.

Self-Love Support from Pretty Face:

- *Rekindles your natural radiance*
- *Encourages confidence without performance*
- *Supports emotional rest and nervous system replenishment*
- *Holds space for the over-givers, the caretakers, the quietly powerful*

Try This Ritual:

Take 4 drops of the Self-Love Essence in water or under your tongue.

Place one hand over your heart.

Whisper to yourself:

“I am worthy of love, ease, and replenishment.”

Let Pretty Face guide you home to yourself.



The Self-Love flower essence blend helps individuals transition from self-criticism, self-doubt, and perfectionism to a deep sense of self-compassion, confidence, and authenticity.

[Check Out Self-Love](#)



Return to Softness: Herbal Ally - Calendula (Marigold)

Calendula, sun-kissed and golden, is Qşun's earthly flower friend. Known for soothing wounds (both physical and emotional), she supports gentle healing and joy.

She nurtures the skin and digestion, both of which mirror how we absorb life and process emotions.

Calendula Wisdom:

- Drink as tea for gut and mood support
- Add to spiritual baths to ease inflammation and invite joy
- Place petals on your altar with honey or cinnamon as a sacred offering to

Calendula reminds us: *Healing can be gentle. Beauty radiates from within.*

Closing Blessing,

This week, honor your softness.

*Let **water** guide your emotions.*

*Let **Pretty Face** remind you of your radiance.*

*Let **Calendula** wrap you in golden, healing light.*

*And may **Ọṣun's river** flow through every part of you that's forgotten how loved you are, simply for being.*

With sweetness,

Iya Bola

P.S. Feel free to share your thoughts. Send us a message via email to ancestralintelligence@gmail.com or on IG [@getthedivinecollection](https://www.instagram.com/getthedivinecollection)

Honor Ọṣun on Her Sacred River Day

Join us in honoring the sacred River Goddess Osun during the most powerful day of the **Ọṣun Osogbo Festival, Sacred River Day**, when prayers, offerings, and rituals are carried by the currents of her holy waters.

This year, we are offering three tiers of traditional offerings made on your behalf at the river:

- Obi (Kola Nut Offering)
- Hen Offering
- Goat Offering

Let your prayers flow into the sacred grove and reach the heart of Ọṣun herself.

Ore Yeye Osun Osogbo ooo!



Offerings to Ọṣun on her sacred river day - Friday, August 8, 2025



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