



The Light Within You: A Solstice Ritual for Vitality

Beloved Bloomkeeper,

The Solstice has arrived — the sun at its peak, the Earth pulsing with life, and you, too, are invited to expand.

In Yoruba cosmology, this season mirrors the radiant power of **Şàngó**, Orisha of vitality, expression, and fire. He reminds us that *aliveness is sacred*, and that true power flows when energy is both harnessed and honored.

As the light outside swells, we ask:
How brightly are you willing to let your soul shine?

Solstice Ritual: Reclaim Your Fire



You'll Need:

- A candle (preferably red, orange, or gold)
- Your Vitality essence
- A mirror

Ritual Steps:

1. Take 3 drops of Vitality essence under the tongue.
2. Light the candle and sit with its flame. Imagine it mirroring your inner light.
3. Gaze into the mirror and speak aloud: *"I honor the light within me. I am worthy of my full vitality. I bloom from the inside out."*
4. Journal or voice note: *Where in my life am I ready to radiate more fully?*

Essence of the Week: Vitality Flower Essence: Vitality (Inspired by Şàngó)

This essence was created for the moments when you feel burnt out, scattered, or disconnected from your source of power.

It supports you in:

- Reigniting your energy without force
- Cultivating sustainable passion and joy
- Anchoring your fire in divine purpose

Testimony from the Field:

"After just a few days with the Vitality essence, I felt like my energy was mine

again, not leaking, not forced, just flowing. I remembered what it felt like to enjoy being in my body.”

Explore Vitality Flower Essence

The **Vitality** flower essence blend helps individuals transition from feelings of exhaustion, discouragement, and stagnation to a state of renewed energy, strength, and motivation. It nurtures resilience, encourages creative expression, and restores hope and optimism.

[Learn More](#)



Plant Ally: Basil

Basil carries both fire and heart energy. ☐ Sip a basil infusion, add it to your food, or place fresh leaves on your altar to invite vitality, protection, and courage.

Closing Blessing,

May your energy be guided, not drained. ☐ May your light be rooted, not rushed. ☐ And may you bloom with boldness, from soul to soil.

With love,
Iya Bola



Be The Medicine Podcast is cultivated to help with us find different pathways to our healing liberation, anchored in our ancestral intelligence.

[Tune Into The Podcast](#)



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

[Host The Divine Collection](#)



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.

[Take Rest Assessment](#)



[Our Company](#) | [Contact Us](#) | [FAQs](#) | [Privacy Policy](#)



Try email & social marketing for free!