



In The Direction Of Destiny: Focus Is Sacred

Beloved Bloomkeeper,

*“Clarity and focus don’t always come from God whispering in your ear. Sometimes it comes from closing every other door but the one you’ve been called to walk through.”— **Prentis Hemphill***

There are moments on our path when Spirit isn’t asking us to *do more*, just *simply... it's time to hone in*.☐

To quiet the noise.☐
To listen deeper.☐
To ask:

What am I truly aiming for?

In this issue of *Soul Soil*, we walk with the energy of **Ọṣọ̀ọ̀sì**, the sacred tracker, the hunter, the one who moves with divine precision. His medicine is clear sight, deep listening, and strategic action rooted in spirit, not in urgency.

He is joined by the plant ally **Madia**, a bright wildflower whose golden face greets the rising sun. Together, they teach us that focus is sacred. Attention is power. And timing is divine.

Essence of the Week: Focus

Flower Essence: Focus
(Inspired by Ọṣọ̀ọ̀sì)

Meet Madia: Also called *Tarweed*, Madia blooms at dawn and closes by midday. She thrives in dry, rugged soil. Her sticky leaves remind us to **hold to our path** with intention. She blooms early, knowing when to rise and when to rest. Her medicine, paired with Ọṣọ̀ọ̀sì, supports you in holding your energy until the moment is *right*. Then acting with power and precision.



Spiritual focus is not just attention; it’s **devotion** to your sacred aim. It’s trusting your Ori to lead you back when distractions pull you off course. Focus calls your energy **home** and lets your next step arise from alignment, not anxiety.

This essence helps you tune in to spirit’s timing and silence the world’s noise.

Madia Emotional Focus

- **Mental Clarity & Focus**
Helps clear distractions and improve concentration.
- **Completion & Follow-Through**

Encourages seeing tasks through to completion.

- **Purpose & Action Alignment**

Supports the integration of intention with daily actions.

Affirmation:

“I am grounded in my purpose, focused in my actions, and fully present in each moment.”

Explore Focus Flower Essence

Essence Focus: Enhances Clarity & Mental Sharpness, Encourages Grounded, Purposeful Action

The **Focus** formula clears mental fog, enhances clarity, and promotes grounding, helping you stay fully engaged in the present moment. It also aligns your actions with your true purpose, fostering motivation, discipline, and focus on long-term goals.



[Learn More About Focus Essence](#)

Soul Practice: The Listening Walk

Take a silent 20–30-minute walk (ideally in nature). Your task is simple: **LISTEN!**

What do you hear? What calls your attention? Where are you being led?

After the walk, journal what came through. Let your senses speak.



Quick Rosemary Ritual: *Light rosemary incense or brew rosemary tea. As you inhale or sip, close your eyes and set your intention, focusing on the clarity you wish to invite. Affirm: “I welcome clarity and focus as I align with my highest purpose.” Sit in stillness for a moment, allowing the energy of rosemary to clear your mind.*

Plant Ally: Rosemary

Rosemary is a powerful herb that sharpens the mind, enhances memory, and clears mental fog. Whether used as incense or in tea, it awakens clarity and helps you focus, making it perfect for preparing for rituals, journaling, or intention-setting. Paired with **Ọṣọ̀sì x Madia**, rosemary deepens sacred focus, fostering a grounded, clear state of mind. Together, they create a balanced energy that supports manifesting intentions with clarity and purpose.

Closing Blessing,

Ọṣọ̀ṣì teaches us that *not every path is ours*. That clarity comes when we stop chasing and start tracking. That focus is a spiritual practice, rooted in listening, aligned with timing, and guided by the deeper knowing of the soul.

Reflection Questions

- What is draining my focus right now?
- What am I being called to aim toward with precision?
- Where is Spirit asking me to pause—and where is it time to act?

May you be blessed with silence, precision, and vision. □ May your aim be true. With love and deep intention,
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)



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

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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.

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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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