



Rosemary Remembers

“To remember is to re-member, to gather back the pieces of ourselves through ritual, earth, and intention.”

Beloved Bloomkeeper,

Special FREE Gift Inside: Download our Kitchen Medicines Mini Zine - created for the STooPS Festival!

At the **12th Annual STooPS Festival**, Soul Soil took root in Bed-Stuy through scent, spirit, and community. We honored *Rosemary* as our featured plant ally, a sacred herb of memory, clarity, and protection — and held space for neighbors to pause, breathe, and reconnect with the land beneath their feet and the ancestors behind their names.

Our **Healing Herbal Making Workshop** invited participants into an interactive ritual of reconnection, blending intention with ancestral ingredients. We crafted both a **Rosemary Herbal Mineral Salt** and a **Rosemary Bath Base**, while reflecting on rosemary's role in both personal wellness and cultural memory.



Rosemary: A Diasporic Healer

Used across the African diaspora for body, mind, and spirit, *Rosemary* is a plant of profound presence. It wakes up what's been dormant. It restores what feels scattered. It calls back what was forgotten and returns it with grace.

Physical Uses:

- *Supports circulation and digestion*
- *Relieves muscle and joint pain*
- *Stimulates hair growth and scalp health*

Mental & Emotional Uses:

- *Sharpens memory and mental focus*
- *Reduces anxiety and fatigue*
- *Invites emotional balance and uplift*

Spiritual & Ancestral Uses:

- *Burned for purification and protection*
- *Used in baths, oils, and smoke rituals to awaken memory*
- *Honors the dead, protects the living, and strengthens spiritual intuition*

Rosemary echoes the wisdom of **Orí**, our inner guide and divine head. It helps clear the mental clutter so we can hear the quiet truth of our destiny.



Rosemary Herbal Mineral Salt

Created at the STooPS Festival Healing Workshop

This salt blend is both culinary and spiritual, a seasoning for food *and* for life.

Ingredients:

- 2 parts **Kosher Salt**
- 1 part **Himalayan Pink Salt**
- 1 tsp **Turmeric** (anti-inflammatory, protective)
- 1 tsp **Crushed Black Pepper** (boosts absorption, increases heat & focus)
- 1 tbsp **Moringa Leaf** (nutrient-rich, energizing)
- 1 tbsp **Dried or Fresh Rosemary** (clarity, memory, energetic shield)

How to Use:

- **Culinary:** Use as a grounding spice blend in roasted veggies, soups, or stews
- **Spiritual:** Add to foot soaks or bath water for clearing and protection
- **Ritual:** Place on the altar or in a dish by your door for energetic defense
- **Body:** Mix with olive oil for an exfoliating scrub

This salt is a reminder: healing doesn't



Rosemary Herbal Bath Base

Water is the oldest medicine a sacred menstruum through which herbs continue to *release their wisdom* even when simply placed in still water.

This **bath base** becomes whatever you need it to be: a cleanser, a conditioner, a floor wash, even a prayer.

Ingredients:

- Fresh **Rosemary**
- **Rose Water**

have to be complicated, it can be *seasoned into your everyday life.*



- Fresh or dried **Rose Petals**
- Fresh **Peppermint**
- Fresh **Lavender**

To Prepare: Gently *muddle the fresh herbs* using your hands or a wooden spoon to release their oils and fragrance.

Add them to a large bowl or tub of cool or warm water. Let them sit and infuse. Use as a full-body bath, spiritual rinse, or foot soak. Add affirmations, songs, or prayers as desired.

One Base, Many Blessings

This simple herbal bath can become many forms of care:

- Add **Clove + Spray Bottle** → **Hair Conditioner**
- Add **Castile Soap + Peppermint or Castor Oil** → **Shampoo**
- Add **Florida Water** → **Energy Cleanser for space, altar, or aura**
- Add **Orange & Lemon Peels** → **Mood-Lifting Air Freshener**

This bath is not just for cleansing the body, it's a *liquid altar* that holds your prayers, your power, and your potential.

Explore Clarity Flower Essence

When the Mind is Cloudy, the Spirit is Calling

Clarity is a vibrational flower essence from the *Divine Collection*, crafted in honor of **Orí** the inner compass that guides our becoming.

This essence clears the fog of indecision and overload, helping you reconnect with your sacred direction.

Supports:

- *Mental clarity & sharper focus*
- *Energetic cleansing of the mind*
- *Decision-making rooted in divine knowing*
- *Protection from spiritual interference or confusion*

How Do You Know It's Time to Tend to Your Orí?

Signs your inner head your Orí may be calling for care:



Clarity helps you move from a state of emotional confusion and overwhelm to one of self-empowerment and emotional clarity. It supports you in releasing old emotional baggage, asserting healthy boundaries, and grounding

- You feel mentally scattered or indecisive
- You've lost touch with your goals or spiritual direction
- You're constantly second-guessing yourself
- You feel disconnected, but can't name why
- You're facing a big transition and need to ground
- You've stopped dreaming; literally or figuratively

your energy, leading to a clearer, more focused mind. This blend facilitates emotional healing and renewal, allowing you to embrace life with confidence, clarity, and a balanced sense of self.

Learn More About Head Detoxification Ceremony

Check Out Clarity Essence

Closing Blessing,

As you season, soak, or simply sit in stillness this week, may you remember: ☐ You are the living altar. ☐ You are the answered prayer. ☐ You are the soil, and you are the bloom.

With love and remembrance,
Iya Bola

P.S. Feel free to share your thoughts. Send us a message via email to ancestralintelligence@gmail.com or on IG @getthedivinecollection

Kitchen Medicines: 21 Healing Herbs for Everyday Wellness

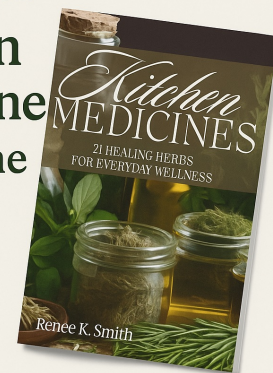
Featuring 21 herbs, ancestral healing traditions, journaling prompts, and recipes for teas, tonics, and salves including *Rosemary*. This guide is a return to the kitchen as medicine cabinet, altar, and ancestral memory keeper. *This week only, download a special mini zine version as our gift to you.*

To order the full book, click **here**.

Interested in joining in person and online herbal medicine making workshops? Click **here** to join our listserve.

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