

Sacred Breath | Blue Lobelia Anointing Oil | Energetic Release, Breathwork & Meditation | Old Spirits Wild Roots

SHORT DESCRIPTION

Blue Lobelia anointing oil crafted for spiritual practices of clearing energetic blockages, releasing stagnation, and returning to stillness at First Night Hollow.

Sacred Breath — Blue Lobelia The Working of Release, Stillness & Return Old Spirits, Wild Roots | First Night Hollow

Sacred Breath is an anointing oil crafted for the spiritual work of releasing energetic blockages, softening resistance, and making room for a fuller exhale.

Wild-harvested Blue Lobelia from First Night Hollow anchors this working of breath, openness, and return. It is an invitation to loosen what feels held, move through spiritual stagnation, and create space for your energy to flow freely again.

Sometimes the path to stillness begins with release. The unspoken words. The emotions held close. The feeling of carrying something you are ready to put down. Sacred Breath accompanies the intentional practice of acknowledging those burdens and making room to move beyond them.

Within this working, Blue Lobelia embodies breath, fluidity, and energetic softening. Its spiritual character invites a gentler approach to clearing: opening where you feel constricted, yielding where you have braced, and listening where inner noise has crowded out your own knowing.

Use Sacred Breath alongside meditation, breathwork, yoga, prayer, or quiet contemplation to mark the moment you choose to release and return.

An exhale.

An opening.

A return to your own rhythm.

Sacred Breath whispers:

Release what holds you. Make room for your spirit to breathe.

ENERGETIC & SPIRITUAL PROPERTIES

- **Clearing Energetic Blockages** — For spiritual workings focused on loosening what feels stuck and making space for renewed movement
- **Release & Flow** — A ritual companion for letting go of stagnant energy,

accumulated heaviness, and what you no longer wish to carry

- **Breath & Openness** — Anchors intentions of spaciousness, presence, and a deeper connection with the breath
- **Emotional Softening** — Creates a ritual space for acknowledging feelings and gently loosening your hold on them
- **Stillness & Inner Listening** — Invites contemplation, intuitive listening, and clarity through quiet
- **Return to Center** — Marks the transition from feeling scattered or spiritually crowded to reconnecting with yourself



USE IN

- ✨ Rituals for clearing energetic blockages and spiritual stagnation
- ✨ Meditation, prayer, and intuitive listening
- ✨ Gentle breathwork, yoga, and mindfulness practices
- ✨ Release rituals involving journaling, intention, or spoken words
- ✨ Evening rituals for setting down the weight of the day
- ✨ Anointing ritual objects as a symbol of openness, release, and renewal



INGREDIENTS & CRAFT

Wild-harvested Blue Lobelia from First Night Hollow, infused in cold-pressed organic jojoba oil under intentional solar and lunar cycles.

Handcrafted in small batches on ancestral Appalachian land stewarded by one family for more than 220 years. Rooted in the Hollow's limestone, quartz, and living landscape, Sacred Breath carries the intention and sense of place at the heart of Old Spirits, Wild Roots.

No synthetic fragrance, preservatives, or fillers.

For external use only. Patch test before skin use. Avoid eyes, mucous membranes, and broken skin. Intended for spiritual and ritual use; not a treatment for breathing difficulties or nervous system conditions.



AFFIRMATION

"With each exhale, I release what I am ready to set down. My energy moves freely. I return to stillness, openness, and myself."