



*A ritual of softening, surrender, and sacred embodiment*

## *Rose Self-Anointing Ritual*

You'll need:

- A carrier oil (like almond or jojoba)
- Dried or fresh rose petals (optional: rose essential oil)
- A mirror
- Candlelight and soft music

## *Instructions:*

✧ The Ritual:

1. Prepare your sacred blend.
2. In the palm of your hand, warm your oil. If you're using petals or essential oil, add them with intention — imagining you're crafting a potion of self-love and softness.
3. Enter sacred space.
4. Light your candle. Let the glow guide you inward.
5. Close your eyes, take 3 deep, full breaths, and whisper:
6. "I enter this moment with devotion to myself."
7. Mirror magic + anointing.
8. Look into your eyes in the mirror — not to judge, but to witness.
9. As you anoint your heart, wrists, and neck with the rose oil, speak one affirmation with each touch:
  - "I soften into the sweetness of this moment."
  - "I receive with grace, without guilt or resistance."
  - "My body is sacred. My essence is divine."
10. Seal it with stillness.
11. Press your palms to your heart.
12. Feel the warmth of your touch, the oil, the energy.
13. Let your breath be a prayer — slow, surrendered, alive.
14. Stay here for a few moments, basking in your own radiance.

✧ Closing Words:

This ritual is your reminder:

You don't have to earn softness. You are worthy of it simply by being.

You are the altar. The offering. The divine embodiment of receiving.

