



Herbal Bath/Mikveh Recipe: (if you're unable to get into a bathtub, drop oils or a shower steamer onto the floor of your shower, and breathe in hope)

rose petals - skin moisturizer + high in vitamin C
1 tablespoon of olive oil (or any organic oil of choice) - moisturizer
2 drops of Ylang Ylang or Lavender - calm mind + uplift mood
2 drops of damiana - emotional balance + restorative
sprigs of rosemary - anti-inflammatory & antioxidant
1-2 c Epsom salt - to detoxify the body
1/2 c Pink Himalayan salt- anti-inflammatory + mental balance

or

Drop 2-3 of your favorite non-chemically treated, herbal tea bags into the tub, along with the oil + salts + rosemary.

Shower + cleanse yourself before you step into your ceremonial bath (mikveh).

Speak an affirmation over yourself + set an intention. Speak the affirmation + intention audibly. Then, speak aloud what you're willing to release/let go to align with the affirmation + intention. Exhale, to release + relax, inhale to regather + reorient

Light a candle. Put on your diffuser. Light incense. Use whatever you have to engage your sense of smell + put your limbic system at ease. Your/our emotional life is housed there.

When you're beginning to feel inundated, that's your physical + spiritual queue to lean into immersion—a sacred, ceremonial mikveh/bath (or a shower).



6

Journaling prompts for the conclusion of Advent week one—hope.

The first week of Advent: Hope is about to open the door to a new Advent door, Peace (shalom). Therefore, let's notice + nurture + embody shalom in the healing waters of our mikveh (bath/baptism/immersion) as we approach another birth of the New Moon 'Rosh Chodesh'—a faithful witness, a heavenly reminder of our faithful, creative God.

How will you allow hope to flow through you today?

Are there areas in your life that need to be reimagined in the ethos of hope?

Who has been an embodiment of hope to you, this week?

How have you been committing your being + body to hope? (be attentive to your five senses as you embody hope)

Hope is very audaciously daring. What audacity is hope leading you into?

Notice the language of hope. What words/phrases of hope are flowing through you to yourself + others?



