

NEBULA & NOIREEDEN HERBAL HOUSE



The Sacred Treasury

A Ritual Companion for The Hidden Coronation

FROM THE HOUSE · FREQUENCY IS LUXURY

The Sacred Treasury

Rituals · Affirmations · Sacred Reflections

A companion to **The Hidden Coronation**,
the inaugural Founder Box of
Nebula & NoirEden Herbal House.

From the House.

Welcome



You are holding something that was made slowly, on purpose, for no one but you and the thirty-two others who were first. **The Hidden Coronation** is not a collection of products. It is an invitation — to treat your ordinary days as worthy of ceremony, your body as worthy of reverence, and your inner life as worthy of your full attention.

This treasury is the spiritual companion to your box. Inside these pages you will find a ritual for each of your seven physical treasures, words to speak over yourself when you need them, and quiet reflections drawn from sacred text. Nothing here is complicated. Ritual, at its truest, is simply attention given a shape.

You do not need to do everything at once. You do not need to do anything perfectly. Open this book when the evening is quiet, or the morning is new, or the moment asks something of you. Let it meet you where you are.

The Philosophy of the House

Everything the House creates moves through three doors: **Mind**, **Body**, and **Soul**. Not as separate rooms, but as one continuous house. What you think shapes how you feel in your skin. How you care for your body shapes the clarity of your mind. And the state of your spirit touches all of it.

Your box was built the same way. The tea steadies the mind. The bath salt and polish tend the body. The candle and the satchels open the spirit. The journal and this treasury gather all three into a practice you can return to for the rest of your life — long after the last candle has burned down.

A ritual does not have to be long to be real. Five unhurried minutes, done with intention, will do more for you than an hour done distracted. The House asks only this of you: when you reach for one of your treasures, pause first. Breathe. Remember that you are doing something on purpose. That pause is the ritual. Everything else is grace.

How to Use This Book



The pages that follow are organized to serve you in different moments:

Rituals for Each Treasure — Seven named rituals, one for each physical product in your box. Each tells you when to practice it, walks you through it step by step, and gives you words to speak and a verse to carry.

Affirmations — Thirty-two short declarations organized by Mind, Body, and Soul. Speak one in the morning. Whisper one when the day is hard. They are written to be true, not merely positive.

Sacred Reflections — Twelve quiet meditations, each beginning with a verse of Scripture and opening into a reflection on rest, renewal, beauty, and legacy.

Intentional Rhythms — A suggested weekly calendar and guidance for weaving your treasures together — tea with journaling, bath with candlelight — into a rhythm that fits a real life.

There is no required order. There is no test at the end. This is a treasury, not a textbook — you take from it what you need, when you need it, and the rest waits patiently for you.

One gentle note: everything in this book is framed as ritual, comfort, and intention. These are practices of beauty and stillness, not remedies. If your body or spirit needs care beyond what a warm bath and a quiet hour can give, the House encourages you to seek it, without shame and without delay.

Rituals for Each Treasure



Seven treasures, seven rituals. Each one was written for its product the way a key is cut for its lock — not interchangeable, not generic. Practice them as written the first time. After that, let them become yours: shorten them, lengthen them, move them to the hour that suits your life. A ritual that fits your days is worth more than a perfect one that doesn't.

Treasure One

Crown of Eden — Botanical Infusion

The Dawn Steeping

Morning · before the day begins · 15 unhurried minutes

1. Warm your water and measure one generous spoon of the blend into your vessel. Notice the colors as they settle — the hibiscus deepening, the petals softening.
2. Pour the water slowly. Watch the steam rise. This is the first quiet moment of your day; let it be one.
3. Steep for five full minutes. While you wait, place both hands around the cup and feel its warmth travel into your palms.
4. Lift the cup. Before your first sip, breathe in the aroma — vanilla, rose, the brightness of lemongrass.
5. Drink slowly. With each sip, name one thing this day is allowed to hold. Not what it demands. What it is *allowed* to hold.

Speak

“I begin this day rooted and open. What is mine will find me.”

Carry

It is of the Lord’s mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.

Lamentations 3:22–23 (KJV)

The Dawn Steeping is not about the tea. It is about the decision, made before anything else has asked anything of you, that this day will be met on purpose. Carry the empty cup to the sink slowly. The ritual is over. The intention remains.

Your Reflections

After The Dawn Steeping — Crown of Eden — Botanical Infusion

Treasure Two

The Velvet Immersion — Mineral Bath Salt

The Evening Unwinding

Evening · when the day is done · 30 minutes, door closed

1. Draw your bath warmer than comfort — not hot enough to rush you, warm enough to hold you. Pour in a generous handful of salt and watch it dissolve. The water is being prepared for you.
2. Step in slowly. Let the warmth climb. There is nowhere else you need to be; the House gives you permission to believe that.
3. For the first five minutes, do nothing. No phone, no planning, no replaying the day. Just warmth and breath.
4. When your shoulders drop — you will feel it happen — speak the affirmation below, quietly, to the water.
5. Soak until the water cools. As you step out, imagine the day sliding off with the droplets. It is finished. You are not.

Speak

“I release what the day asked me to carry. I am allowed to rest.”

Carry

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Matthew 11:28 (KJV)

Water has always been where people go to be made new. The Velvet Immersion asks nothing of you but presence. Dry yourself slowly afterward — even that can be part of it, if you let it.

Your Reflections

After The Evening Unwinding — The Velvet Immersion — Mineral Bath Salt

Treasure Three

The Elevenfold Blessing — Eleven-Botanical Bathing Satchel

The Elevenfold Bathing

Weekly · a day of renewal, morning or evening · 40 minutes

1. Hold the satchel in both hands before the water runs. Eleven botanicals — the nine of the Signature, and the two reserved for founders alone. You are holding something no one else will ever hold.
2. Hang the satchel under the running faucet, or steep it in a basin of hot water beside the tub. Let the water draw out its color and scent.
3. Enter the bath. For eleven slow breaths, simply float — one breath for each botanical, one for each month of becoming that brought you here.
4. With each breath, silently thank your body for one thing it did for you this week. Eleven gratitudes. Do not rush past the hard ones.
5. Before you rise, press the satchel gently to your heart, then set it aside. Step out renewed — not because the water changed you, but because you chose to be in it with intention.

Speak

“I honor my body as sacred ground. Eleven blessings, and I am one of them.”

Carry

I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.

Psalm 139:14 (KJV)

This is the most ceremonial bath in your collection, and the House suggests reserving it for a weekly rhythm — the same day, the same hour, until your body begins to recognize it as a homecoming.

Your Reflections

After The Elevenfold Bathing — The Elevenfold Blessing — Eleven-Botanical Bathing Satchel

Treasure Four

The Sacred Threshold — Ritual Satchel

Crossing the Threshold

Moments of transition · new seasons, hard endings, brave beginnings · 10 minutes

1. Choose your threshold — a doorway in your home, the start of a new project, the morning after something ended. Stand before it with the satchel in your hands.
2. Close your eyes and name what you are leaving. Say it plainly, without decorating it. What is finished does not need your apology; it needs your acknowledgment.
3. Now name what you are entering. You do not need to be certain of it. Naming a hope is enough.
4. Carry the satchel with you as you cross — through the doorway, into the new room, into the next thing. Let the scent mark the passage. Thresholds deserve witnesses.
5. Place the satchel where you will see it tomorrow. Let it remind you: you crossed. You are on the other side now.

Speak

“I enter this next chapter clear and steady. What is behind me taught me; what is ahead of me is mine.”

Carry

Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.

Joshua 1:9 (KJV)

The Sacred Threshold is the smallest ritual in this book and, the House suspects, the one you will return to most. Transitions rarely announce themselves. This ritual teaches you to notice them — and to cross them like someone who belongs on the other side.

Your Reflections

After Crossing the Threshold — The Sacred Threshold — Ritual Satchel

Treasure Five

Silk Rebirth — Botanical Sugar Polish

The Polishing Hour

Weekly · unhurried time, warm skin · 20 minutes

1. Begin with warm, damp skin — after a shower is ideal. Scoop a generous amount of polish into your palms and warm it between your hands first.
2. Starting at your feet, massage in slow circles, moving upward. Ankles, calves, knees. Do not hurry past any part of yourself. Every inch of you deserves the same attention.
3. As you polish, notice what you are doing: you are not fixing yourself. You are *tending* yourself. There is a difference, and your hands know it.
4. Rinse with warm water and feel the newness underneath — the softness that was always there, waiting for you to uncover it.
5. Pat dry. Stand for a moment in the quiet. Speak the affirmation. Then dress like someone who has just been reintroduced to herself.

Speak

“I shed what is finished; I keep what is mine. Softness is not weakness — it is what remains when I stop bracing.”

Carry

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

2 Corinthians 5:17 (KJV)

Exfoliation is the body’s metaphor for forgiveness: the old surface, gently released, to reveal what was underneath all along. The House asks that you practice this ritual without a mirror nearby. This hour is about feeling, not inspecting.

Your Reflections

After The Polishing Hour — Silk Rebirth — Botanical Sugar Polish

Treasure Six

Golden Benediction — Botanical Soap

The Morning Washing

Daily · first thing · 5 minutes

1. Before anything else — before the news, before the obligations — run warm water and take up your soap. This is the first decision of your day, and it is a gentle one.
2. Lather slowly. Let the scent rise. The House chose these botanicals the way a composer chooses notes — each one there for a reason, none of them by accident.
3. As you wash, silently release one thing from yesterday. Not the whole day; just one thing. Let it go down the drain with the lather. It does not get to come with you.
4. Rinse clean. Feel the water as a small mercy — abundant, warm, yours.
5. Step into your day washed, literally and otherwise. Speak the affirmation as you reach for your towel.

Speak

“I wash away yesterday; I meet today clean. I am granted a beginning every single morning.”

Carry

Create in me a clean heart, O God; and renew a right spirit within me.

Psalm 51:10 (KJV)

The Morning Washing is the humblest ritual in this book, and the House means that as the highest praise. Done daily, it becomes an anchor — five minutes that say, before the world says anything: *you are cared for, starting now.*

Your Reflections

After The Morning Washing — Golden Benediction — Botanical Soap

Treasure Seven

The First Flame — Ritual Candle

Lighting the First Flame

Evening · for intention-setting, vision-writing, or honoring · 20 minutes

1. Place the candle where you can see it clearly — a table, a desk, the floor beside your chair. Dim the other lights. Let this be the brightest thing in the room.
2. Before you strike the match, hold one intention in your mind. Not a list. One thing — a vision, a hope, a person, a beginning. Let it fill you the way breath fills lungs.
3. Light the wick. Watch the flame catch and steady itself. It does not hurry. Neither should you.
4. Sit with the flame for at least ten minutes. Write, if writing comes. Think, if thinking comes. Or simply watch — attention given to a flame is never wasted.
5. When you are ready, extinguish the candle with gratitude, not finality. The flame goes out; the intention does not. Speak the affirmation into the last thin ribbon of smoke.

Speak

“What I tend with care will grow. I am the keeper of my own first flame.”

Carry

Ye are the light of the world. A city that is set on an hill cannot be hid. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

Matthew 5:14, 16 (KJV)

The First Flame is named for Founder 01 — the beginning, the vision, the courage to create something that outlives the moment. Every time you light it, you are participating in that same courage. Tend your flame. The House is tending its own, and thinking of you.

Your Reflections

After Lighting the First Flame — The First Flame — Ritual Candle

Affirmations



Thirty-two declarations, organized by the three doors of the House. They are written to be *true* — not merely positive. Speak them aloud when you can; the voice gives a word weight that thought alone cannot. Choose one each morning, or return to the same one for a week until it stops feeling like a sentence and starts feeling like a fact.

Mind



“My thoughts are mine to shape.”

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“I am allowed to begin again, as many times as I need.”

.

“Stillness is not emptiness; it is where I finally hear myself.”

.

“I release the need to have it all figured out today.”

.

“My mind is a garden. I choose what grows here.”

.

“I trust the timing of my own becoming.”

.

“Clarity comes to those who sit still long enough to receive it.”

.

“I am not behind. I am becoming.”

.

“My attention is precious, and I spend it on what matters.”

.

“I can hold complexity without losing my peace.”

.

“Wisdom is growing in me every single day.”

Body



“My body carries me faithfully, and I honor it.”

.

“Rest is not laziness; it is how I return to myself.”

.

“I listen to what my body is telling me.”

.

“Softness is strength I have finally learned to trust.”

.

“I nourish myself with intention, not apology.”

.

“My body deserves tenderness, not criticism.”

.

“I move at the pace my body asks for, not the pace the world demands.”

.

“Every breath is a small homecoming.”

.

“I am grateful for the vessel that carries my spirit.”

.

“Caring for my body is caring for my legacy.”

.

Soul



“I am held by something larger than myself.”

.

“My spirit knows the way, even when I do not.”

.

“I am worthy of beauty, rest, and reverence.”

.

“Gratitude opens doors that striving cannot.”

.

“I walk in purpose, even on ordinary days.”

.

“My legacy is being built in quiet moments.”

.

“I am protected on this journey.”

.

“The sacred meets me in stillness.”

.

“I carry light into every room I enter.”

.

“My soul is ancient, wise, and unhurried.”

.

“I am exactly who I was meant to become next.”

Sacred Reflections



Twelve quiet meditations for the founder's journey. Each begins with a verse of Scripture — familiar words, offered without denomination and without demand — and opens into a reflection on rest, renewal, beauty, and legacy. Read one slowly. Let it sit. Return to the ones that find you.

1 • New Mercies

“It is of the Lord’s mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.”

Lamentations 3:22–23 (KJV)

There is a mercy in mornings that we too often rush past. Before the demands arrive, before the old worries resume their posts, there is a brief and holy hour in which nothing has gone wrong yet. The ancient writer who penned these words was not writing from comfort — he was writing from ruin, from a city in ashes. And still he could say: *new every morning*. Whatever yesterday held, whatever you carried to bed with you, this morning arrived anyway, carrying fresh mercy like dew. The founder's journey will have mornings that feel heavy. On those mornings especially, remember that faithfulness is not something you must manufacture. It is something you wake up inside of.

2 • Rest for the Weary

“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.”

Matthew 11:28–29 (KJV)

Rest is not the reward for finishing. It is the condition for continuing. These words were spoken to people who were exhausted — not from laziness, but from labour, from carrying more than was theirs to carry. If you are building something that matters, you know this weariness. It lives in the shoulders, in the jaw, in the hours you cannot quite account for. The invitation here is not to earn rest but to *receive* it — to lay down, deliberately, what you were never meant to hold alone. Your bath, your quiet evening, your unhurried tea: these are not indulgences. They are obedience to an ancient instruction. Rest, founder. The work will wait, and it will be better for your resting.

3 • Wonderfully Made

“I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.”

Psalm 139:14 (KJV)

Somewhere along the way, many of us learned to treat our bodies as problems to be solved — too much of this, not enough of that, always one improvement away from acceptable. This verse refuses all of that. *Fearfully and wonderfully made*. Not despite your body, but including it. Not after you change, but now, as you are, reading these words. The House built your collection on this conviction: that caring for the body is not vanity but reverence. When you polish your skin, when you sink into warm water, when you choose the good oil over the cheap one — you are agreeing, in the language of action, with what the psalmist said in the language of worship. Marvellous are the works. And that your soul knows right well.

4 • The Price of Wisdom

*“Happy is the man that findeth wisdom, and the man that getteth understanding.
For the merchandise of it is better than the merchandise of silver, and the gain
thereof than fine gold.”*

Proverbs 3:13–14 (KJV)

We live in an age that prices everything and values almost nothing. This ancient proverb makes a startling economic claim: that wisdom outperforms precious metals. Not as poetry — as accounting. Think of the decisions that shaped your life: the costly ones were rarely the ones where you lacked information. They were the ones where you lacked *wisdom* — the quiet knowing of what matters, what can wait, what must be protected. As a founder, you will make a thousand decisions no one will ever see. Let this be the measure: not what is fastest, not what is cheapest, but what is wise. Wisdom compounds. Gold merely sits.

5 • The Shelter

“He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.”

Psalm 91:1–2 (KJV)

To build anything original is to be exposed. You put your name — or in your case, deliberately not your name, but your *work* — into the world, and the world does what it does. This psalm speaks of a secret place, a shadow, a fortress: images of protection for people who are out in the open doing hard things. The founder's path requires a peculiar courage — the courage to be visible in your work while remaining guarded in your spirit. Not everyone gets access to your inner life. That is not secrecy; it is stewardship. Dwell in the secret place. Let the work go out. Keep the source protected.

6 • The Habit of Thanks

“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”

1 Thessalonians 5:18 (KJV)

Note what this does *not* say. It does not say to give thanks *for* everything — as though pain were a gift and loss were a blessing. It says *in* everything: in the middle of it, surrounded by it, not yet past it — give thanks. There is a defiant quality to this kind of gratitude. It refuses to let circumstance have the last word about what the day meant. The House suggests a practice: each evening, before sleep, name three things. Not grand things. The warmth of the water. A message from someone who believes in you. The fact that you kept going. Small gratitudes, practiced daily, become a kind of wealth that no market can crash.

7 • Plans of Peace

“For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.”

Jeremiah 29:11 (KJV)

This verse was written to people in exile — displaced, waiting, wondering if their story was over. Into that waiting came this word: *thoughts of peace*. Not thoughts of punishment. Not abandonment. Peace, and an expected end — a future worth arriving at. If you are in a season that feels like exile — between what was and what will be, building in the dark, unsure if any of it will hold — this verse is for the middle of that. Purpose does not always feel like purpose while you are inside it. Sometimes it feels like tedium, like doubt, like Tuesday. Keep building. The thoughts toward you are peace.

8 • The New Thing

“Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.”

Isaiah 43:19 (KJV)

There is a particular electricity in beginnings — and a particular terror. This verse was spoken to people who could not see a way forward, and it does not offer them a map. It offers something better: a promise that the way will be *made* — in the wilderness, no less, where no way should exist. Rivers in the desert. You, founder, are doing a new thing. There is no precedent for exactly what you are building, which means there is no one to ask how it ends. That is not a disadvantage. It means the way is being made as you walk it. Watch for rivers in your desert. They have a way of appearing right when you stop looking for the road and start trusting the spring.

9 • A Time for Everything

“To every thing there is a season, and a time to every purpose under the heaven.”

Ecclesiastes 3:1 (KJV)

We resist seasons. We want the harvest without the planting, the rest without the labour, the clarity without the confusion that precedes it. But the ancient teacher insists: everything has its time, and the time is not ours to choose. There will be seasons of building and seasons of stillness, seasons of visibility and seasons of hidden work. The wisdom is not in forcing the season to change — it is in recognizing which one you are in, and honoring it. If this is your season of planting, plant without demanding the harvest. If it is your season of rest, rest without guilt. The House built a weekly rhythm into your collection for this reason: to teach your days the shape of seasons, so your years can follow.

10 • The Shepherd's Restoration

“The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul.”

Psalms 23:1–3 (KJV)

The most quoted psalm in the world, and still not exhausted. Notice the verbs: *maketh me to lie down*. Not suggests. Not recommends. *Maketh*. As though rest sometimes requires a shepherd's firm hand, because we would not choose it ourselves. And then the quiet miracle at the end of the verse: *he restoreth my soul*. Not my schedule, not my productivity — my *soul*. The part of you that cannot be fixed by efficiency. If you are running on empty, the answer is probably not to run faster. It may be to lie down in the green pasture — your bath, your quiet room, your unhurried hour — and let restoration do what striving cannot.

11 · The Peace That Guards

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds.”

Philippians 4:6–7 (KJV)

Be careful for nothing. In modern words: stop rehearsing catastrophes. The instruction is not to suppress worry but to *redirect* it — to turn anxiety into prayer, fear into thanksgiving, the spinning mind into an open hand. And the promise that follows is peculiar: a peace that *passes understanding*. Not a peace you can explain or justify — a peace that arrives despite the circumstances, not because of them. It *keeps* — the word is military, like a guard posted at the gate — your heart and mind. On the nights when worry will not leave you alone, try this: name the fear out loud, give thanks for one true thing, and then rest. Let peace stand the watch.

12 · Made in the Image

“So God created man in his own image, in the image of God created he him; male and female created he them.”

Genesis 1:27 (KJV)

Before any achievement, before any failure, before the world had an opinion — this. You are made in the image of the divine. Not your productivity. Not your appearance. *You*. The unrepeatable, unreproducible fact of your existence carries a dignity that no circumstance can revoke and no accomplishment can improve. The House returns to this verse because it is the foundation under everything else in this book. The rituals matter because *you* matter. The rest matters because the one resting is sacred. The beauty matters because beauty is not decoration on a worthy life — it is the recognition of a worth that was already there, from the very beginning, in the image of God.

Intentional Rhythms



A collection without a rhythm becomes a shelf of beautiful things you never touch. A rhythm turns it into a practice. What follows is not a prescription — your life has its own shape — but a suggestion, offered the way the House offers everything: as a starting place, not a rule.

The Daily Thread

Morning — Golden Benediction & the Dawn Steeping. Begin with the Morning Washing: five minutes, warm water, one thing from yesterday released. Follow with the Dawn Steeping if the morning allows — tea in hand, one intention named. Even on rushed days, the washing alone holds the thread.

Evening — The First Flame. When the day's work is done, light your candle. Ten minutes of flame-gazing, journaling, or simple sitting. Speak one gratitude aloud before you extinguish it. This is how the day is properly ended — not collapsed into, but *concluded*.

A Weekly Calendar

One deeper ritual per week, layered over the daily thread. Choose the day that feels most like *yours* — for many, it is Sunday evening or Saturday morning — and protect it the way you would protect any appointment that matters.

Weekly Bath I — The Evening Unwinding

The Velvet Immersion. Thirty minutes, door closed, nothing required of you. This is maintenance for the soul — the regular, unglamorous, essential kind.

Weekly Bath II — The Elevenfold Bathing

The Elevenfold Blessing. Alternate weeks with the Unwinding, or practice both if your week allows. Eleven breaths, eleven gritudes, one renewed founder.

The Polishing Hour

Silk Rebirth. Twenty unhurried minutes of tending. Best paired with the weekly bath — polish first, then soak, then rest.

Crossing the Threshold

The Sacred Threshold. Not weekly by the calendar, but whenever a transition arrives — and they arrive more often than we admit. Keep the satchel where you can reach it.

Pairings

Some treasures were made to be practiced together. The House suggests these pairings — each one a small ceremony in itself:

Tea + Journal — The Dawn Steeping followed by ten minutes in your Sovereign Soul Journal. The tea opens the mind; the journal catches what falls out of it.

Bath Salt + Candle — The Evening Unwinding by candlelight. Dim every other light in the room. Let the First Flame be the only witness to your rest.

Polish + Bath — The Polishing Hour flowing directly into the Elevenfold Bathing. Exfoliate, then soak: the body's complete renewal, in one unhurried evening.

Satchel + Threshold — Carry the Sacred Threshold satchel into your Elevenfold Bath. Mark the transition from one season to the next *inside* the water. Beginnings deserve ceremony.

Soap + Affirmation — Choose one affirmation from the Mind, Body, or Soul pages and speak it during the Morning Washing. Thirty seconds. Every day. Watch what changes in a month.

Candle + Treasury — Read one Sacred Reflection by candlelight before sleep. Let the verse be the last words your mind holds before dreams.

And when you are unsure what you need: light the candle, make the tea, and sit still for five minutes. The answer usually arrives before the tea cools.

Benediction



May your mornings begin with intention
and your evenings end with peace.

May your body be tended with reverence,
your mind be guarded with wisdom,
and your spirit be kept in perfect stillness.

May the work of your hands outlive the doubt of your heart,
and may the legacy you are building
be worthy of the woman building it.

You were first. You will not be last.
But this — this box, this book, this beginning —
belongs to the thirty-three alone,
now and always.



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