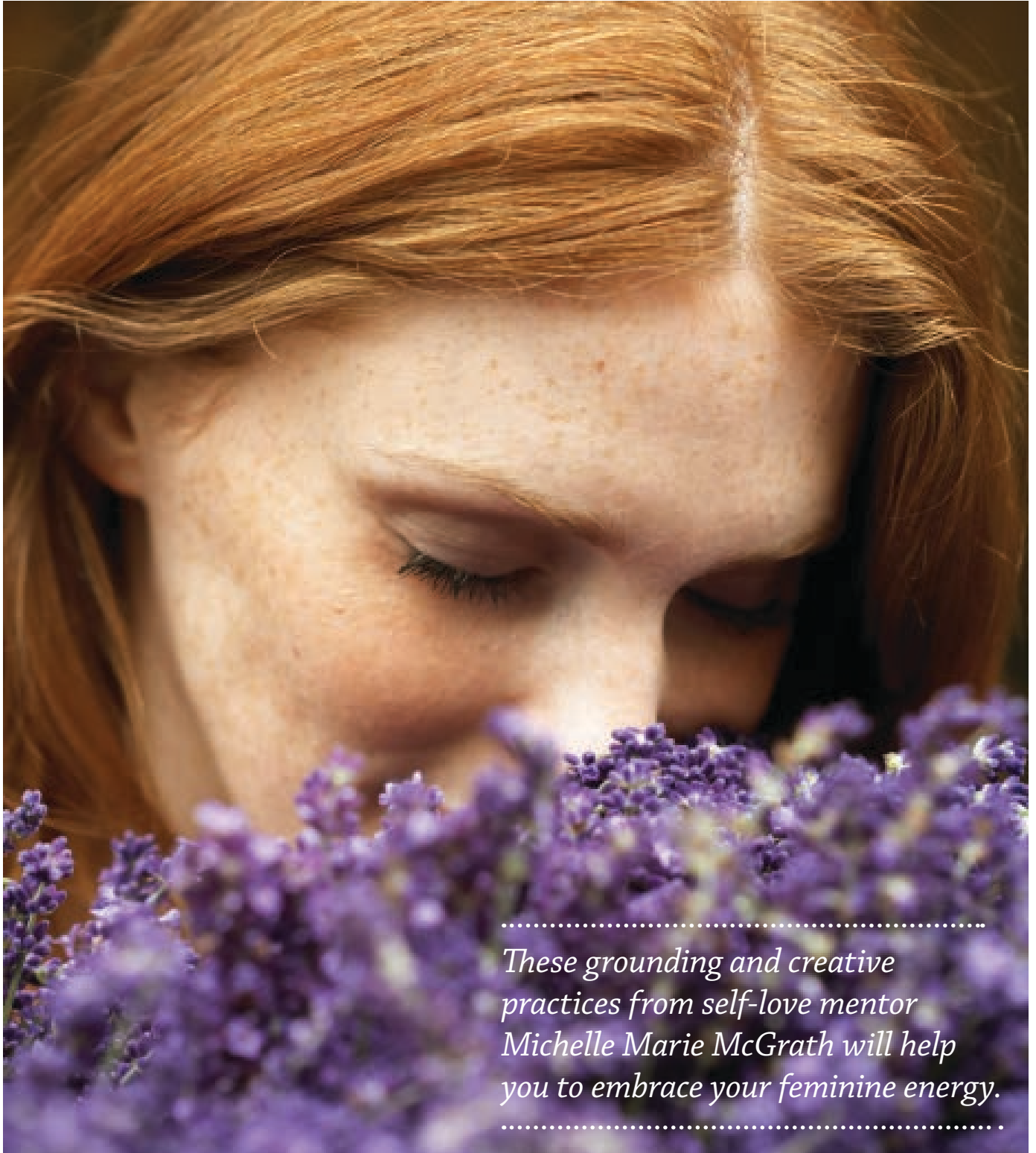


# Aromatherapy rituals



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*These grounding and creative practices from self-love mentor Michelle Marie McGrath will help you to embrace your feminine energy.*  
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**C**ONNECTING with our inner masculine and feminine energies - the yin and the yang, the light and dark - will bring about balance. These innate sacred energies cannot exist without each other. In our busy, patriarchal culture, we are more familiar with the masculine, 'doing' state, taking action in our goal-oriented lives with never-ending 'to do' lists. Feminine energy, in simplistic terms, is the inner world, the unconscious, the realms of creativity, intuition, and inspiration, and the 'feeling' and 'being' states. It is the great void where all possibilities are birthed. The left side of the body is also representative of feminine energy. Learning to be still, silent and receptive and listening to the wisdom within is a big lesson. Here are 10 ways to reconnect with your feminine energy:

### 1. Create a womb-like space

Dedicate an area in your home. Start in a small way by creating an altar, using a shelf, windowsill or table. Add flowers that represent different energies of the feminine: roses, lavender, daisies, tulips, geraniums, lilies, or other flowers that depict 'feminine' for you.

### 2. Create a goddess spray

Fill a 100ml glass atomiser bottle with rosewater and add 30 drops of one of the Triple Goddess blends (available at [www.sacredself.com.au](http://www.sacredself.com.au)). Shake before use on your body and auric field. Keep the bottle on your altar where you can see it each morning. Set your intention for the day as you use.

### 3. Connect more deeply with Mother Nature

This assists in connecting us more deeply to our own natural cycles. Place your bare feet on the earth and focus on that physical connection. Take three conscious breaths, and acknowledge the grounding and support that is always there for you.

### 4. Use aromatic reminders

Place a couple of drops of vetiver essential oil on a tissue to keep in your pocket. Its earthy aroma is a grounding reminder of Mother Earth, especially if you are working inside an office or live in a high rise building.

### 6. Nurture your breasts and womb

The breasts are a strong symbol of nurturing, and so often this energy is directed outwards towards children or lovers. Take time to give these sensitive places a nourishing skin treatment and some body love. To make a 'Nourish me' oil, fill a 100ml amber glass bottle with 60ml of jojoba or sweet almond oil, add 25-30 drops of a combination of rose otto, neroli and jasmine essential oils, top up the bottle with rosehip oil and shake gently. Apply after a shower or bath and combine with conscious breathing.

### 7. Love your moontime

Sadly, many of us have disconnected from the power of the menstrual cycle. Many women experience menstruation as a painful inconvenience, rather than a time to rest, reflect, nurture, and tap into heightened intuition. Life cannot stop during those days, but with planning, priorities can be reduced, especially during the first two days. To make a 'Goddess belly oil', place 6 drops of geranium and lavender essential oils into a tablespoon of base oil. Before sleeping, take a few deep breaths and give your tummy a nurturing massage. Rest your hands gently over your womb space and send love and Reiki.

Feminine energy is strongly aligned with the water element, which is connected to the sacral

When we reclaim this great feminine power within, we remember what it means to be alive. From this space, we give birth to our most empowered selves.

chakra, reproductive system, and emotions.

Connect with the power of the water element to help you release all that is preventing you from integrating more of your feminine energy. Enhance this intention in a sacred bath by adding 6-8 drops of a blend and swishing the water to disperse oils.

### 8. Honour your female lineage

Write a letter to your mother, grandmother, sister, or other female relative acknowledging the life lessons you have learnt from them. Is there anything you need to forgive? This can be for your eyes only in your journal or on a piece of paper that you release by burning. Complete this ritual by anointing yourself with a few drops of one of the Triple Goddess blends.

### 9. Spend more time outdoors

Dedicate an area in your garden to a Goddess or Divine Feminine archetype that you resonate with, such as Mary Magdalene, Kali or Kuan Yin. Plant a rosebush or other flowers. If you only have a balcony or windowsill, then use pots to bring the power of Mother Nature into your home.

### 10. Connect with other women

Join a women's circle and spend time with your mother, sister or female friends in a meaningful way. If you cannot find one locally, then create one. Open up the circle by sharing your Triple Goddess spray or placing 6-8 drops in a diffuser. Bring flowers and create flower crowns together, as you acknowledge your intentions to reclaim forgotten or ignored feminine aspects. ✨

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