

Heart-Seed Medicine Pouch

To heal the trauma of heartbreak and restore flow and growth!

**Root - Grape Seed: Renewal
Being. Rootedness. Continuation.
*'I am rooted in renewal.'***

**Sacral - Grape Seed: Becoming
Potential. Gestation. Emergence.
*'Something in me is becoming.'***

**Solar Plexus - Mesh Bag: Field
Agency. Perceived Boundary. Freedom.
*'I am unlimited.'***

**Heart - Motherwort - Source
Holding. Tending. Soothing.
*'I mother the child within.'***

**Throat - Calamus + Sodalite: Expression
Voice. Truth. Articulation.
*'I give voice to what is true.'***

**Third Eye - Calamus + Sodalite: Clarity
Clarity. Insight. Discernment.
*'I see clearly and discern what is mine.'***

**Crown - Orange Jasmine (Murraya Paniculata)
Bloom. Flower. Essence.
*'I bloom into the essence of who I am.'***

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Ingredients

5 Grape Seeds

1 Mesh Bag

**2 Teaspoons Dry
Motherwort**

1 Cutting of Calamus

**1 Sodalite Crystal or 1 Teaspoon of
Sodalite Crystal Chips**

**2 Teaspoons Dry Orange Jasmine
(Murraya Paniculata)**

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