# RENEWAL SEEDS

1. 1 Tablespoon -St. John's Wort
   Light, Illumination, Clarity
2. 1 Tablespoon Elderberry*
   Renewal, Discernment, Transformation
3. 1 Tablespoon Thyme
   Courage, Resolve, Healing
4. 1 Piece Chicory Root**
   Freedom, Insight, Empowerment
5. 1 Tablespoon Mint*
   Clarity, Energy, Abundance
6. 1 Piece Hawthorn
   Protection, Wisdom, Transformation

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Six seeds of renewal, each carrying its own invitation to clarity, discernment, courage, freedom, energy and wisdom. St John's Wort brings the light of illumination; elderberry invites renewal and transformation; thyme speaks to courage and resolve; chicory root opens the way to insight and empowerment; mint awakens clarity and abundance; and hawthorn brings wisdom and transformation.

Together, these herbs offer a moment to pause, reconnect and find your own natural rhythm. Renewal is not always about beginning again. Sometimes it is about seeing what is already here with fresh eyes, finding balance in the movement of life and creating the clarity to choose your next step.

The pouch offers ways to bring these herbs into everyday rituals, too. Elderberry and mint make a lovely, relaxing tea. Make sure the elderberries are food-grade. The brand I use is Hatton Hill. I like to add lemon/lime and honey to taste.

Thyme can be burned as part of a reflective ritual or brewed into a tea. Ground chicory root is a great coffee substitute if you want to cut down on caffeine. The brand I use is Forest Whole Foods Organic Roasted Chicory Root.

Let the herbs meet you where you are. Take a moment to notice what draws your attention, what settles, and what begins to come into focus. This is your invitation to explore renewal in your own way — finding balance, making space for clarity and allowing the next chapter to unfold.