



IMMORTAL HEART

Offerings from this series are for emotional support, healing the heart, and supplementing the process of recovery. They carry the all-nurturing, all-loving, all-compassionate, and all-accepting vibrations of the Divine Mother, who casts an emotional safe space via application. They help heal issues surrounding Motherhood, inner-child work, re-birthing, and re-parenting therapies.

Under Immortal Heart's influence, our tolerance for emotional pain and the capacity to "sit" with and explore our emotions becomes greater, anxious sensations are reduced, and the Fight or Flight response is intercepted or elongated. Emotions become easier to navigate with authenticity and grace, leading ultimately to the peace and liberation the healed Heart enjoys so freely.

It takes working through the process, tears, and time to get there, so supplemental therapies/resources are encouraged for smoother, less burdensome, and more expeditious progress. Talk therapy, breathwork, acupressure mats, eye movement or tapping therapies, energy work, or whatever else works for *you* are all excellent choices. Self-care is a natural instinct under this influence, as is the need for alone time punctuated by high quality connection with loving Others.

Immortal Heart can be used for: Reinforcing a sense of security; creating emotional safe spaces; healing wounds of the heart (old and new); re-parenting ourselves (or third parties) in the Divine Mother's image; therapeutic support for oneself, clients, and loved ones; comforting the grieving; working through loss; matrilineal repair; coming into right relationship with women/ combatting misogyny, jealousy, and competition; increasing our capacity to *love* and *be* loved; reducing anxious sensations; growing kinder, and more compassionate; development of Divine Feminine Virtues; embodiment; preventing dissociative modes of being; increasing emotional authenticity; correcting false or cruel inner narratives; self-care; self-development; pre- and post- therapeutic support; &c.

Side effects: Immortal Heart may elicit waves of grief and the re-discovery of old wounds, as trauma and emotions rise to the surface in order to be released. Because it opens the pathways to emotional expression without judgment, it is best used under circumstances where exploring such things is appropriate, safe, and productive, especially when first initiating work with the series or after long breaks. Fits and tantrums may well arise, offering opportunities to re-parent our instincts and cultivate greater emotional maturity.

Ascending or Descending Incenses + Powders: Ascending has an upward facing arrow centered in the radiant heart label, and the Descending downward. All other items possess a simple dot.

Before Sleep: Anoint the heart, mist, or fumigate bed linens. Invites dreams of the Immortal Heart's Divine arcana and helps establish a sense of security. The same can be done in therapeutic spaces.

Contraindications: Immortal Heart Attuning Tincture, Bath Salts, and Salve all contain pennyroyal. Do not use these if you are (or trying to get) pregnant, or are nursing.

Timing + Prayers: Optionally key to Luna's cycles, days, and hours, but mostly, use as needed! An open-source, non-denominational prayer follows, but you can also write your own, or appeal to specific, named expressions of the Divine Mother individually (Mother Mary, Hestia, Durga, White Tara, or any other compatible figure that calls to you). Prayers are not especially necessary. These items have been pre-enchanted + work directly from the bottle via simple, informal application.

The Call of the Immortal Heart

*I pray to the Ladies of the Immortal Heart,
The Goddesses, Patron Spirits, and Ancestors who
Offer unconditional Love, Nurturance, Compassion, and Security
To their beloved Children, for I am yours!*

*I call to you now, Divine Mother, in need of your Care, Succor, and Devotion!
I ask that you tend to my grief — the pain, sadness, and loss I have faced,
For my Heart is heavy, seeking Peace, Safety, and Liberation!*

*Cloister me in the sanctuary of thine own Heart, Divine Mother!
As the weary refugee and Child-in-need I am.*

*Cleanse me of emotional burden, and see me Dressed in robes of Safe-Keeping.
Tuck me away in the warm bed you have made, singing the most peaceful Lullabies...
Dream-Invocations of your Blessed Arcana.*

See me sleep long and deep, find resolution, and be born again — self-realized in waking!

*Feed to me the milky Amrita of your Love, your Understanding, and your Infinite Compassion!
Apply your every Heart-Healing Balm and Soothing Salve to the parts of me in need of it.*

*Let loose my tears, whether for Joy or for Grieving, and recycle them into the
Infinite Ocean of Emotions which see mortal life go-round.
For they are no more mine than yours, or any other...*

*Flood my chest with your Healing Light,
Weeding the Garden of my Heart,
Clearing and Setting the Altar that Abides there.*

*Grant me the gift of Wings, and oversee their broad expansion!
Throw loose the caged doors of my Heart, so my Immortal Spirit may fly freely!*

*Bless me with your Insight, your Presence, and Divine Guidance.
Thank you for caring for me — for tending to me — for providing for your beloved Children.*

*Praise you, Ladies of the Immortal Heart!
Goddesses, Spirit Patrons, and Ancestors of Love, Compassion, and Healing.
Pure embodiments of Divine Feminine virtue.
Keepers of the Heart, and Givers of its Liberation.
Makers of its Immortality...*

*Bless You.
Now and Always!*