

Rose Infusion

When you make your daily Rose tea with loose leaves, you can prepare an infusion or seep it in

a tea ball. I love infusions because you receive more aroma, flavor, and ultimately medicinal benefits. The beautiful thing about time, is that it provides space. And space allows the process to become a ceremony (if the intention is there to meet it!)

When you craft your daily infusion, do so with Intention.

Meet Rose fully, in the moments of preparation.

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Take a moment to bring your awareness to this process. "I am now making my Rose tea." and do so as if it is an art, each petal wants to say hi and be your friend. Each moment of preparation is a devotional practice. Rose is giving us a lot, we can give her our Presence. You can experiment with the amount of Rose you want to put in your Infusions. More is not always more. How are you feeling today? How much Rose wants to be apart of today's practice. Don't take my word for measurements, feel into it.

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If you are making a daily cup you can use 1 or 2 tbs of petals.

If you want to make a bigger batch to sip on through out the day, do so! Pour boiling water over petals and let seep anywhere from 20 minutes to over night. I always use a french press for ease. Covering the seeping infusion is important! It helps preserve the Rose aroma which we definitely want. It might be nice to have a special cup you are only using for Rose this month. It will help anchor in the energy of Ritual & your Intention.