

# Rose as a Healer

This week our practices will encompass our connection to Rose and what we desire Rose to help us embody.

We have gotten to know the different qualities rose contains... and the overall message we have been receiving from her through our unique connection to her medicine.

Now we will call to her with specific intention and invite her to help us evoke our Inner Healer.

# Rose as a Healer

Rose is known to be a nurturer. She brings a sense of deep Love and Tenderness. She can help as activate a true feeling of care. Bringing forward attentiveness and a genuine feelings of "sweetness" from within. She activates an attitude of kindness and compassion for ourselves and others. Making emotional healing all the more accessible. When we are looking with eyes of love, we will see the solutions that are rooted in love. It will be gentle, it will call forward opening, and more times than not it will be a subtle shift in relation to Self.

# Rose as a Healer

This work sheet is going to invoke curiosity and play with in your friendship to Rose, and your overall ability to have Her energy as a healer in your life, and to remind yourself that she is truly just prompting you to be your own Healer!

Have you ever helped someone heal something in their life? Maybe you lovingly put a bandaid on a child and poof! Just like magick they felt so much better.. or maybe you held attentive space for a friend and after they felt a huge emotional shift!

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In both of these cases, you didn't really "do" anything, right?! You just BE-d a sweet and loving human. You opened and held a space for HEALING to take place. You maybe gave the other person a sense of comfort, love, confidence, permission, tender acceptance, true care, protection, etc. (all Rose qualities..) and just like magick..  
**HEALING OCCURED!**

Maybe you've had an experience being in the presence of someone or something else & it helped you heal something..

# *Rose as a Healer*

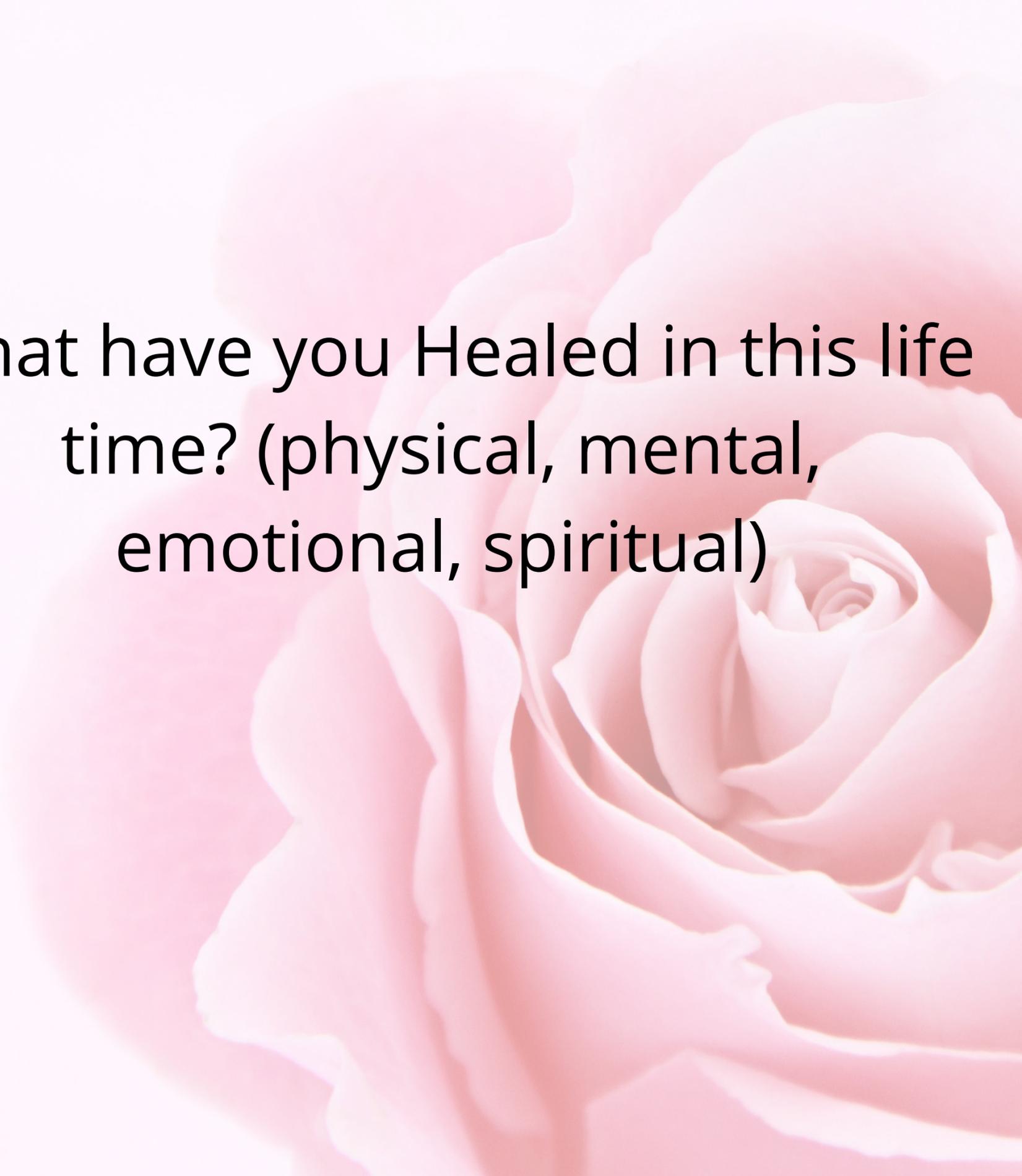
What Healers have you worked with in this life (people, plants, animals, etc)? What about the situation was Healing?

How have you helped someone Heal? What about your presence was Healing?

# *Rose as a Healer*

What is Healing to you?

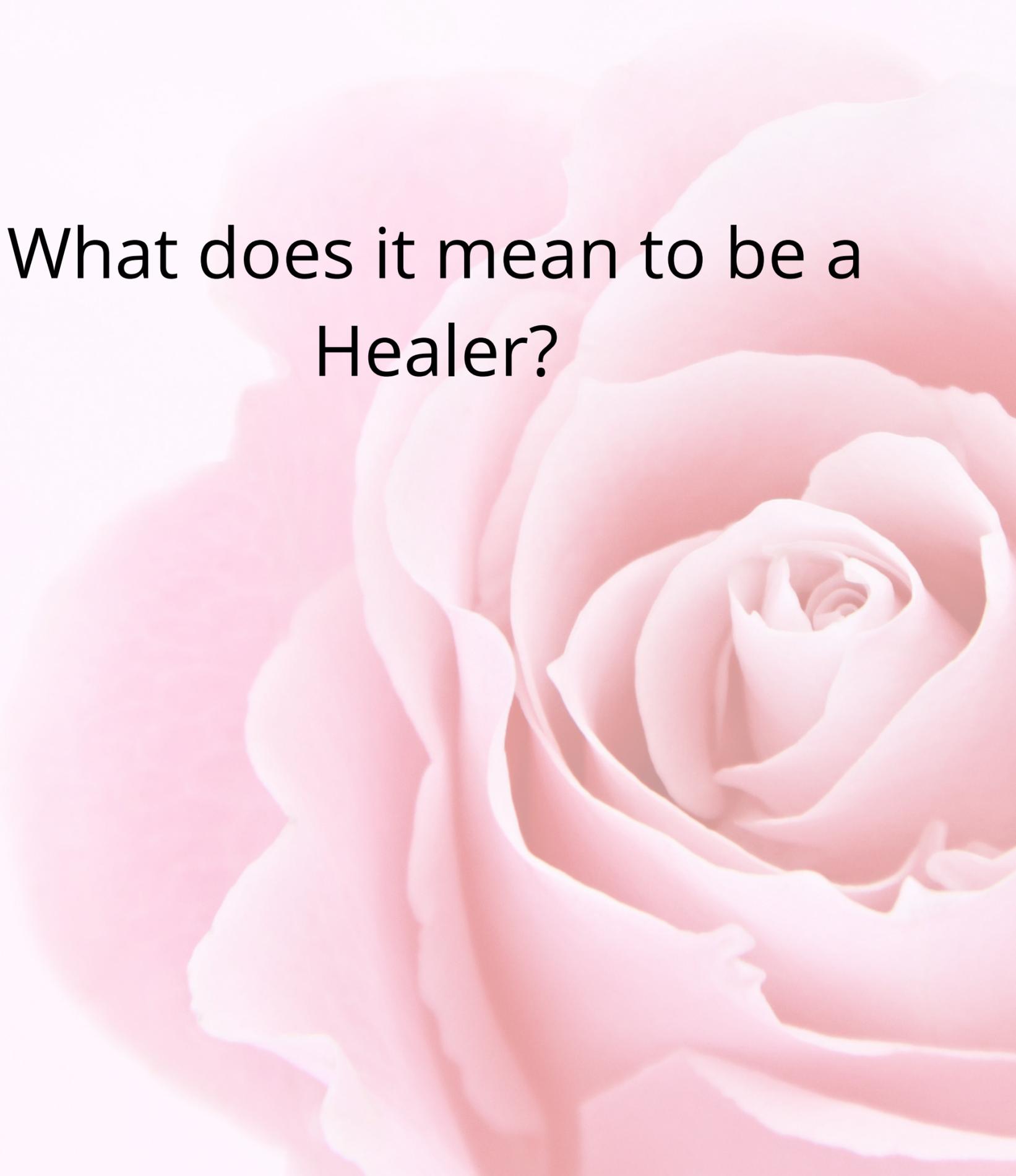
What have you Healed in this life time? (physical, mental, emotional, spiritual)



# *Rose as a Healer*

What does it mean to Heal?

What does it mean to be a  
Healer?



# *Rose as a Healer*

What Rose qualities do you crave most deeply to embody?

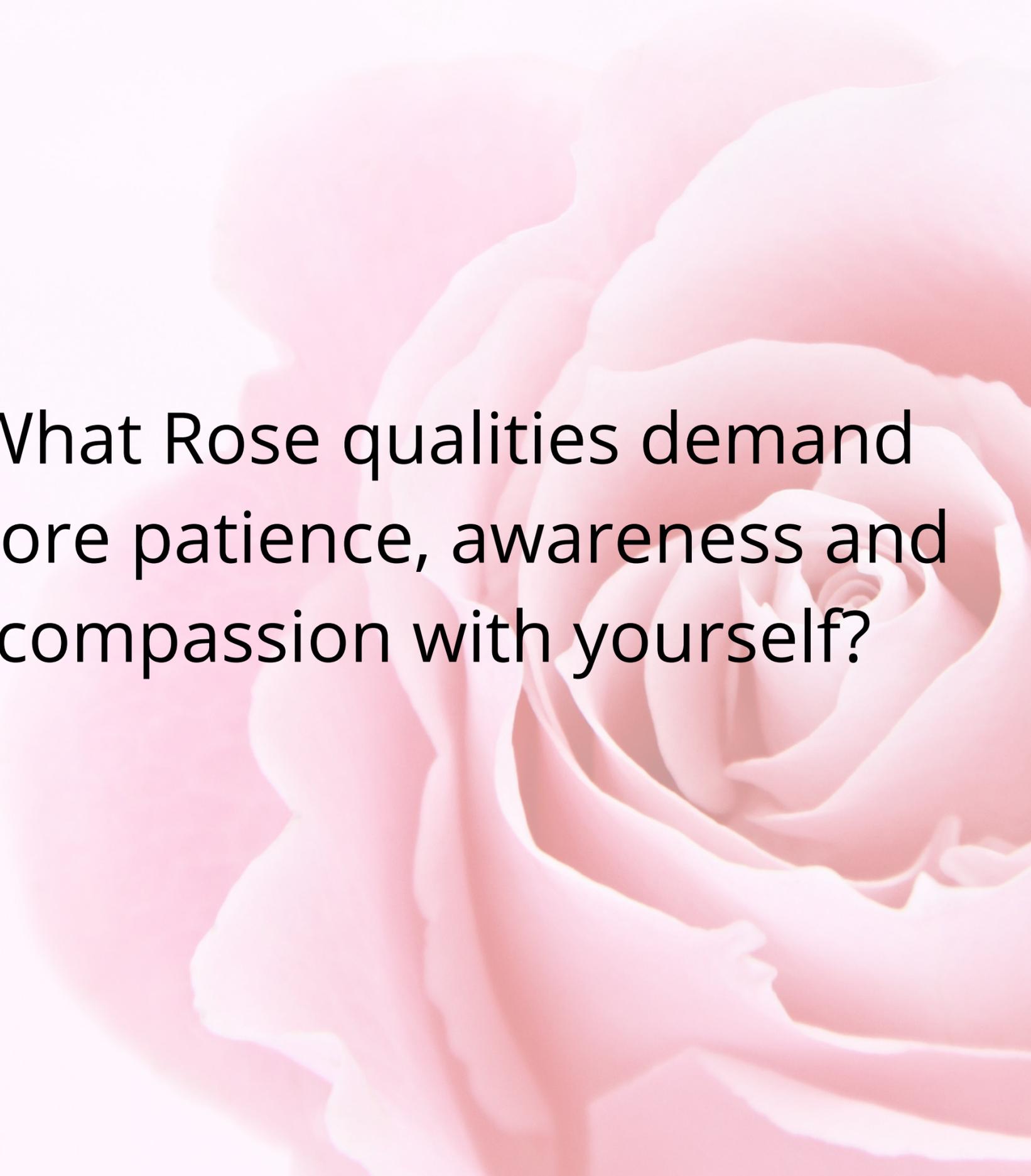
How do you see/feel Rose helping you Heal?



# *Rose as a Healer*

What Rose qualities do you feel yourself embodying naturally?

What Rose qualities demand more patience, awareness and compassion with yourself?



# Rose as a Healer

When you visualize yourself Being soft in your body, mind & Heart..

How do you feel?

You can call upon Rose to help you Heal your Heart from all that keeps you from softening into the magnificent sensuality of the now moment. Close your eyes, activate your senses and ask Rose to show you how to Be soft in your interaction with Life.