

Soul Star Crafting

The Dew of the Sea, Rosemary

Materials Needed:

a rosemary seedling
1ltr or 2ltr pot
gardening gloves
organic potting mix
tumblestone crystals
any other decoration you would like to adorn your pot with

The Dew of the Sea

Rosmarinus officinalis, also known as rosemary, Dew of the Sea, is an evergreen plant that belongs to Lamiaceae, the family of mint.

The use of rosemary goes as far back as 500 B.C. when the ancient Romans and Greeks used it as a medicinal and culinary herb. Egyptian tombs had dried sprigs of rosemary that date back to 3,000 B.C. Dioscorides, a Greek pharmacologist and physician, also wrote about rosemary's excellent healing properties in his opus *De Materia Medica*, a text which served as the gold standard for identifying and using medicinal herbs for over a thousand years.

Rosemary is beneficial in healing due to its rich source of antioxidants and anti-inflammatory compounds, thought to help both the immune system, and improve blood circulation. This helps it to fight free radicals, which can make it helpful in fighting various diseases, like cancer. Rosemary was traditionally used to help alleviate muscle pain, improve memory, boost the immune and circulatory system, and promote hair growth, and is still being used for these reasons today.

Rosemary is either used as a herb in food or extracted as an oil to use in medicines, both topically and orally.

History + Lore: Rosemary's healing powers have been celebrated throughout the world. In the Middle Ages, rosemary was associated with wedding ceremonies, where the bride would wear a rosemary headpiece and the groom and wedding guests would all wear a sprig of rosemary. From then on, it became associated with love and remembering.

"There's rosemary, that's for remembrance. Pray you, love, remember..."
Shakespeare also used it as a symbol of remembrance in another line from The Winter's Tale. In Romeo and Juliet, rosemary was placed on Juliet's tomb as a symbol of loss and remembrance.



Related Chakras: It's especially healing for the third eye chakra, helping to promote spiritual clarity.

Spirituality & Psychic Properties: Rosemary is considered to be one of the best tonics for the central nervous system, because it acts as a brain stimulant and has a long history of improving the memory, aiding psychic protection and intuition. It inspires the love of self and others and strengthens the willpower, according to Dr Glennis Rogerson, PhD. In his article, Davis suggests that "It strengthens the heart. It may be considered a middle-aged executives' best friend."

According to legend, it was draped around the Greek goddess Aphrodite when she rose from the sea, born of Uranus's semen. The Virgin Mary is said to have spread her blue cloak over a white-blossomed rosemary bush when she was resting, and the flowers turned blue. From then on, the shrub was referred to as the "Rose of Mary."

Fidelity & Loyalty : Rosemary is also considered a symbol of fidelity. Lovers used to exchange sprigs of rosemary to promise loyalty and faithfulness. It has also been used in different ceremonies that celebrate love and friendship, for instance at weddings and parties.

Oracle of Love: In the past, some believed that rosemary could lead them to their one true love. In order to achieve this, they would put some of it under their pillow, hoping that it would reveal the identity of their soulmate or true love in their dream.

Protection: Historically, rosemary was believed to offer protection from negative energies and harmful intentions. It was often placed by doorways or beds to ward off evil spirits. It was also used as a fumigant to cleanse the air of illnesses.

Growth & New Beginnings: Because of its robust nature and ability to thrive in various conditions, rosemary is sometimes seen as a symbol of growth and new beginnings.

Culinary Uses of Rosemary

Rosemary is used to add a unique and complex flavour to food, with a slightly bitter taste that complements meat like chicken duck, lamb, sausages, and stuffing. It's commonly used to season dishes like casseroles, soups, salads, and stews. It also goes well with mushrooms, potatoes, spinach, and most grains.

To prepare rosemary, the leaves are usually rinsed under cold running water and then pat dry. The leaves are removed from their stems and then added to the dish, although some prefer to use whole sprigs of rosemary to meat dishes and stews.

Caring for Rosemary

This perennial shrub can grow up to a meter in height, but others can become as tall as 2 meters. Rosemary has long leaves that look like small pine needles, and small blue flowers that bees love.

When growing rosemary, plant it in an area that gets plenty of sunlight. The plant also needs a well-draining potting mix and make sure to let the soil dry out between waterings to avoid root rot.

We will be potting our Rosemary Seedlings and working with them to create a potent healing talisman utilising the essence, energy and structure of the Dew of the Sea.

Dew of the Sea Intent and Prayer



First have all your ingredients ready around you and take a moment and bring your focus inwards.

Begin by filling the pot half way. Then place the crystals you have chosen on top of the soil. As you place each crystal speak to it telepathically charging it with the intent you wish to charge the crystal with.

For example:

Blue Quartz – may you assist Rosemary in protecting the expression of my uniqueness

Rutile Quartz - may you assist Rosemary in creating clarity

Black Stone – may you assist Rosemary in attracting love into my being

Then finish filling the pot with the organic potting mix, leaving about an inch room at the top.

Take a moment to pause now as you connect with your chosen Rosemary.

Be mindful that you are now connecting with a sacred plant medicine, a powerful healer in her own right. Visualise, imagine or meditate upon the rosemary in front of you. See the spirit of the plant, the Dew of the Sea, the spiritual being that you are now connecting with. Imagine her energy, she may even have a name for you.

Then when you and the Dew of the Sea are ready, carefully, intentionally and gently plant your rosemary seedling.

Once you have carefully and gently potted your seedling, point your index finger at the Dew of the Sea and say out loud from your heart the intent and prayer below. **Repeat 3 times.**

Rosemary ~ Dew of the Sea
In my caring and feeding you, in turn you will care and feed me
Together we will exchange our energies to heal, grow and be healthy

Rosemary ~ Dew of the Sea
Grant me the serenity of mind to accept that which cannot be changed,
Embody me with the courage to change that which can be changed,
Bring crystal clear clarity and wisdom to my being
to know the one from the other

Rosemary ~ Dew of the Sea
May your healing leaves and sprigs cleanse and heal my physical body
May your healing scents and aroma's calm and clear my mind
May presence and essence draw to me love, loyalty and faithfulness

With deepest gratitude, I humbly thank you in full faith.
Aho, amen, so mote it be.

After reciting the above intention and prayer 3 times, repeat the following:

It is done. It is done. It is done.

Then imagine/visualise sealing the enclosing the seedling and pot with protective energy. Disconnecting and releasing any energies or expectations to your Dew of the Sea. Your practice now is to nurture, feed, water and protect your Dew of the Sea. The more you nurture, the more it she will nurture in kind.

Blessings,

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