



# Heartheld – A Self-Love Potion

This golden potion is a gentle companion for moments when your heart feels a little far away. Each herb in this blend has been chosen for its affinity with joy, emotional warmth, and heart resilience — weaving a reminder of light into the body and spirit.

## Ingredients (small batch)

- **4 tbsp Damiana**
  - Energetic: Uplifting, sensual, gently activating
  - Why: Damiana invites pleasure and soft energy into the body. It reconnects us to desire — not just romantic, but the desire to feel alive, joyful, and present.
- **2 tbsp Rose petals**
  - Energetic: Heart-softening, loving, delicate
  - Why: Rose helps us reconnect with gentleness and worthiness. It speaks to self-love, forgiveness, and emotional beauty — perfect for mending cracks and opening inward.
- **4 tbsp Hawthorn leaf & flower**
  - Energetic: Protective, grief-soothing, heart-fortifying
  - Why: Hawthorn is a deep ally for emotional boundaries and tender-hearted resilience. It strengthens the heart, both physically and emotionally, allowing it to stay open without becoming overwhelmed.
- **1 tbsp Rosehips**
  - Energetic: Grounding, restoring, gently vitalizing
  - Why: Rosehips bring nourishment and gentle strength. They support the physical body while emotionally offering a sense of rootedness and safety — important when working with the heart.
- **1 tbsp Tulsi (Holy Basil)**
  - Energetic: Spiritually uplifting, centering, clarifying
  - Why: Tulsi is sacred in many traditions for its ability to bring clarity and calm to the emotional and energetic body. It restores inner peace and helps clear mental fog and emotional overwhelm.
- ~250 ml Vodka (at least 40% alcohol, ideally organic)





## Instructions

- Combine all dried herbs in a clean, sterilized glass jar.
- Pour Vodka over the herbs until fully saturated (start with 250 ml; top up as needed).
- Seal the jar and give it a gentle shake.
- Store in a cool, dark place for 4 weeks, shaking or turning daily.
- After 4 weeks, strain through a cheesecloth or fine sieve and bottle in dark glass.

## Suggested Use

Take a few drops directly on the tongue or in a little water, 1–3 times daily. Let this be a quiet ritual of self-kindness — a way to remember your own warmth, worth, and light.

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*A bright, heart-opening herbal tincture to  
reconnect with warmth and inner tenderness*

## Mantra

**“Drop by drop, I come home to my heart.”**

Repeat softly as you take your tincture, or while placing a hand over your chest.

## Affirmation

**“I am held in my own love.”**

Whisper it to yourself whenever you need grounding, comfort, or reconnection.

