

ROOT & RESIN

For sensory overload and grounding

Affirmations:

- “I return to the rhythm beneath the noise.”
- “My breath roots me deeper than fear”
- “I am allowed to be still”

Ritual Line

Spray near your feet or heart.

Repeat: *I am held. I am home.*

CETRINE GROVE

For racing thoughts and winding down

Affirmations

- “I slow without shame.”
- “My thoughts are leaves- I let them fall”
- “Quiet is a gift I give myself”

Ritual Line

Spray around your hands .Inhale deeply.

Whisper: *I choose calm.*

SOFT RIOT

For restlessness and overstimulation

Affirmations

- “ My energy is sacred, even when scattered.”
- “I am not too much-I am many things”
- “I can move and be safe.”

Ritual Line

Spray into the air. Step through.

Say : *I honour my rhythm.*

WOOD & WHISPER

For sleep associations, and gentle rest.

Affirmations

- “ I am safe to soften”
- “Sleep is not surrender- it is sanctuary”
- “I trust the quiet to carry me.”

Ritual Line

Spray onto pillow or blanket.

Repeat: *I release the day.*

SUNRISE

For mood elevation and energy

Affirmations

- “I rise with warmth, not urgency.”
- “Joy is my birth right.”
- “I am light in motion.”

Ritual Line

Spray above you. Step into it.

Say : *I welcome brightness.*

WINTERWAKE

For winter and low-light mood support

Affirmations

- “Even in shadow, I shine.”
- “I carry warmth within.”
- “My spirit is not seasonal”

Ritual Line

Spray in front of you: Inhale

Whisper: *I am my own sunrise.*

MOSS & MURMUR

For high stress and overwhelm

Affirmations

- “I am allowed to pause”
- “I do not need to earn peace”
- “I am enough, even in silence.”

Ritual line

Spray around chest. Breathe slowly.

Say: “*I choose gentleness*”

AMBER RISE

For emotional support

Affirmations

- “My feelings are valid, even when unnamed.”
- “I am tender, and that is brave.”
- “Healing is not linear-it is luminous.”

Ritual Line

Spray around heart.

Repeat: *I honour my emotions.*

EQUINOX PULSE

For emotional balance and regulation

Affirmations

- “I am both shadow and light.”
- “Balance is not perfection-
it is presence.”
- “I regulate with grace.”

Ritual Line: Spray around pulse points

Say:” *I am in rhythm with myself.*”

LUCID THREAD

For mental clarity and focus.

Affirmations

- “My mind is foggy, not broken”
- “I find clarity in small steps”
- “I am capable, even when unclear”

Ritual Line

Spray around hands and feet: Inhale

Whisper: *I thread my thoughts gently.*