

no.3

wild bloom

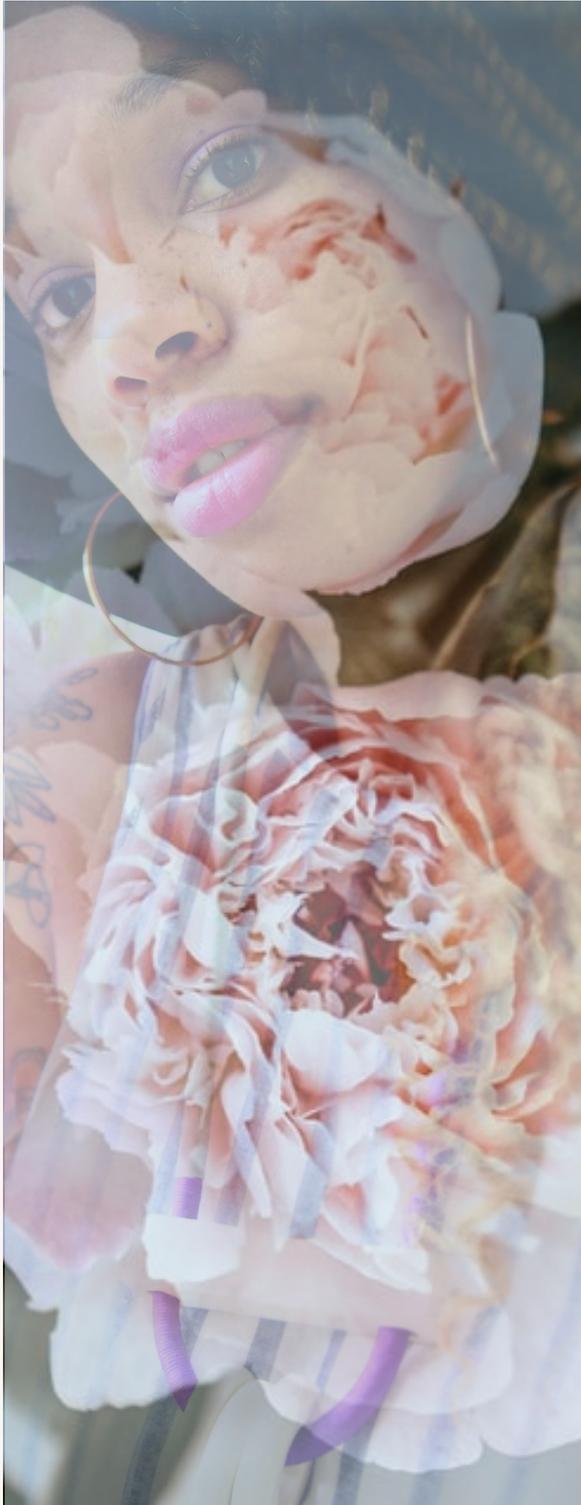
the official guidebook for sensual summer camp



Weekly Sensual Activities / Live Events /
Libra Season Ritual / Journal Prompts

welcome to wild bloom

the harvest is upon us!



PLANT INTENTION, GROW SENUALITY, HARVEST LOVE!

Dear Sensual Sisters,

We are coming to the end of our journey together. I have a deep sense of love and appreciation for all of you who decided to take this journey of sensuality.

The last 2 moons have been quite the wild ride. I experienced a close death in the family, lots of tears and mourning, joy, sisterhood, sensuality, slowing down, dancing, eating delicious fruit, and considering and practicing the many ways sensuality shifts my pain to pleasure.

I hope as we wrap up our time you have something beautiful to harvest.

In Pleasure & Sacred Waters,

Ayesha Ophelia

IMPORTANT DATES IN OCTOBER

Harvest Your Bounty

Sunday, October 4th at 11 am EST

Final ritual gathering with Ayesha + Vuyi

Afterglow

Saturday, October 10 at 12 Noon EST

**Tarot and chill, saucy questions, and final reflections with
Madame Ophelia**

Zoom sign up is required for all events.

Link in our private portal + emails.

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weekly sensual activities



how this works

Each week pick at least one challenge and complete it. The challenges are designed to put you in direct contact with your sensual self. If you are feeling particularly tapped in and turned on pick a few and play.

Make space in your journal to write about the activity or activities that you did endeavor to create and answer the following questions:

How did my body feel doing _____?

Was my mind clear or cluttered?

What insight did I receive doing _____?

weekly sensual activities

pick your adventure...



1. Buy yourself a beautiful bouquet of flowers and admire or flirt with them for their entire life cycle.
2. Take time to hear your breathing. Next time you feel stressed elongate the breath... mimic the type of breathing you do in a sensual experience.
3. Pick one of the sensual meditations and take time to incorporate it into your weekly self-care practices.
4. Make a sensual playlist and share it with me.
5. Draw or watercolor a part of your body. Make it abstract, make it literal, do as you please.
6. Kiss your body. The easiest part to smooch are your hands and arms. Give yourself praise.

libra season ritual



MOON TEA HARVEST RITUAL

October is a very special month with three lunation's. (Full moon in Aries, New Moon in Libra, Full Moon (on Halloween) in Taurus.

This ritual can be adapted for each lunation or just used for the first full Moon in Aries.

Libra is ruled by Venus (the planet of love + beauty), Libra likes to invite balance, beauty, emotional harmony and love. Libra season is encouraging even more slowing down with a focus on interpersonal relationships.

This ritual will guide you through making a moon tea on the full moon that you can use in the days following to continue with any intentions or desires you charged into the ritual and moon tea.

Steps to make the tea

- Gather your tea + loose herbs (suggestions below)
- Place them in a clear glass jar
- Fill jar with warm (NOT boiling or steaming) water
- Loosely cover with lid or cheesecloth
- Leave outside in the moonlight overnight to soak up those powerful lunar vibes
- In the morning, strain the herbs from the tea

The recipe is from one of my favorite Yoga studios in Nashville. Feel free to adapt the recipe to herbs you have.

libra season ritual



"This tea blend is designed using heart opening, mood elevating, body balancing herbs that inspire a deeper connection to the lunar energy that flows through us all. Drink in the magic."

-Jenna Wolf (The Lotus Room Nashville)

The Recipe

2 bags Organic India Tulsi & Rose Tea

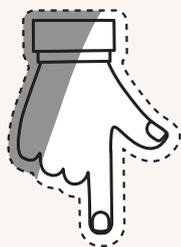
1 pinch true cinnamon chips

1 pinch hibiscus flower

1 cardamom pod

1/2 teaspoon ginger root

Ritual steps on the next page.



Enjoy a few cups as you
consider what you will
harvest from Wild Bloom.

As always Libra teaches us about right relationship to everything in our lives. - Mystic Mamma



1. Set up your ritual space by placing anything on your altar that represents your Wild Bloom experience.
2. Cleanse and purify using prayer or a clearing herb.
3. Ground yourself by taking a few slow deep breaths.
4. Meditate quietly upon what feels in full bloom for you. Perhaps its using your voice in a new way, perhaps you got a download on a project. Harvest as many feelings, experiences, and ideas as you like. Feel free to write them down.
5. Now begin to create an intention or affirmation to program your moon tea with. Be clear and specific.
6. As you make your moon tea repeat your affirmation over and over again.
7. Place your steeping herbs in the full moonlight if you have access to it (otherwise in your sacred space is great). If you have a crystal, place it directly against your jar to infuse your moon tea with the energy of your stone. And finally, your written intention goes under the jar. This will be one magical elixir infused with crystal healing, your intention + the magical energy of the full moon! Powerful stuff!
8. Before closing your ceremony, I always recommend to connect to GRATITUDE. It can be for something specific in your life, or something more general. Whatever it is really feel it resonate in every single cell. Give thanks for your lessons + for your growth.

Drink your moon tea throughout the next day (or two) and every time you take a sip come back to your intention, and repeat it aloud.

TRACK THE SENSUAL MAGIC

journal prompts

WHAT RELATIONSHIPS IN YOUR LIFE ARE THE MOST FULFILLING? WHAT CHARACTERISTICS DO THEY SHARE IN COMMON?

WHAT AREA OF YOUR LIFE IS CALLING FOR A SLOW DOWN? LEAN IN AND LISTEN.

WHAT EDGE ARE YOU FLIRTING WITH? LEAN IN HERE AS WELL. WHAT IS THIS EDGE TRYING TO REVEAL TO YOU?

WHAT DID YOU LEARN DURING WILD BLOOM?

WHAT DOES YOUR HARVEST CONSIST OF?

WHAT EXPLICIT TRUTH IS CLEAR TO YOU NOW?

WHAT DOES BEAUTY MEAN TO YOU?

HOW CAN YOU LIVE IT MORE IN YOUR DAILY LIFE?

WHAT WOULD YOU LIKE TO EXPERIENCE IN OCTOBER?