

Journey to an Age of Air

equinox

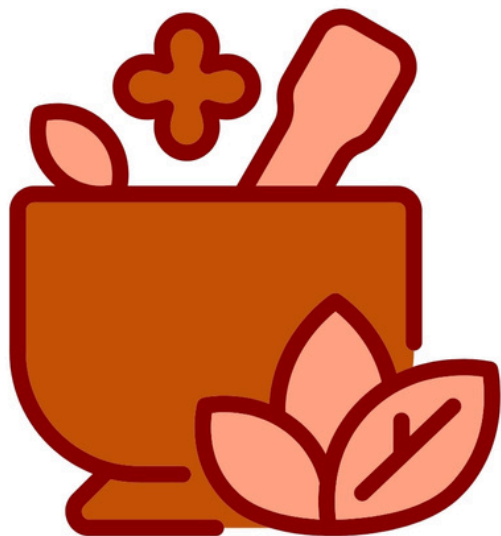
march
22

praxis

Her
Own
Summer



plant medicine for your higher self's best life.



Time to take a trip.

Her
Own
Summer



HEROWNSUMMER DOT COM

be aware

“Please check with your personal practitioner before attempting, or administering, anything new in a wellness regimen. I am no authority. Understand and abide by your local laws. I do not provide mental health, clinical, or medical services and I am not a substitute for medical, psychological, or psychiatric diagnosis, treatment, or advice.” Created on ancestral lands of the Chumash, Washoe, Miwok, Ohlone, Cheyenne, Ute, Arapaho & Kingdom of Hawai'i.

S.L. Stone

March 10th, 2025

Gilpin County, Colorado



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equinox march 22



pisces / aries astro crystal medicine wheel



**The liminal doorway opens, the veil thins.
We are invited to cross the threshold.**

Behind us, a rearview mirror. Pisces.

Mutable Water. Spirit. Saturn. Neptune. Lunar North Node.

Kyanite.

Dream deep.

Unfolding ahead is Aries. The match strikes.

Cardinal Fire. Self. Chiron. Saturn. Neptune. Solar Eclipse cycle,
outgoing. Tiger's Eye. Picking a fight worth living for.

**This portal is 22 = harmony, reciprocity,
alignment.**

It is an equinox gateway, asking: Will you?

And: How can you not?



3



rise
set &
setting

Gather your
Feral Bloom Journey Kit:

Enchantment candle

Yoga mat

Resin

Dieta

Praxis

Plus +

Fresh spring water & Warm cacao

Audio player

**Begin at dawn, in a silent and safe space,
at a window, or outside.**

Unroll the yoga mat, facing East.

Stretch, gently.

**Light the candle, read the enchantment.
Char the resin, repeat the mantra.**

Smudge your space, your body.

Lay down, comfortably.

Follow the praxis.



4

**Undo
Destiny
Burrow down
Float away
Gracious
Fate
Undo**

**boswelia
smudge
mantra:
undo**



Mucuna pruriens is also called velvet bean. Empathogen, aphrodisiac, antidote for snakebite. Non-hallucinogenic.

Ingested with fresh spring water or cacao, in sub-threshold doses, guided by the praxis, per Feral Bloom member agreement for ethical facilitation and participation.

If you are called into plant medicine allyship and communion for Equinox March 22, please use this form to receive intake and consent forms and remit payment.

**dieta
mucuna pruriens**

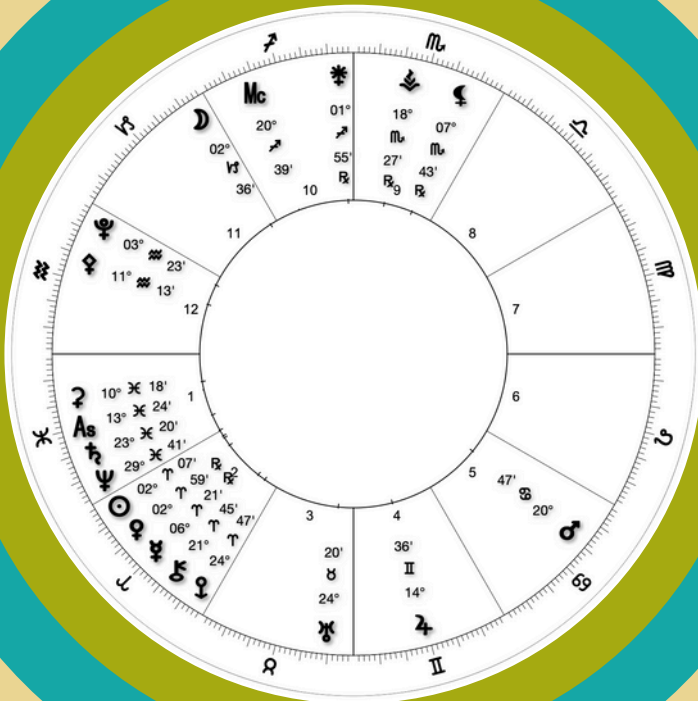


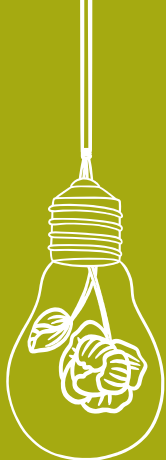
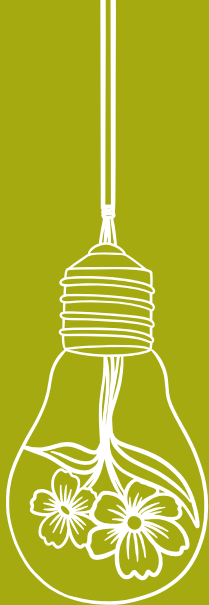
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**nodal
correspondances**

integration circle





22 gateway transmission 1 of 5

Allow your limbs to relax.

Allow your eyes to close.

Allow your mind to soften.

Allow your heart to open.

Allow. Allow. Allow. Allow.

**We work with the angel number 22 to
honor harmony and restore balance.**

**We work with the angel number 22 to
embody reciprocity and embrace
compassion.**

**We work with the angel number 22 to
call alignment and trust wisdom.**

**Let us begin with the breath, a sacred
connection to our body.**

Place your palms over your heart.

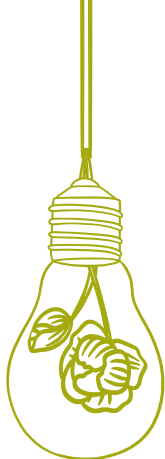
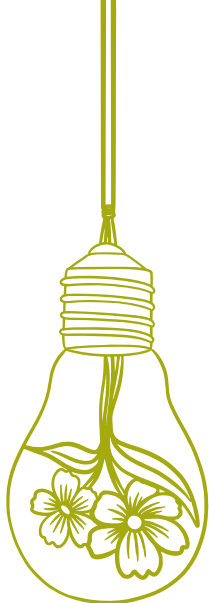
Gently inhale through your nose.

Hold for one, hold for two.

Slowly exhale through your mouth.

Gently inhale through your nose.

Hold for one, hold for two.



22 gateway transmission 2 of 5

Slowly exhale through your mouth.

Gently inhale through your nose.

Slowly exhale through your mouth.

Gently inhale through your nose.

Hold for one, hold for two.

Slowly exhale through your mouth.

Return your palms to an easy, resting place.

Continue this slow, gentle breath.

Feel a yummy warmth in your feet, the glowing
Spring sun.

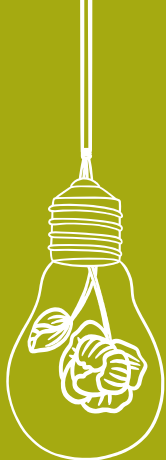
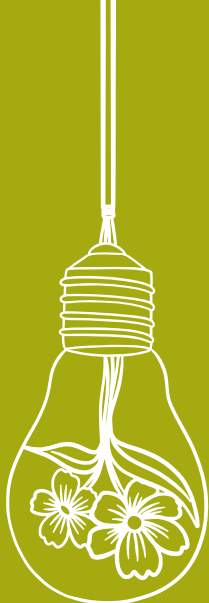
The glowing Spring sun invites you to go,
without shoes.

The glowing Spring sun invites you to tiptoe,
barefoot and wiggling.

The glowing Spring sun invites you into fresh green
grass, grazing your ankles.

The fresh green grass shines, celebrating the dawn
of a new season.

The fresh green grass grows quickly, drinking
delicious sunshine.



22 gateway transmission 3 of 5

The fresh green grass reaches your knees, stretching for the luminous rays above.

The fresh green grass feels slightly moist, smelling of earthy musk and seeds.

Inhale. Smell the fresh green grass. A light blue breeze tickles your waist, teasing your tummy.

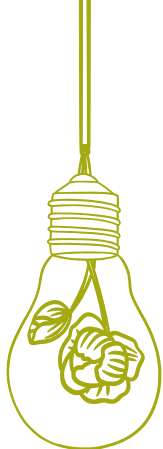
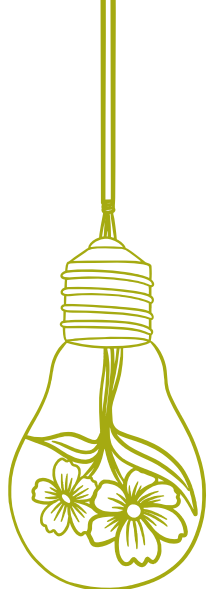
A light blue breeze touches your fingers, sending a sparkle.

A light blue breeze skims your shoulders, brushing your neck.

A light blue breeze reaches your lips, tempting a smile.

Inhale. Smell the light blue breeze. There is a bird, its sweet song floating to your ears.

There is a butterfly, its silent wings brushing your nose.



22 gateway transmission 4 of 5

There is a cloud, its breezy shape
shifting before your eyes.

There is a grasshopper, its curious limbs
amusing your mind.

Inhale. Smell the life which Spring brings.

Soon, a seed will burst.

Soon, a flower will bloom.

Soon, a fawn will frolic.

Soon, a brook will babble.

Now, the snow recedes.

Now, the roots soak.

Now, Winter departs.

Now, Spring wakes.

Let us return to the breath, to the air.

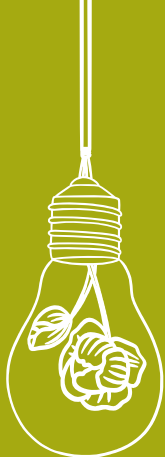
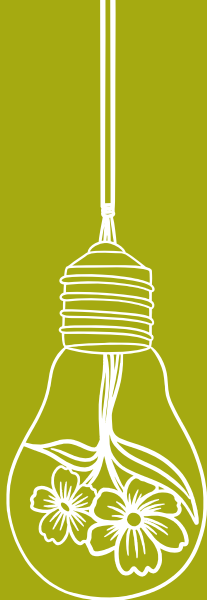
Air asks us to rise into this new season.

Air asks us to relax into this beginning moment.

Air asks us to ride into the delicious dawn.

Airs asks us to reclaim our secret knowing.

Place your palms over your heart.



22 gateway transmission 5 of 5

We work with the angel number 22 to honor harmony and restore balance.

We work with the angel number 22 to embody reciprocity and embrace compassion.

We work with the angel number 22 to call alignment and trust wisdom.

You have arrived in a safe moment of deep listening, of quiet noticing.

Allow your limbs to stir.

Allow your eyes to open.

Allow your mind to return.

Allow your heart to thrive.

Allow. Allow. Allow. Allow.

It is done.

8

angel suchlaph sigil & call





Powers of Suchlaph

endure
overcome
seed spreading
roots settling
seek
expand
humble
awe

Admitting Word


verdency
lush

Sigil

write: lush
draw: lush
connect the words
connect the letters
shade the between

Call

calling co-creation
divine threshold
steward
wood wife
flow wizard
be beauty



live & remote integration circle

**Come ready
for ceremony & integration.
Zoom link for live remote access
+ replay provided to
Feral Bloom members.**



**March 22 at 6:29 am MST
Ouray, Colorado
Public location provided
to Feral Bloom members.**

Cowgirl Cures for Your Higher Self's Best Life



Equinox
March 22

- Pisces/Aries AstroCrystal Medicine Wheel
- Eos Enchantment Candle
- Rise Set & Setting
- Boswellia Smudge Mantra
- Nodal Correspondences
- Dieta Mucuna pruriens
- 22 Gateway Transmission
- Angel Suchaph Sigil & Call
- Free remote & live Integration Circle in Sedona, AZ



Solstice
July 22

- Gemini/Cancer AstroCrystal Medicine Wheel
- Helios Enchantment Candle
- Ripen Set & Setting
- Cedar Smudge Mantra
- Dogstar Correspondences
- Dieta Clitoria ternatea
- Galactic Gateway Transmission
- Archangel Raphael Sigil & Call
- Free remote & live Integration Circle in Boulder, CO



Equinox
September 22

- Dwarf Planet Astro/Crystal Medicine Wheel
- Selene Enchantment Candle
- Rest Set & Setting
- Amber Smudge Mantra
- Black Moon Correspondences
- Dieta Kava kava
- 11 Gateway Transmission
- Angel Eistibus Sigil & Call
- Free remote & live Integration Circle in Bozeman, MT



Solstice
December 22

- Aquarius/Leo AstroCrystal Medicine Wheel
- Atlas Enchantment Candle
- Root Set & Setting
- Pine Smudge Mantra
- Chronos Correspondences
- Dieta Terminalia chebula
- Mountain Gateway Transmission
- Angel Remph Sigil & Call
- Free remote & upgrade retreat Integration Circle in Costa Rica

Join Feral Bloom.

Her
Own
Summer



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Journey to an Age of Air

solstice



Journey to an Age of Air

**equinox
sept
22
praxis**

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solstice

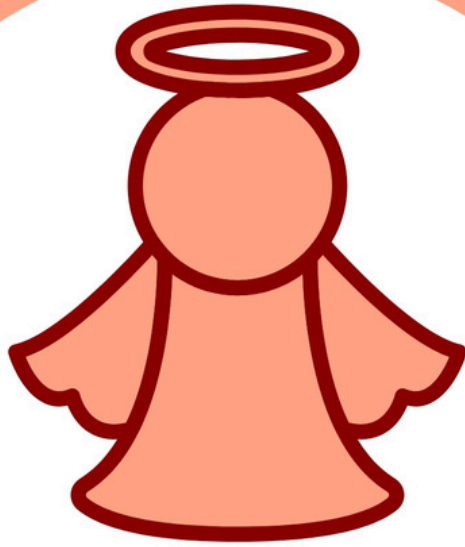
dec
22

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Summer



praxis

Astrology for your higher self's best life.



Flying
lessons
open.

