



Mother Mary & The White Rose



Mother Mary & The White Rose is a deeply spiritual and feminine energy practice that centres on purification, emotional release, and divine connection. It draws from sacred feminine traditions and the symbolism of **The White Rose** as a vessel of purity, grace, and heart-centred healing.

Mother Mary's presence is invoked by the practitioner and is a beautiful nurturing, divine motherly energy. She offers unconditional love, protection and opening and healing your heart centre.

White Rose Energy symbolizes purity, spiritual awakening, and the return of innocence and is used to illuminate areas of the soul that needs healing.

A Mother Mary & The White Rose treatment can be in person where the practitioner will place their hands on or just above the body in set hand positions. Or distance, which you can receive in the comfort of your own home.

What to expect: -

- **Preparation** - wear comfortable clothing and remove shoes.
- **Setting/Environment** - the environment should be quiet and peaceful. Soft lighting, calming music, and subtle scents. It is a nice extra treat to purchase a white rose and light a white candle. You could also use rose oil on your temples, wrists, and stomach over your womb. ***If you use Rose Oil, make sure that it is diluted.***
- **Healing process** - The practitioner along with the client will set the intention for what the healing will be directed for.

Practitioner 'I set the intention that receives Mother Mary & The White Rose healing for

Client 'Sets the intention to receive Mother Mary & The White Rose healing for

- The practitioner will then invoke Mother Mary and The White Rose energies, allowing the beautiful energy to flow to the recipient. If you have a white rose, you will place this over your heart or womb area.
- **Benefits** - Mother Mary can help you with anything. You can also choose to receive more direct healing for loving yourself unconditionally, setting healthy boundaries, relationships, feminine problems, grief, and forgiveness, being more compassionate and understanding etc.

Aftercare: -

- **Discuss** - The practitioner can discuss with you anything they have picked up during the session. You can also discuss anything you felt or ask any questions you may have.
- **Rest** - Rest and drink plenty of water. This helps to flush out any released toxins.
- **Reflect** - Take some time to reflect on how you are feeling.

Mother Mary sessions last between 30-60 minutes. This will vary dependent on individual needs.

Disclaimer: - Mother Mary & The White Rose is a complementary therapy and can be used alongside conventional medicine but is not a replacement.

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