

MEDICINE FROM THE EARTH

The Ritual of Returning

Seven DIY rituals for everyday self-care

A gentle guide for women moving
through stress, grief & change



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Naturopathic physician | Nature, ritual & the art of tending to yourself

BEGIN HERE

A little room for yourself.

A cup you drink while it is still warm. A bowl of water scattered with petals. A few unhurried minutes to care for the body that carries you through your life.

I created this guide for the woman who wants to bring more intention to her days, especially when her energy, identity or circumstances are changing.

As a naturopathic physician, I begin with the foundations of care: nourishment, rest, movement, relationships and the conditions of daily life. Ritual can offer a small, personal way to make room for those foundations.

Here, sacred means worthy of your attention. You can bring your own faith, a spiritual practice, or simply a love of ordinary beauty. Use what feels meaningful to you.

The pages ahead offer seven things to make and seven moments to inhabit. Choose one. Make it smaller if you need to. Let it belong to the life you actually have.

With care,

Michele



A GUIDE TO THESE PAGES

Choose what calls to you.

Start with the ritual that feels easy to begin. There is no prescribed order and no need to complete all seven.

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Before you begin, read the practical notes on page 4.

Your personal rhythm is on page 12; sources and scope are on page 13.

GATHER SLOWLY

Your small ritual kit.

Begin with what you already own. Each recipe makes a modest amount, and every practice has a simpler version.

FROM THE KITCHEN

A mug, a small bowl, plain rolled oats, an orange, a cinnamon stick, drinking water and a clean spoon.

FROM THE LINEN CUPBOARD

A towel, a fine-weave muslin bag or clean cotton cloth, paper, a pen and a heavy book.

OPTIONAL BOTANICAL EXTRAS

Dried rose petals, dried lavender flowers, plain cosmetic-grade jojoba and sunflower oils. Buy only the ingredients for the ritual you choose.

A FEW THINGS TO KNOW

Make fresh. Wash your hands and use clean utensils. Prepare wet mixtures for immediate use. Discard leftovers. Keep flowers and water out of stored oils. [1]

Check your skin. Avoid known allergens. Before using a new leave-on oil, test a small area twice daily for 7-10 days. Stop and wash it off if irritation develops. [2]

Keep it personal. These recipes are for adult use. Keep botanicals, oils, hot drinks and small objects away from children and pets. Skip scents if they trigger symptoms.

Let your body lead. Keep your eyes open and breathe normally. If inward attention feels uncomfortable, look around the room, move, or stop the practice. [3]

RITUAL 01

A small sanctuary

Make one small place that reminds you to pause.

5 MINUTES TO MAKE / 1 MINUTE TO RETURN

GATHER

A small tray or plate

One smooth stone or
meaningful object

One leaf or flower, if you wish

A small piece of paper and a
pen

MAKE THE RITUAL

1. Clear a little space. Choose a corner of a shelf, desk or bedside table. Make room for the tray. A few inches are enough.

2. Arrange with intention. Place your object on the tray. Add a leaf or flower. Write one word on the paper: steady, spacious, soften, or a word of your own.

3. Give it a moment. Sit or stand nearby. Notice three things you can see and the surface supporting your feet or body. Let your breathing stay comfortable.

4. Return to your day. Choose one small act of care: make lunch, step outside, ask for help, or leave a task until tomorrow.

A QUESTION TO CARRY

What would make today feel a little more supported?

The smaller version. Use one ordinary object already on your desk. Let noticing it be the whole ritual.

Use objects you can handle safely. Keep small pieces out of reach of children and pets. Change fresh botanicals when they wilt.

RITUAL 02

The orange & cinnamon cup

Turn an ordinary warm drink into a moment of attention.

8 MINUTES / MAKES ONE CUP

GATHER

1 cup (240 mL) drinking water

2 thin slices of washed orange

1 small cinnamon stick

Optional: a little honey, to taste

A heat-safe mug and saucer

MAKE THE RITUAL

1. Prepare the cup. Place the orange slices and cinnamon stick in the mug. Heat the water, then pour it carefully into the mug.

2. Let it steep. Cover with the saucer for 5 minutes. Remove the cinnamon stick. Let the drink cool to a comfortable sipping temperature.

3. Stay for a few sips. Notice the cup in your hands, the citrus scent and the flavor. If your mind is busy, simply return to the next sip.

4. Follow with nourishment. Ask whether you also need food, water or a break. Enjoy the drink now and discard the used ingredients.

A QUESTION TO CARRY

What am I hungry for today, in the most ordinary sense?

The smaller version. Make a familiar caffeine-free drink, or use plain warm water. Sit down for the first three sips.

Use familiar food ingredients in culinary amounts. Skip any ingredient you react to; citrus may aggravate reflux. This drink is for enjoyment, with no therapeutic claim.

RITUAL 03

The oat & rose bath

A handmade bath sachet, a warm towel, a little quiet.

5 MINUTES TO PREPARE / UP TO 10 MINUTES TO SOAK

GATHER

1/2 cup plain rolled oats

Optional: 1 tablespoon dried rose petals from a reputable botanical supplier

A tightly woven muslin bag

A clean bathtub and towel

MAKE THE RITUAL

1. Fill the sachet. Spoon the oats and optional petals into the bag. Tie it securely so the contents stay inside.

2. Draw a gentle bath. Use lukewarm water. Place the bag in the bath and squeeze it gently to cloud the water. Keep loose plant material out of the drain.

3. Settle in. Soak for 5-10 minutes, or less if you prefer. Notice the warmth and the support of the tub. There is nothing to achieve here.

4. Finish with care. Step out carefully; oats can make the tub slippery. Rinse if needed, pat dry, and use a familiar moisturizer. Empty the bag and wash and dry it fully. [4]

A QUESTION TO CARRY

Where could I make a little more room for ease?

The smaller version. Use 2 tablespoons of oats in a bag in a basin of lukewarm water for a brief hand soak.

Skip oats or roses if allergic. Use plain water for reactive or broken skin. This kitchen-oat sachet is a comfort ritual, not the standardized colloidal oatmeal used in skin-care research.

RITUAL 04

The daily body oil

Mix a small amount. Take your time applying it.

2 MINUTES TO BLEND / MAKES 2 TEASPOONS

GATHER

1 teaspoon (5 mL) plain
cosmetic-grade jojoba oil

1 teaspoon (5 mL) plain
cosmetic-grade sunflower oil

A clean, dry small dish and
spoon

A towel to protect clothing

MAKE THE RITUAL

1. Prepare your blend. After testing each new oil on a small area of skin, combine the oils in the dish. Stir gently. Make this portion immediately before use. [2]

2. Begin with a few drops. Apply to slightly damp, intact skin on your hands, arms or legs. Use gentle strokes and only as much as feels comfortable.

3. Notice without judging. Attend to the texture of your skin and the movement of your hands. Let the practice be an act of care for the body you have today.

4. Keep it simple. Discard unused mixed oil. Wash the dish. Store the original oils as directed on their labels, with the caps closed and water kept out. [1]

A QUESTION TO CARRY

What would it look like to treat my body as someone in my care?

The smaller version. Apply a moisturizer you already tolerate. One unhurried minute is enough.

External use only. Avoid eyes, mucous membranes and broken skin. Stop if irritation develops. Add no essential oils, water or fresh botanicals. Oil can make floors and feet slippery.

RITUAL 05

A page from the garden

Make a pressed-leaf card to mark the season you are in.

10 MINUTES OF MAKING / 1-2 WEEKS TO DRY

GATHER

One small, dry fallen leaf from a plant you recognize

Two sheets of plain absorbent paper

A heavy book

A card, a pen and paper tape

MAKE THE RITUAL

1. Notice what is near. Find a leaf in your own garden or where collecting is permitted. Choose a familiar, non-irritating plant. You can also draw a leaf instead.

2. Press it flat. Place the leaf between sheets of paper, then inside a heavy book. Leave it somewhere dry for 1-2 weeks; replace any damp paper.

3. Make your card. When the leaf is fully dry, attach it with paper tape. Write the date and one word for your current season of life.

4. Keep it in view. Set the card beside your kettle or inside your journal. When you see it, name one thing that would nourish you today.

A QUESTION TO CARRY

What feels right for this season, even if it was different last year?

The smaller version. Look at a tree through a window. Draw one line or shape that catches your eye.

Leave protected plants and unfamiliar species alone. Avoid toxic or irritating plants; never taste collected material. Wash your hands afterward.

RITUAL 06

The remembrance bowl

Give love, memory or a life transition a little space.

5-10 MINUTES / WHENEVER IT FEELS WELCOME

GATHER

A small stable bowl

A little water

One flower or a few petals

A card or folded piece of paper

A meaningful object, if desired

MAKE THE RITUAL

1. Prepare a place. Set the bowl on a steady surface. Add water and the flower or petals. Place the card beside the bowl.

2. Name what matters. Write a name, a memory, or something you are carrying through a transition. Share only what feels manageable today.

3. Stay for a moment. Read your words silently or aloud. You may feel sadness, warmth, numbness or something else. There is no required response.

4. Close with support. Put the card away or leave it beside the bowl. Empty the water that day. Have a drink of water, eat something, or reach out to someone you trust.

A QUESTION TO CARRY

What would I like to remember, and what support do I need today?

The smaller version. Hold an ordinary object and remember one small detail. You may also skip this ritual entirely.

If memories feel overwhelming, stop and orient to your surroundings. Reach for support from someone you trust or a qualified professional. This is a reflective practice, not grief treatment.

RITUAL 07

The dusk ritual

Make a small botanical sachet to accompany the end of your day.

5 MINUTES TO MAKE / 3 MINUTES EACH EVENING

GATHER

1 tablespoon fully dried
lavender flowers

1 tablespoon fully dried rose
petals

A small cotton drawstring bag

A piece of paper and a pen

MAKE THE RITUAL

1. Fill and tie. Place the dried flowers in the bag and close it securely. Keep it dry. Use the sachet as a gentle room scent, only if you enjoy it.

2. Choose an evening cue. Set it beside your journal or a lamp, away from your pillow, children and pets. In the evening, put your phone aside for a few minutes.

3. Write three short lines. Today I noticed... Tomorrow can hold... Tonight I need... A single word for each is enough.

4. Finish the day softly. Choose one practical kindness: prepare breakfast, ask for quiet, or leave the dishes. Let the ritual end when those few minutes are complete.

A QUESTION TO CARRY

What can wait until tomorrow?

The smaller version. Skip the sachet. Lower one lamp and write down the next thing you need.

Skip scented plants if they trigger asthma, allergy or headache. Do not ingest or heat the sachet. Discard damp or musty contents. This is an evening cue, not a treatment for insomnia.

A RHYTHM YOU CAN RETURN TO

Care that fits your life.

Choose one ritual to repeat this week. Pair it with something you already do, such as making tea or turning on your bedside lamp.

THE RITUAL I WANT TO TRY

THE EVERYDAY MOMENT THAT WILL REMIND ME

THE SMALLEST VERSION I CAN DO ON A DIFFICULT DAY

ONE PERSON I CAN ASK FOR PRACTICAL SUPPORT

AFTERWARD, NOTICE

Did this feel pleasant, neutral or uncomfortable? What would I change next time? Keep what serves you and let the rest go.

WHEN YOUR ENERGY IS LOW

Choose one basic need: something to eat, a drink of water, a place to rest, or contact with someone who cares about you.

A GROUNDED APPROACH

A note on ritual & care.

These practices are invitations to sensory comfort, reflection and everyday self-care. The specific recipes and rituals in this guide have not been clinically tested as treatments. They do not promise to balance hormones, release trauma or resolve grief.

Relaxation practices may be useful for some people, but responses vary. If a practice increases distress, stop or adapt it. New or persistent changes in mood, sleep, energy or physical health deserve individual assessment. Keep in contact with your healthcare team. [3]

This guide provides general education for adults. It does not diagnose or treat a condition or establish a clinician-patient relationship. During pregnancy, after surgery, or with a significant skin or medical condition, check whether a new preparation or bathing practice is suitable for you.

PRACTICAL REFERENCE NOTES

1. [FDA. Microbiological Safety and Cosmetics.](#)

Why water, contamination and storage matter for homemade preparations.

2. [American Academy of Dermatology. How to test skin care products.](#)

Guidance on testing a new topical product before broader use.

3. [NCCIH. Relaxation Techniques: What You Need To Know.](#)

Evidence, limitations and possible adverse experiences.

4. [American Academy of Dermatology. Home remedies: What can relieve itchy eczema?](#)

Lukewarm bathing and slip precautions; not evidence for this DIY recipe.

Original writing and DIY practices created for Medicine From the Earth. Botanical imagery is illustrative and AI-generated. First edition, October 2026.



MEDICINE FROM THE EARTH

Return as you are.

*Let one small act of care become
a place you can come back to.*

I'm Dr. Michele Burklund, a naturopathic physician whose work brings together women's health, botanical medicine and the physical experience of grief. My approach makes room for both the science of the body and the woman living within it.

Explore my approach to care, women's health and grief medicine.

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