



# *Magic for the Movement*

**FIELD NOTES  
RITUALS & RECIPES TO  
AID WITH GRIEF**

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# The Magic



## **INTRODUCTION**

### **MAGIC FOR GROUNDING**

GROUNDING & CLEARING BATH

### **MAGIC FOR THE BODY**

SOOTHING SKIN HUNGER

THE "SHH" BATH

THE "SHH" SALVE

THE "SHH" SCAN

### **MAGIC FOR WARMTH & SELF-NURTURING**

"THE HEART-FIXER" HERBAL BREW BLEND

### **MAGIC FOR THE EARS**

SONGS & SOUNDS

### **MAGIC FOR GRIEF-AWARENESS & COMMUNICATION**

WORKSHEET FOR SELF, FRIENDS, & LOVED ONES



#### **Disclaimer:**

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"I have been in Sorrow's kitchen and licked out all the pots. Then I have stood on the peaky mountain wrapped in rainbows, with **a harp and a sword** in my hands."

— *Zora Neale Hurston*

This is an offering of field notes, recipes, and rituals collected through times of personal grief & healing. They have been honed through implementation in my Intuitive Wellness, Contemplative Coaching, & Folk Healing Practices. And they become charged with "magic" through your own improvisation, reflection, and intention - (as is said in the Black charismatic church "*make it personal to you*").

Each ritual, recipe, and practice is preceded by a prompt to "Pause & Contemplate" before the next ritual. The "Pause" pages are filled with quotes & sayings, in lieu of "definitions" on concepts such as "skin hunger" and / or "grounding". This is meant to stimulate the imagination & to allow you to come to your own personal definitions of healing.

This offering is meant to support you in the work that you are already doing:

The Self-Work

The Community Work

The Social Justice & Organizing Work

The Work of Healing Familial Wounds

The Spiritual Work

The Work of Survival

... the list goes on and on

This is not meant to be a manual to teach you how to "get rid of grief." Instead, it is an offering of practices to help you navigate "Sorrow's Kitchen" and provide tangible and intangible "windows" into spaces of Complex Joyfulness and Transformation.

Warmly & Sincerely,

*Jade J. Perry*

# Pause & Contemplate

"Many of us have been  
running all our lives.  
Practice stopping."  
— *Thich Nhat Hanh*



"Depending on circumstances, I  
may choose to manifest the  
anger in some way or to let go  
of it. The key is that I have not  
suppressed the experience of  
it."

— *Gabor Maté, When the Body Says No:  
Understanding the Stress-Disease  
Connection*

# *Magic for* Grounding

## GROUNDING & CLEARING BATH

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**YOU WILL NEED:**  
**BOWL**  
**EPSOM SALT**  
**PINK HIMALAYAN SALT**  
**ROSE PETALS OR BUDS (DRIED OR**  
**FRESH)**  
**2 BAY LEAVES**  
**TUB OR SMALL BIN**

**IT'S NICE TO HAVE:**  
**A MUSLIN BAG**  
**ROSE QUARTZ**  
**BLACK TOURMALINE**  
**WHITE CANDLE**  
**BAKING SODA**

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# *Magic for* **Grounding**

## **THE RECIPE:**

- 1. MIX HALF CUP OF EPSOM SALT WITH HALF CUP OF PINK HIMALAYAN SALT**
- 2. (IF USING, ADD 3 TSP OF BAKING SODA TO YOUR MIX)**
- 3. ADD A LIBERAL AMOUNT OF ROSE BUDS & 3 BAY LEAVES**
- 4. IF USING, PACK A PORTION OF THIS MIX INTO A MUSLIN BAG. STORE THE REST IN A MASON JAR OR CONTAINER FOR LATER USE.**

# Magic for Grounding

## THE RITUAL:

RUN A BATH WITH VERY WARM WATER. IF YOU DO NOT HAVE A SEATED TUB, FIND SOMETHING TO SOAK YOUR FEET WITH. (SIMPLE DISH BINS FROM DEPARTMENT STORES WORK WELL FOR THIS)\*. IF USING, LIGHT YOUR WHITE CANDLE. FEEL FREE TO SPEAK OR WRITE YOUR INTENTIONS FOR THIS BATH. KEEP IT SIMPLE & KEEP IT COMPASSIONATE (I.E. "I WISH TO AID MY GRIEF BY BEING FULLY PRESENT IN THIS BATH, FOR AS MANY MOMENTS AS I REASONABLY CAN." PLACE THE CANDLE, THE ROSE QUARTZ, & THE BLACK TOURMALINE IN A SPOT THAT FEELS GOOD FOR YOU & YOUR SPACE. IF USING, ADD YOUR MUSLIN BAG OF HERBS & SALT TO THE HOT WATER. OR JUST ADD THE MIXTURE STRAIGHT INTO THE BATH. ENTER, GET COMFORTABLE, AND CONTEMPLATE THE MANTRA:

I AM FEELING [\_\_\_]  
SO, I EXTEND COMPASSION TO MYSELF.

BEFORE EXITING THE BATH, ASK YOURSELF:  
WHAT DO I WANT TO RELEASE INTO THE WATER?

DRINK WATER IMMEDIATELY AFTER YOUR SOAK. THEN, REST.



# Pause & Contemplate

"In my practice I begin the process by helping my patients to first notice and then describe the feelings in their bodies—not emotions such as anger or anxiety or fear but the physical sensations beneath the emotions: pressure, heat, muscular tension, tingling, caving in, feeling hollow, and so on. I also work on identifying the sensations associated with relaxation or pleasure[...]

The mind needs to be reeducated to feel physical sensations, and the body needs to be helped to tolerate and enjoy the comforts of touch."

— Bessel A. van der Kolk, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*



**"Have you been touched today?  
Have you had your three pats  
already?"**

*-Mary Redd, my Grandmother,  
A common saying of hers & remedy for skin-  
hunger*



*Magic for*  
**The Body**

**"SKIN HUNGER"  
HEALING**

—

**THE "SHH" SUITE**

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*Magic for*  
The Body

**THE "SHH" BATH  
THE "SHH" SALVE  
THE "SHH" SCAN**

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# *Magic for* The Body

## THE "SHH" BATH

### YOU WILL NEED:

**BOWL**

**GROUND OATS**

**ROSE PETALS OR BUDS (DRIED OR FRESH)**

**ROSEMARY LEAVES (DRIED)**

### IT'S NICE TO HAVE:

**RHODOCHROSITE CRYSTAL**

**POWDERED MILK**

**(OR SUBSTITUTE: COCONUT MILK)**

**LARGE MUSLIN BAG OR CHEESECLOTH**

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**REPRESENTATIONS:**

**OATS**

**ABUNDANCE & COMFORT. SOOTHING FOR THE SKIN.**

**ROSE BUDS OR LEAVES**

**"COOLING" ELEMENT. SOOTHING FOR THE SKIN & AIDS WITH ENERGETIC IRRITATIONS**

**ROSEMARY**

**PROSPERITY. SOOTHES BREATHING & PROVIDES SUBTLE SKIN TINGLE**

**POWDERED OR COCONUT MILK**

**SOOTHING & COMFORT.**

**RHODOCHROSITE**

**THE ELEMENT OF DEEP SELF-COMPASSION & UNDERSTANDING**

**Read More:**

**"Working the Roots: Over 400 Years of Traditional African American Healing." Lee, M. 2014**

**"Master Book of Herbalism." Beryl, P. 1984.**

**Rhodochrosite Description: <https://www.energymuse.com/rhodochrosite-meaning>**





### **THE RITUAL:**

**RUN A BATH WITH VERY WARM / HOT WATER. IF YOU DO NOT HAVE A SEATED TUB, FIND SOMETHING TO SOAK YOUR FEET IN. IF USING, PLACE THE RHODOCHROSITE CRYSTAL (WHICH REPRESENTS DEEP COMPASSION & LOVE) IN A SPOT THAT FEELS GOOD FOR YOU & YOUR SPACE. THE "GOAL" FROM HERE IS ONLY TO RELAX & RELISH IN THIS SPACE.**

**ADD YOUR MIXTURE INTO THE BATH (VIA MUSLIN BAG, CHEESECLOTH, OR MINDFULLY POURING THE INGREDIENTS DIRECTLY INTO THE BATH. TAKE A FEW DEEP BREATHS, ALLOWING THE BREATH TO FILL & NOURISH YOU. SETTLE IN AND ALLOW THE ELEMENTS TO WORK THEIR MAGIC! <3**

**DRINK WATER IMMEDIATELY AFTER YOUR SOAK. WRAP UP IN A WARM BLANKET. THEN, REST OR COMPLETE THE "SHH SALVE & BODY SCAN" RITUALS.**

# *Magic for* The Body

## THE "SHH" SALVE

### YOU WILL NEED:

**BODY OIL CONTAINER**

**CASTOR OIL**

**GRAPSEED (OR ANY LIGHTWEIGHT) OIL**

**ARNICA ESSENTIAL OIL**

**CALENDULA ESSENTIAL OIL**

### IT'S NICE TO HAVE:

**GINGER ESSENTIAL OIL**

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## **REPRESENTATIONS:**

### **CASTOR OIL**

**SOOTHING FOR SKIN, MUSCLE CRAMPS,  
"WARMING & RESTORATIVE"**

### **ARNICA OIL**

**ASSISTS WITH INFLAMMATION & PAIN**

### **CALENDULA OIL**

**SOOTHING FOR SKIN**

### **GINGER ESSENTIAL OIL**

**"WARMING". STIMULATING FOR  
CIRCULATION.**

**Read More:**

**"Working the Roots: Over 400 Years of Traditional African American Healing." Lee, M. 2014**

**"Master Book of Herbalism." Beryl, P. 1984.**

**Rhodochrosite Description: <https://www.energymuse.com/rhodochrosite-meaning>**

## **THE RECIPE:**

- 1. POUR CASTOR OIL IN A BOWL TO YOUR LIKING (CASTOR IS A HEAVIER OIL, SO START SLOWLY E.G. 1/4 CUP)**
- 2. POUR THE GRAPESEED (OR ANY ORGANIC LIGHTWEIGHT OIL) TO YOUR LIKING (E.G. 3/4 CUP)**
- 3. MIX THE TEXTURES TO YOUR LIKING**
- 4. ADD 5 DROPS OF ARNICA OIL**
- 5. ADD 4 DROPS OF CALENDULA OIL**
- 6. ADD 1 DROP OF GINGER OIL**
- 7. SMELL-TEST (YOU CAN ADD IN SCENTS THAT YOU ENJOY OR DILUTE INTENSITY WITH CARRIER OILS. I'M PARTIAL TO ROSE OIL WITH THIS BLEND)**
- 8. POUR & STORE IN YOUR OIL CONTAINER**

# Magic for The Body

## RITUAL: "SHH" BODY SCAN

SET UP IN A QUIET SPACE, BRINGING YOUR "SHH" SALVE (IF MADE; IF NOT, ANY LOTION OR OIL WILL DO). FIRST, TAKE ONE DEEP BREATH IN & EXHALE. SET THE INTENTION OF LISTENING DEEPLY TO WHAT YOUR BODY HAS TO SAY. DIRECT YOUR ATTENTION TO YOUR HEAD & FACE. IF YOU NOTICE AREAS OF TENSION, BREATHE IN, & RELAX DEEPER INTO YOUR BODY ON THE EXHALE. REPEAT THIS PROCESS WITH ALL OF THE AREAS OF YOUR BODY, WORKING YOUR WAY FROM THE CROWN OF THE HEAD TO THE SOLES OF THE FEET. AFTER YOU HAVE DONE THIS, TAKE A PAUSE OF GRATITUDE FOR YOUR BODY & ALL OF THE INFORMATION IT HAS SHARED WITH YOU.

THEN, TAKE THE OIL YOU HAVE AND SLOWLY, GENTLY, AND MINDFULLY MASSAGE IT INTO THE PLACES WHERE YOUR BODY INSTRUCTS YOU - STARTING WITH THE FEET & WORKING YOUR WAY UPWARD. LET YOUR INTUITION GUIDE YOU. AS YOU MASSAGE, PLAYFULLY CONSIDER:  
HOW CAN SHOW MY BODY THAT ITS WISDOM IS VALUED?

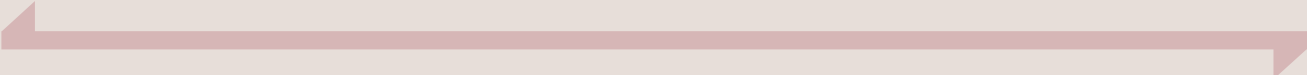
FUN NOTE: AFTER YOU HAVE DONE THIS ONCE YOURSELF, FEEL FREE TO SHARE THE PRACTICE WITH A FRIEND!



# Pause & Contemplate

"I am an act of kneading, of uniting and joining that not only has produced both a creature of darkness and a creature of light, but also a creature that questions the definitions of light and dark and gives them new meanings."

— Gloria Anzaldúa,  
*Interviews / Entrevistas*



**"Some may know 'Em to be a Heart-Fixer! Others may know 'Em as a Mind-Regulator!"**

*-Common Adage from the Black charismatic church*

*Magic for*  
Warmth & Self-  
Nurturing

**"THE HEART- FIXER"  
HERBAL BREW BLEND**

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# *Magic for* Warmth & Self- Nurturing

## **"THE HEART- FIXER" HERBAL BREW BLEND**

**YOU WILL NEED:**

**GROUND SAGE**

**SPEARMINT**

**PEPPERMINT**

**GINGER ROOT (DRIED & CUT)**

**CINNAMON / CASSIA BARK**

**ROSE PETALS (DRIED)**

**TEA BALL / INFUSER / MESH BAG**

**OR FRENCH PRESS (TO STEEP)**

**IT'S NICE TO HAVE:**

**HONEY**

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## **REPRESENTATIONS:**

**GROUND SAGE**

**ANTI-BACTERIAL PROPERTIES & SOOTHING FOR  
RESPIRATION**

**PEPPERMINT**

**BALANCING FOR THE THROAT CHAKRA,  
SPEAKING TRUTHS, & SOOTHING THE THROAT**

**SPEARMINT**

**FRAGRANCE & TASTE-SMOOTHING**

**GINGER**

**"WARMING". STIMULATING FOR CIRCULATION.**

**ROSE PETALS**

**"COOLING". BALANCING. CORRESPONDS WITH  
THE HEART CHAKRA**

**HONEY**

**ABUNDANCE. METAPHORICAL & LITERAL  
SWEETNESS!**

Read More:

"Working the Roots: Over 400 Years of Traditional African American Healing." Lee, M. 2014

"Master Book of Herbalism." Beryl, P. 1984.

Rhodochrosite Description: <https://www.energymuse.com/rhodochrosite-meaning>



**THE RECIPE:**

**START BY POURING 1 TSP OF GROUND SAGE**

**ADD 1 TSP PEPPERMINT**

**ADD 1 TSP SPEARMINT**

**ADD 1/2 TBSP GINGER**

**ADD 1/2 TBSP CINNAMON / CASSIA BARK**

**ADD 1 TBSP OF ROSES (OR MORE!)**

**PLACE HERBS IN YOUR INFUSER (TEA BALL, MUSLIN BAG, CLEAN FRENCH PRESS, ETC)**

**STEEP FOR 8 MINUTES**

**IF USING, GATHER HONEY FOR THE RITUAL**



## **RITUAL:**

**STEEP THE HERBS FOR 8 MINUTES.  
IF USING, STIR IN THE HONEY / SWEETENER  
CLOCKWISE, FOCUSING ON THE INTENT THAT YOU'D  
LIKE TO ADD TO THE TEA E.G.**

**"I TEND TO MY HEART. I AM AWAKENED TO THE PLACES,  
PEOPLE, AND THINGS THAT ARE GENERATIVE & HEALING  
FOR ME"**

**DRINK SLOWLY & ENJOY!**

**PRO TIP: CLAY BASED, HEAVIER WEIGHT MUGS ARE  
HELPFUL IN KEEPING BREWED BLENDS HOT FOR LONGER  
PERIODS OF TIME. TYPICALLY, I LIKE TO USE A  
THERMOS TO KEEP THE VIBES HIGH ALL DAY.**

# Pause & Contemplate

"Sing to the moon  
And the stars will shine  
Over you  
Lead you to the other side"

— *Laura Mvula, Sing to the Moon*

The background of the entire image is a dark, starry space filled with numerous small, bright white and yellow stars. Several large, glowing spheres in shades of orange, red, and purple are scattered across the scene, some appearing as bright, out-of-focus light sources and others as more defined, textured celestial bodies. The overall atmosphere is ethereal and magical.

*Magic for*  
Sound Healing

**SONGS &  
SOUNDSCAPES**

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*Listen. Sing.  
Soak in the Sounds.*

Can't Live with the World (On Your Shoulders) - Laura Mvula

Sing to the Moon - Laura Mvula

Kingdom of Prince - Peyton

Touch In Mine - Esperanza Spalding

Journey in Satchinada - Alice Coltrane

Heaven - Iman Omari

Things I Imagined - Solange

Beauty Speaks - Chantae Cann

Let Me Fall - Laura Mvula

In the Mornin' - Micki Miller

Alright - PJ Morton

Everything's Gonna Be Alright - PJ Morton (feat BJ the  
Chicago Kid & The Hamiltones)



# Pause & Contemplate

"Choose your cure..."

— *Joni Cade Bambara, The Salt Eaters*

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"Mindfulness not only makes it possible to survey our internal landscape with compassion and curiosity but can also actively steer us in the right direction for self-care."

— *Bessel A. van der Kolk, The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

*Magic for*  
Grief-Awareness &  
Communication

GRIEF-AWARENESS PLAN  
& COMMUNICATION  
WITH FRIENDS & FAMILY:  
WORKSHEET

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**Please use this worksheet to reflect & to share the ways that friends & loved ones can support you through times of grief.**

**Name:**

**Date:**

I have eaten today. Y / N

I am well hydrated. Y / N

I have taken all relevant medications or supplements. Y / N

I have received an adequate amount of rest (6-8 hrs). Y / N

I consider my care team to be the following (e.g. therapist, life coach, body worker, etc):

- 1.
- 2.
- 3.
- 4.

Things that help to soothe & support me through grief include (check all that apply):

Being outside & in nature

Spending time with friends

Aromatherapy

Candles

Good meals

The following herbs:

Watching tv

Listening to music

Spending time with animals & pets

Creative Arts: Writing, Dancing, Singing, Painting, Crafting

Flowers

Dressing up

Wrapping up in a blanket

The following comfort items:



At this time, the best support from friends & loved ones includes (mark all the options that apply):

Empathy

(Pro-Tip: Here's a resource on empathy that you can share with friends & loved ones: <https://www.youtube.com/watch?v=1Evwgu369Jw>)

Advice (with my consent)

Let us know the specific way(s) you prefer to negotiate and give consent around hearing / receiving advice. We acknowledge that consent can change in any moment. This is normal & should be honored.

Encouragement (with my consent)

Prepared Meals & Meal Shares


Quality Time

Money, Gifts, or Donations to 

Personal Time & Space to De-brief & Re-group

Let us know how you'd prefer to check back in, when you're ready.

Other







**The best way to communicate with me at this time is through:**

- Text
- Phone Call
- Email
- Through the intermediary I have chosen  
(Please share their name & best contact info)

---

Unavailable for communication at this time

**Emergency Contact Information**

Name:

Number:

Name:

Number:



# *Magic for the* **Movement**

## *Special Thanks To:*

All who have helped me to heal  
All who have initiated me into the  
traditions of intuitive wellness  
And to you, for showing up for  
yourself with love & compassion

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