

by Lycia Van Roy

ALCHEMY

"Alchemy: 'Fancy a sexual cleanse via your womb? Use herbs. Uplifting the energy can include utilization of healing herbs or even a cleansing bath elevating the inner chemistry. "It can give a human a totally different glow," says Lycia Van Roy, herbalist and yoga teacher at Ainú Holistic Therapy.

The sacral chakra is intimately connected to your sensual energy. As a result, utilizing the power of the sacral chakra can boost your creative thinking and expression, allowing you to explore new ideas and views. Alternately, a blocked or imbalanced sacral chakra can lead to a variety of issues.

What tips do you have for those who want to alchemize their energy? First, check with your body whether you are grounded. If not, an effective way to ground is by walking barefoot on the earth. Also good to know: some people will elevate and ground naturally. However, the most effective way to alchemize internally is by making love with someone you love. Therefore, it is important to purify the sacral chakra with full consciousness, with qualified methods. And of course, you have to take the level of context into account.

For example, energy from herbs intended for sacral chakra therapy can assist in releasing negative emotions like guilt, anger, and fear, resulting in emotional equilibrium. This peaceful condition then fosters self-respect and the capacity for forgiveness toward oneself and others, which spurs personal development and healing. Mugwort, *Artemesia Vulgaris*, does well for its awakening effect. Controversially, if your womb has endured a lot of abuse, I would choose this plant. This herb awakens the areas of your subconscious mind that have been allowed to gather dust and aids in the processing of old wounds to promote greater closure and healing in your life.

Lady's Mantle will do as well. Most herbalists frequently refer to Lady's Mantle as a protector, similar to a mantle of



protection, especially for sensitive people. The herb is a calming and helpful presence, protecting persons who use it from external stressors and fostering their well-being. If the use of plants is new to you, in that case, you could start with a hydrolate of orange blossom, as it provides emotional balance. A teaspoon for a duration of 21 days.

There are a couple of contraindications for the use of herbs. Mugwort, for example, is generally regarded as safe for most individuals. However, you should not use it if you are pregnant, since the uterine contractions it generates can result in miscarriage.

How long does it take for a herb to fully do the work internally? It depends on your body and the work that needs to be done, but usually, a herb can be used for three weeks, with a break during one week for integration. For others, it can take up to a couple of months, to years—the time your body needs in order to heal. Overuse might cause discomfort or harm.

People may think it is a lot of work to take in. In under 30 minutes, including boiling the water and letting the herbs infuse, you are able to make your infusion, depending on the herb, of course.

Not every herb that is advertised is safe for internal use, therefore avoid companies and people that produce herbs that can be mislabelled as "safe." When in doubt, consult a trusted herbalist and/or doctor.

A lot of people are in deep need of healing and healthy feminine wisdom; nurturing them gives that another dimension."



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