
Stay Rooted.

The Sage. ♦

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♦ THE ROOTED WISDOM · VIRTUAL WORKSHOP

Pleasure Garden

Sensual Herbalism

— AUGUST 26, 2026 —

with The Sage

The Evening *in Brief*

Pleasure isn't a luxury bolted onto wellness. Desire is physiology — heat, blood, breath, scent — and the body already knows the way in.

The senses are the doorway: scent arrives before thought, taste is information, and arousal begins there — before touch. A brew can be medicine and seduction at once. If it isn't delicious, the body won't open for it.

01 Thermogenic Warming

Flush, glow, awakened skin — carried by damiana, rose, and the warming spices

02 Vascular Relaxation

Arousal is blood flow — vessels soften, open, and fill — carried by cacao

03 Cooling & Thinning

Sensation travels on moving blood — carried by hibiscus, your sorrel

04 Scent & the Nervous System

Straight to the limbic brain, where desire and memory live — jasmine and rose

One garden, four doorways — rose, damiana, hibiscus, jasmine, cacao.

Keep Going

VIRTUAL WORKSHOP

Matters of *the Heart*

SEPTEMBER 20, 2026 · 11AM

With The Sage, Julie Moody-Freeman, and Ericka Mabrie — the heart as territory: plants, practice, and the wisdom of three traditions in one room.

IN PERSON · FOUR DAYS

New Orleans *Ancestral Excursion*

OCTOBER 29 — NOVEMBER 1, 2026

Four days in New Orleans with your guides — The Sage, Julie Moody-Freeman, and Ericka Mabrie. Tonight was an evening in your senses; this is four days in them.

Excursion \$725 · Full Immersion \$950

Details and registration at therootedwisdom.com

Cacao-Rose *Sipping Chocolate*

INGREDIENTS

- ◇ 1 cup milk of choice
- ◇ 2 tbsp cacao powder — or 1 oz chopped ceremonial-grade cacao
- ◇ 1 tsp dried rose petals, or ¼ tsp rosewater at the end
- ◇ Honey to taste · pinch of cinnamon or cayenne for heat

METHOD

Warm the milk with the rose petals 5 minutes.

Strain, whisk in the cacao until glossy, sweeten.

A slow, shared cup in the evening.

Trinidadian *Sorrel*

INGREDIENTS

- ◇ 2 cups dried sorrel (hibiscus) calyxes
- ◇ 4–5 whole cloves
- ◇ 1 cinnamon stick
- ◇ 3–4 cardamom pods, cracked
- ◇ 1-inch piece fresh ginger, sliced
- ◇ Peel of one orange
- ◇ 8 cups water · 1 cup cane sugar

METHOD

Boil the water, add everything, and simmer 10 minutes.

Steep off-heat at least 4 hours — overnight is better.

Strain. Stir in the cane sugar while still warm. Chill.

Deepens by day two.

Damiana-Rose *Honey*

PREPARATION

- ◇ Fill a jar $\frac{1}{3}$ with equal parts dried damiana leaf and rose petals
- ◇ Cover completely with raw honey, leaving $\frac{1}{2}$ inch headspace
- ◇ Stir out air pockets and cap

STEEP

Steep 1–2 weeks, turning the jar every day or two.

Strain warm — a brief warm-water bath loosens it — or leave the herb in.

By the spoon, in tea, or over fruit.

Jasmine *Bath Oil*

3% DILUTION

- ◇ Carrier: jojoba or avocado oil
- ◇ 18 drops jasmine absolute per 1 oz carrier
- ◇ 36 drops per 2 oz

USE

1–2 teaspoons per bath, or as a body oil after.

Look for jasmine absolute, not essential oil — true jasmine is an absolute, and you'll meet both on shelves.