

Issue no.1



AUGUST

FIRE | POWER | CONFIDENCE

CELESTIAL WELLNESS - HERBALISM
ENERGY HEALING - CHAKRAS

TAMAR X CARINE

AUGUST BRINGS WITH IT A DYNAMIC BLEND OF CELESTIAL INFLUENCES, GUIDING US THROUGH A MONTH OF TRANSFORMATION, REFLECTION & GROWTH

PLANETARY INFLUENCES & ASSOCIATED HERBAL REMEDIES



SUN IN LEO

The Sun, ruler of Leo, shines brightly in its home sign, emphasizing self-expression, leadership, and creativity. It's a time to embrace your inner light, take pride in your accomplishments, and share your unique gifts with the world.

ESSENTIAL OILS:
Myrrh, Citrus Family, Cinnamon
Ginger,



MERCURY IN VIRGO

Mercury's transit through Virgo brings attention to detail, communication, and practical thinking. This is a favorable time for refining plans, engaging in precise communication, and improving daily routines.

ESSENTIAL OILS:
Rosemary, Lemon, Spearmint,
Bergamot & Vetiver



VENUS IN LIBRA

Venus, the planet of love and harmony, graces Libra, encouraging balance in relationships, aesthetic appreciation, and diplomatic interactions. It's a time to seek harmony and fairness in your connections with others.

ESSENTIAL OILS:
Damask Rose, Cedarwood, Lavender



MARS IN VIRGO

Mars in Virgo channels energy into productive, detail-oriented tasks. It's a time to tackle projects that require precision and dedication, focusing on health and wellness.

ESSENTIAL OILS:
Rosemary, Lemon, Spearmint,
Bergamot & Vetiver

A large, detailed image of a full moon in the Aquarius zodiac sign, with two orange wavy lines below it.

FULL MOON IN AQUARIUS



*Refer to page 9 for full guidance



NEW MOON IN LEO MEDITATION

4 AUGUST, 2024



*Set powerful intentions for
new beginnings & personal growth*

Find a quiet space and light a candle

*Write down your intentions and goals
for the upcoming lunar cycle*

MEDITATION by CARINE SARKIS

[Click Here to Download](#)  



Meditate with your chosen crystals, essential oil rollers, or mists to deepen your connection with nature's energy and enhance your intentions

SOLAR PLEXUS CHAKRA

Product Guide

Use during rituals, yoga, meditations, or daily routines to enhance spiritual and energetic well-being



Herbal Infusion
Emotional Gut Balancing Herbs
& Digestive Tract Healing

[BUY HERE](#)



Botanical Mist

[BUY HERE](#)



Aromatherapy Roller

[BUY HERE](#)



HERBS OF THE SUN

The sun rules the heart the cardiovascular system, the ego, the immune system and the bodie's vitality, plants associated with the sun have these characteristics:

- **Warming**
- **Full of yang energy**
- **Associated with Pitta Dosha**
- **Expansive in nature**
- **Energizing**
- **Life-giving**
- **Dependable**
- **Strong**
- **Rhythmic**



CINNAMON

The sun rules the heart the cardiovascular system, the ego.



CHAMOMILE

Promotes relaxation and alleviate stress



DAMASK ROSE

The sun rules the heart the cardiovascular system, the ego.



ASHWAGHANDA

The sun rules the heart the cardiovascular system, the ego.



CALENDULA

anti-inflammatory and supports skin health. It can be used to heal wounds, soothe irritated skin, and reduce inflammation.



ST JOHN'S WORT

The sun rules the heart the cardiovascular system, the ego.

SAFFLOWER

The sun rules the heart the cardiovascular system, the ego.



HAWTHORN

The sun rules the heart the cardiovascular system, the ego.





8:8
LION'S GATE
PORTAL



Align your energy with the powerful frequencies of the Lion's Gate, connect through heart chakra, download energy from your higher self and spirit guides.



Journaling during the Lion's Gate portal can clarify your intentions, helping you to focus your energy on what truly matters and making your manifestations more potent.

EARTH ALIGNS WITH SIRIUS

JULY 26 - AUGUST 8

PEAKS AT 8 - 8 - 2024

SUN IN LEO AND OUR BODY

WHEN THE SUN IS IN LEO
WE ARE PRONE TO FEEL:

- *Back problems*
- *Dehydration*
- *Fainting*
- *Hypertension*
- *Nerve Pain*
- *Chronic fatigue*



Hydrate & increase your body activity with energizing herbal waters



**METABOLISM
BOOSTER
HYDSOL**

**BITTER ORANGE
PEEL, LEMON,
NEROLI & CINNAMON**

Metabolism Booster
Digestive Support
Hydration
Antioxidant properties
Mood Enhancement
Skin Health
Appetite Regulation
Refreshment & Energy

100% NATURAL
NO PRESERVATIVES
250ml

HYDSOLS & FLORAL WATERS

STAY HYDRATED
& ENERGIZED WITH
FLORAL WATERS

BUY HERE

EXPLORE THE
HERBAL
PHARMACY

CLICK HERE

EMBRACE THE LEO ENERGY

By consciously aligning with the Leo energy, you can make the most of this vibrant and empowering period. Embrace the opportunities to shine, lead, and create, and let the dynamic energy of Leo guide you to greater self-expression and fulfillment.

- Cultivate self-confidence
- Body language
- Celebrate your achievements
- Embrace leadership
- Update your wardrobe
- Joyful living
- Positive attitude



SEARCH SUNSHINE C HERBAL INFUSION X

Calendula, Safflower, Rose Petals, Orange, Red Apples

[BUY HERE](#)



COURAGE AROMATHERAPY ROLLER

[BUY HERE](#)



HAPPY AROMATHERAPY ROLLER

[BUY HERE](#)



CRYSTALS OF LEO/AUGUST

Crystals that resonate with Leo's energy can help enhance these attributes, bringing balance and support to those born under this sign or anyone looking to harness Leo's powerful energy. Here are some key crystals associated with Leo and the reasons to use them:



CITRINE

Citrine enhances Leo's leadership and positivity, attracting abundance and clarity



TIGER'S EYE

Tiger's eye boosts confidence and decision-making, grounding the fiery spirit



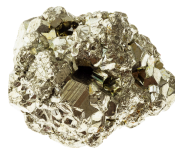
SUNSTONE

Sunstone is the embodiment of joy, vitality and strength. It boosts leadership & abundance



CARNELIAN

Carnelian amplifies creativity and vitality fueling your passion for life



PYRITE

Pyrite supports ambition, protecting against negativity while attracting success and money



AMBER

Brings out creativity, self-expression. Repels negativity calling in healing and warmth

SOLAR PLEXUS CHAKRA CRYSTAL KIT

**Crystals + Chakra Aromatherapy roller + Sage Stick
Mini Herbal Infusion Pouch + Guidance Sheets in the box**
Citrine, Tiger's Eye, Carnelian, Sunstone, Pyrite

[BUY HERE](#)



1:1

Book a Sound Healing Session w/ tuning forks and crystal healing with Carine Sarkis

[BOOK HERE](#)

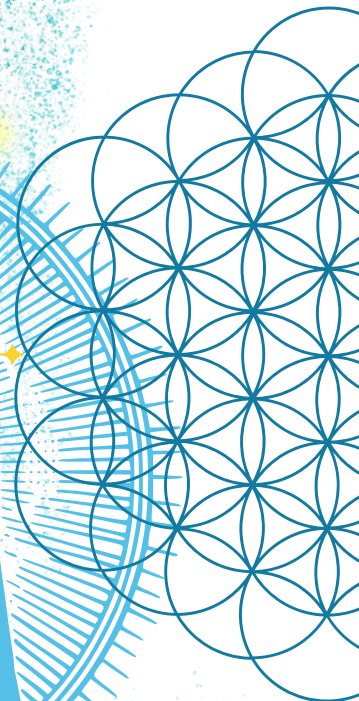


POSITIVITY KIT + HAPPY AROMATHERAPY ROLLER KIT

Amethyst, Amazonite, Blue Carnelian, Chrysocolla, Clear Quartz

[BUY HERE](#)





ASSUMPTION OF ST. MARY MEDITATION

WITH CARINE SARKIS

15 AUGUST 2024

[Click Here to Meditate](#)  

*Mp3 available as of 14 August

The Divine Mother Mary holds the attributes of the White Rose Energy. She supports us to heal emotions related to our ancestral line and our relationship to our Mother, so that we can connect deeper into our Heart. The more we are able to cleanse and release our emotions, the clearer our connection will be to our Heart and Higher Self.

Click on the link above for a short guided meditation to transition from our mind center to our heart center, embracing the white rose energy. This meditation is a reminder for us to connect with the purity of Virgin Mary's essence and allows us to express gratitude for the Divine Heavenly Mother.

LION'S BREATH

PRANAYAMA

Lion's Breath, or Simhasana Pranayama, is a type of breathing exercise used in yoga to release tension, improve respiratory function, enhance focus & boost confidence. It's named after the lion pose (Simhasana) because the practice mimics the powerful, expressive roar of a lion.

How to Practice Lion's Breath Pranayama:

1. Starting Position:

- Sit in a comfortable kneeling position with your knees hip-width apart.
- Place your hands on your thighs or on the floor in front of you for support.

2. Hand Placement:

- Spread your fingers wide and press your palms into your thighs or the floor.
- This will help you anchor your energy and create stability.

3. Inhale:

- Take a deep breath in through your nose, filling your lungs with air.

4. Exhale with a Roar:

- Open your mouth wide, sticking out your tongue, and exhale forcefully through your mouth, making a sound like a lion's roar.
- While exhaling, make sure to stretch your tongue out as far as possible and to keep your eyes wide open.

5. Focus:

- As you exhale, focus on the sensations in your throat and face.
- Imagine releasing any built-up tension, stress, or negativity with the breath.

6. Repeat:

- Practice Lion's Breath for about 3 to 5 breaths.
- You can do this exercise a few times throughout your yoga practice or as needed to boost energy and release stress.

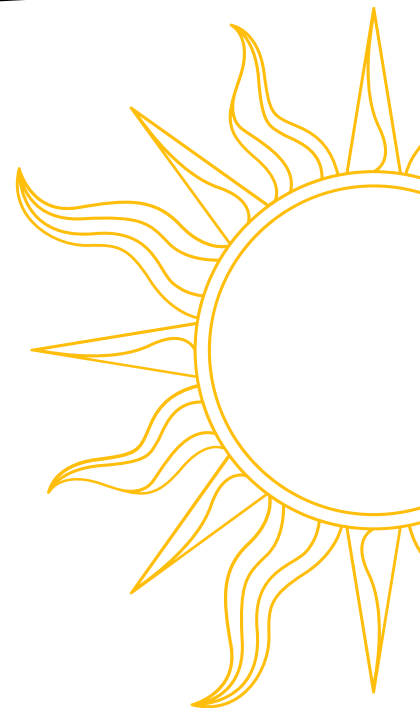
AFFIRMATIONS

ACTIVATE YOUR POWER



By incorporating affirmations into your daily life, you can cultivate a more positive and empowered mindset, ultimately leading to personal growth and a greater sense of well-being.

'THE SUN OF MY SOUL IS SHINING NOW.
I AM RADIATING WITH A HARMONIOUS LIGHT.
I AM IN TOUCH WITH DIVINE INSPIRATION.
CREATIVITY FLOWS THROUGH ME WITH EASE.
I AM EMPOWERED AND ALIGNED
WITH LIGHT. AND SO IT IS.'
'I HAVE ACCESSED THE LIGHT OF MY SOUL
AND I SHARE IT WITH THE WORLD!'







FULL MOON IN AQUARIUS MEDITATION

19 AUGUST, 2024



Write down anything you wish to release on a piece of paper. This could be fears, limiting beliefs, or negative habits. Safely burn the paper, visualizing the release of these energies. Meditate under the moonlight, focusing on purification and renewal.

MEDITATION by **CARINE SARKIS**

Click Here to Listen  

*Mp3 Available as of 18 August



Carine Sarkis

E n e r g y h e a l i n g

“I am not what happened to me, I am what I choose to become.”

Life is a constant journey of transformation and growth; when challenges cease, our evolution slows. With 8 years of experience in personal and professional transformation, I am a certified therapist in various modalities. I intuitively tailor my sessions to address the unique aspects and vibrations of each individual, ensuring you receive the most beneficial healing modalities for your needs. Allow me to assist you on your journey, as I am deeply committed to continuous growth for both myself and those I guide.

Below are the main techniques I use in my sessions. Depending on the situation, I may employ a single modality or a combination of several. Please note that Prices are given upon request.

HOLISTIC THERAPY & SPIRITUAL GUIDANCE AND 1:1

Unlock your true potential with personalized one-on-one sessions that seamlessly integrate diverse healing techniques to nurture your physical, mental, and spiritual well-being. This transformative approach includes coaching and guidance that is tailored to your unique journey of physical healing and spiritual growth, to elevate your frequency and to live a life that is in an alignment with your soul's true essence.

Duration 60 Minutes



EMOTIONAL FREEDOM TECHNIQUE - AKA TAPPING

It is an alternative acupressure therapy treatment that works with the body's subtle energy system (The Meridians - a network of energy pathways) by gently tapping on them to release blockages, phobias, PTSD and other issues.

Benefits

- Helps you understand and transform your thoughts, beliefs, and emotions.
- Relieve stress and promote general relaxation
- Release and transform emotions like anxiety, sadness, anger, guilt, frustration, etc.
- Relieve phobias and other fears, irrational or otherwise
- Improve or even eliminate some types of physical discomfort or pain
- Resolve financial blocks and help us change our financial behavior
- Foster better sleep and sleep habits
- Increase self-esteem, clear-thinking, positive feelings and a sense of greater peace
- Maximize creativity, visioning, and goal setting
- Increase energy and productivity
- Diminish cravings for food and addictive substances and resolve emotional eating and weight issues

Duration: 90 Minutes





Carine Sarkis
E n e r g y h e a l i n g

AKASHIC RECORDS READING , HEALING & CLEARING

An ancient and profound practice that unlocks your soul’s true potential through a channeled reading of your book of life that is found in a non-physical vibrational library called the Akashic Records. Once the session opens, it gives you a fine tuning to your soul’s frequency and the reading helps in identifying the limiting beliefs behind energetic blocks, fears, phobias, and repetitive patterns you carry from childhood and other past events.

The clearing process releases outdated timelines, memories, karmic debts, and soul contracts, allowing you to align with your true path.

How is the Session conducted?

Before attending the session, I will be sending you a list of questions for you to have an idea of what can be asked and what subjects to tackle.

The session can be conducted in different ways

- By attending in person or Online, we will be sitting, my eyes will be closed while I energetically access the information from the Akashic Library.
- You can simply prepare a set of questions concerning a topic or personal matter that you need to tackle, and I will be answering you by a detailed email a few days later.

What is required before attending a session?

- To set an intention on self-love and kindness to yourself.
- Your full name (as per the ID), and your nickname if you have any.
- A pencil and paper to record important notes
- Or you can you record the whole session and keep it as reference, since some information given might appear later in time (days or even a year)

Duration: 90 minutes



*Please note that prices are given upon request.

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Carine Sarkis
Energy healing

RE-AWAKENING THE SACRED FEMININE ESSENCE WITH THE ROSE ENERGY

After a full year of dedicated integration and commitment, I am now a certified Rose Priestess, facilitating the integrative sessions listed below.

Awaken your sacred feminine essence through a transformative journey with the Divine Rose Energy. Through guided meditations, anointing rituals, healings and blessings, you will be guided to awaken your heart, womb/sacral space and root. The Rose Activation practices utilize the combination of essential oils, crystals and the vibrations of the Rose to connect with Rose Light and receive a Rose Healing.

You can choose to embody and awaken the feminine journey through the following sessions:

Journey With The Rose Reawakening the Divine Sacred Feminine Within (3 Sessions)

3 Separate sessions of initiations and activation of the White, Pink and Red Rose, each carrying a different purpose and different frequency.

The White Rose: We will go on a journey into a meditation to open your heart, connect to Source, and meet your Inner Child.

The Pink Rose: A journey through a meditation to connect with the Feminine Gateway of your Heart, to connect and to align deeper with your Divine Purpose so that you create more joy, love and fulfillment in your life.

The Red Rose: This journey is a meditation to connect with Mary Magdalen, anointing rituals and blessings to reclaim your connection to your root, womb/Sacral space and the Earth. It expands your being into your Feminine Wisdom and reawaken your Sacred Feminine Essence and Power

Preferably to be taken as a series of 3 different sessions (6 Hours in total)

Duration: 90 Minutes / Session

For groups sessions, special offer is available



*Please note that prices are given upon request.

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Carine Sarkis
Energy healing

RE-AWAKENING THE SACRED FEMININE ESSENCE WITH THE ROSE ENERGY

Conversation With The Sacral Space / Womb An Activation of The Feminine Essence

This session will focus on clearing and awakening your Womb or Sacral Space (physical or energetic). This space serves as a gateway to healing and awakening your Sacred Feminine Essence. Within it, you hold unresolved emotions, trauma, and suppressed energy. By clearing your womb, you allow divine energies to flow, expanding creativity and soul gifts. Along with the aromas of the specially picked essential oils, rose petals, crystal & sound healing tuning forks, a guided meditation and activation will start. We'll awaken the four elements—Earth, Air, Water, and Fire. Following this, you'll engage in a thorough conversation between you and your sacred womb space, so please bring your journal, or I will provide you a pen and paper. The answers you receive will deepen your understanding of your Sacred Feminine Essence and provide guidance on how to honor and navigate your life while awakening your unique gifts.

Duration: 120 Minutes



For groups sessions, special offer is available

*Please note that prices are given upon request.

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Carine Sarkis
Energy healing

THE ULTIMATE CHAKRA ALIGNMENT WITH TUNING FORKS, CRYSTALS, QUANTUM TOUCH AND AROMATHERAPY

Immerse yourself in the complete Chakra healing experience, combining tuning forks sound frequencies, crystals, quantum touch energy healing and aromatherapy. This session aims to balance your body's energy flow, reduce tension and stress, and remove stagnant or blocked energy. By enhancing circulation, it promotes emotional harmony and equilibrium, as well as spiritual growth.

Sound Therapy – Tuning Forks

Using sound frequencies and vibration to balance the body's energy. It reduces tension and promotes emotional harmony, and works in similar way to acupuncture stimulating points in the body. It increases energy flow in the body, which improves circulation and removes blocked energy. They reduce anxiety, center the body and gives mental clarity, promotes cellular health, clears negative energies, and deepen meditations.

Quantum-Touch

is a powerful energy healing technique that works with life force energy – a universal vibration of love and well-being. Also known as "chi" in Chinese and "prana" in Sanskrit, life force energy is the flow of energy that sustains all living beings

Aromatherapy

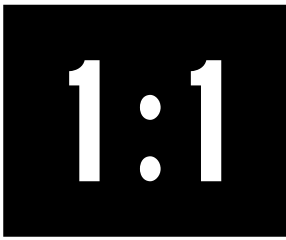
Using different essential oils that works through the sense of smell and skin absorption, stimulating relaxation and healing any discomforts.

Duration: 50 Minutes



*Please note that prices are given upon request.

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TAMAR MENDIJIAN

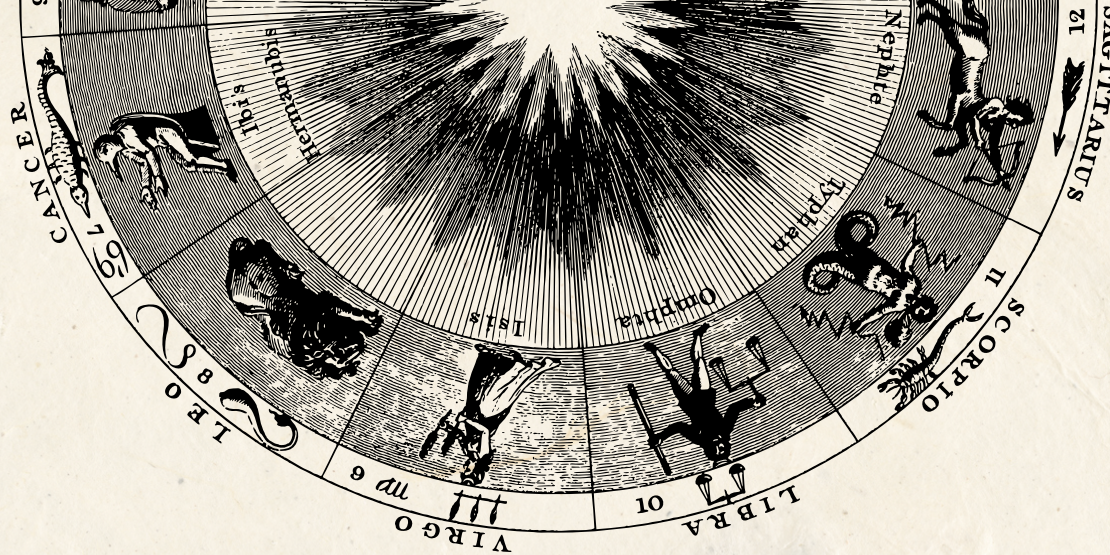
CELESTIAL WELLNESS SESSION

Connect with the healing power of nature through Tamar's exclusive 1:1 sessions. As a certified expert in Master Herbalism, Organic Skincare Formulation, Naturopathy, Chinese Medicine, Medical Astrology, and Advanced Pranic Healing, Tamar brings a wealth of knowledge to guide you on your holistic health journey. She is also a proud member of the Complementary Medical Association in the UK. During your session, Tamar will craft a personalized natal chart and develop an in-depth medical astrology report. She will identify your unique susceptibilities and ailments you have or you are prone-to and design tailored herbal protocols to harmonize your mind, body, and soul. Seize this opportunity to unlock your full potential and achieve lasting well-being.

Book your session today and take the first step towards a balanced and vibrant life.

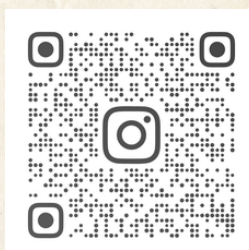


*Please note that prices are given upon request.



CELESTIAL WELLNESS - HERBALISM
ENERGY HEALING - CHAKRAS

TAMAR X CARINE



www.marmabotanica.com