

January 2026
- The Rooted
Rose

A Monthly Workbook
from Serenity in Motion

My Love,

January invites us to return to our roots — to pause before the year blooms, to remember what keeps us steady beneath the frost. You are not behind. You are not unfinished. You are resting in sacred preparation.

This month, let the rose be your teacher: she waits, quietly gathering her strength before she opens to the light.

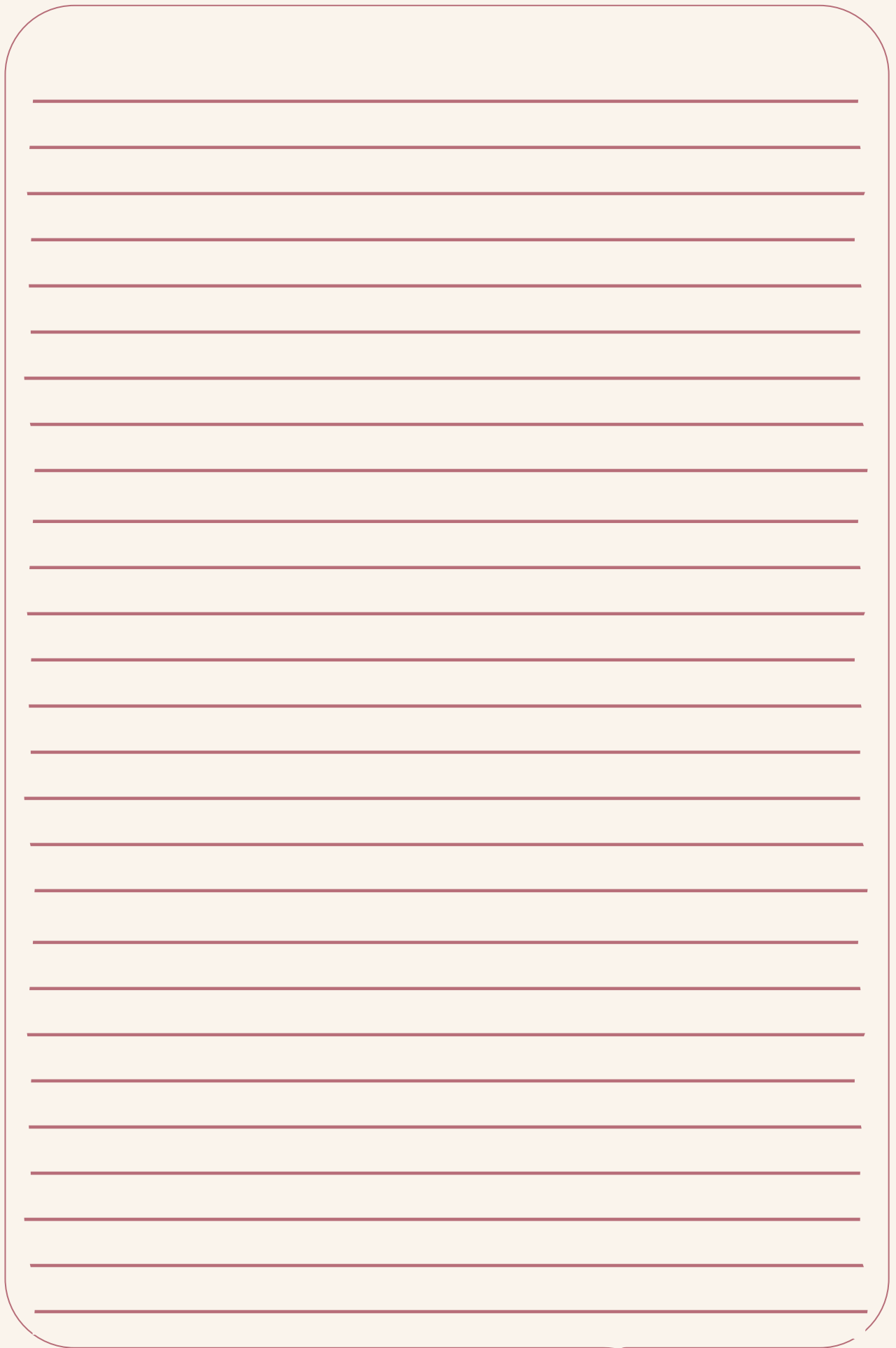
With love,

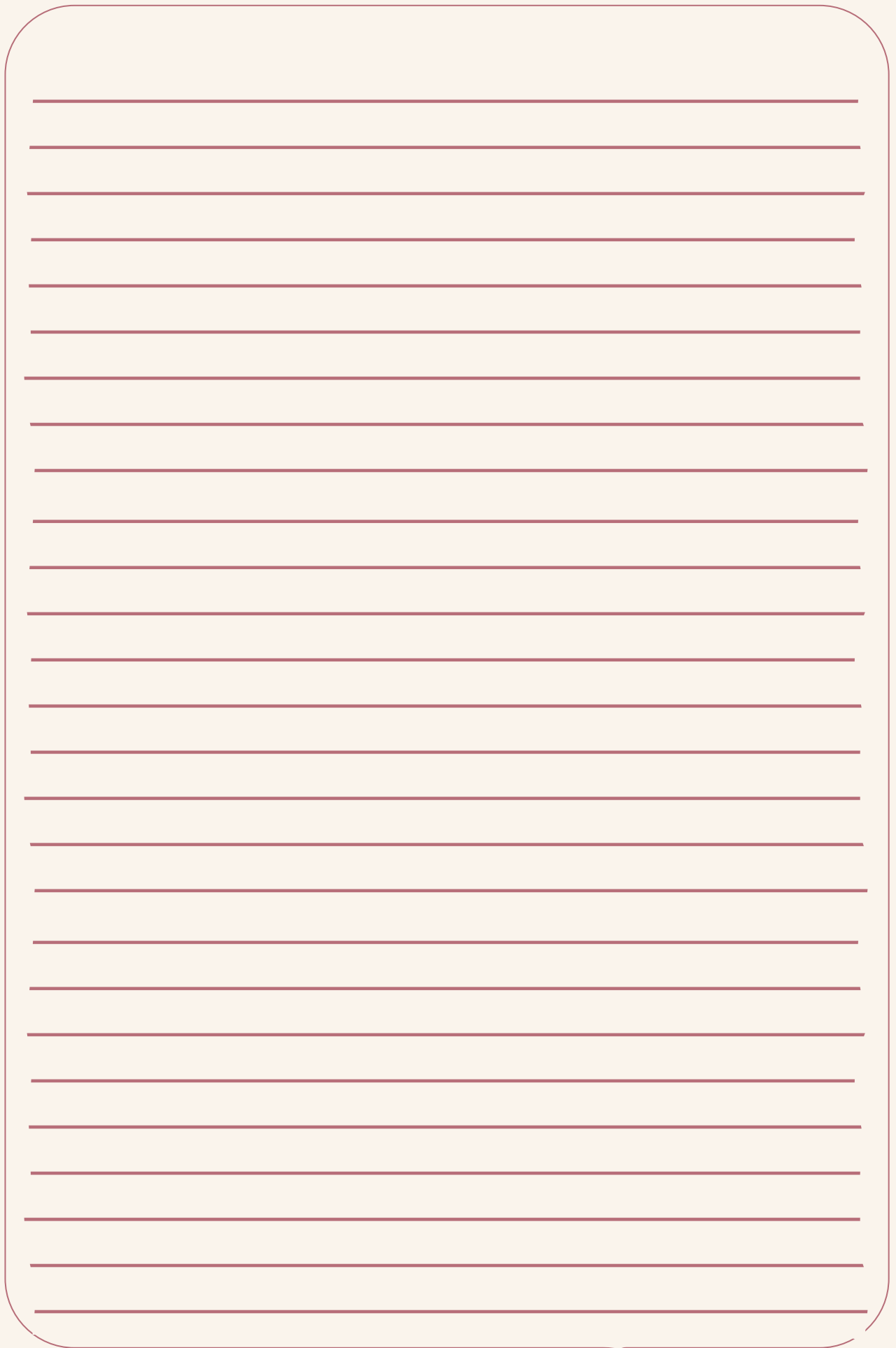
Lily

“The rose does not bloom hurriedly; it opens in its own time, and only to the light that calls it.”

Journal Prompts

1. Where do I feel most at home in myself?
2. What old roots still nourish me — and which are ready to release?
3. How do I wish to feel in my body as this new year begins?
4. What practices help me return to calm when I am ungrounded?





Affirmations

- I am safe in my body.
- My breath roots me to the present.
- I soften into steadiness.
- I am allowed to slow down and still be enough.

Ritual Practice — Rooting Breath

Sit comfortably.

Place one hand on your belly and one on your heart.

Inhale softly through the nose for a count of four — feel your lower hand rise.

Pause for two.

Exhale through parted lips for six — imagine roots unfurling into the earth beneath you.

Repeat for seven rounds.

With each exhale, whisper silently: *I am held.*

Sensory Moment

Brew a cup of rose and vanilla tea or add a drop of rose water to warm milk.

As you sip, imagine the scent and taste as an offering to your nervous system — warmth spreading from within.

Closing Reflection

The rose's beauty comes not from haste but from devotion.

This month, let devotion to rest, nourishment, and gentle consistency be your form of self-love.

You are rooting — and that is enough.

