

June 2026 -
The Watery
Rose

A Monthly Workbook
from Serenity in Motion

My Love,

June belongs to the waters.

The rose, too, needs hydration — not only of the body, but of the heart. This month, we turn toward our inner tides: emotion, intuition, the quiet language of feeling.

The feminine is not stillness alone — she is also *flow*.

Let this be your season of gentle surrender, where emotion becomes art and softness becomes your current.

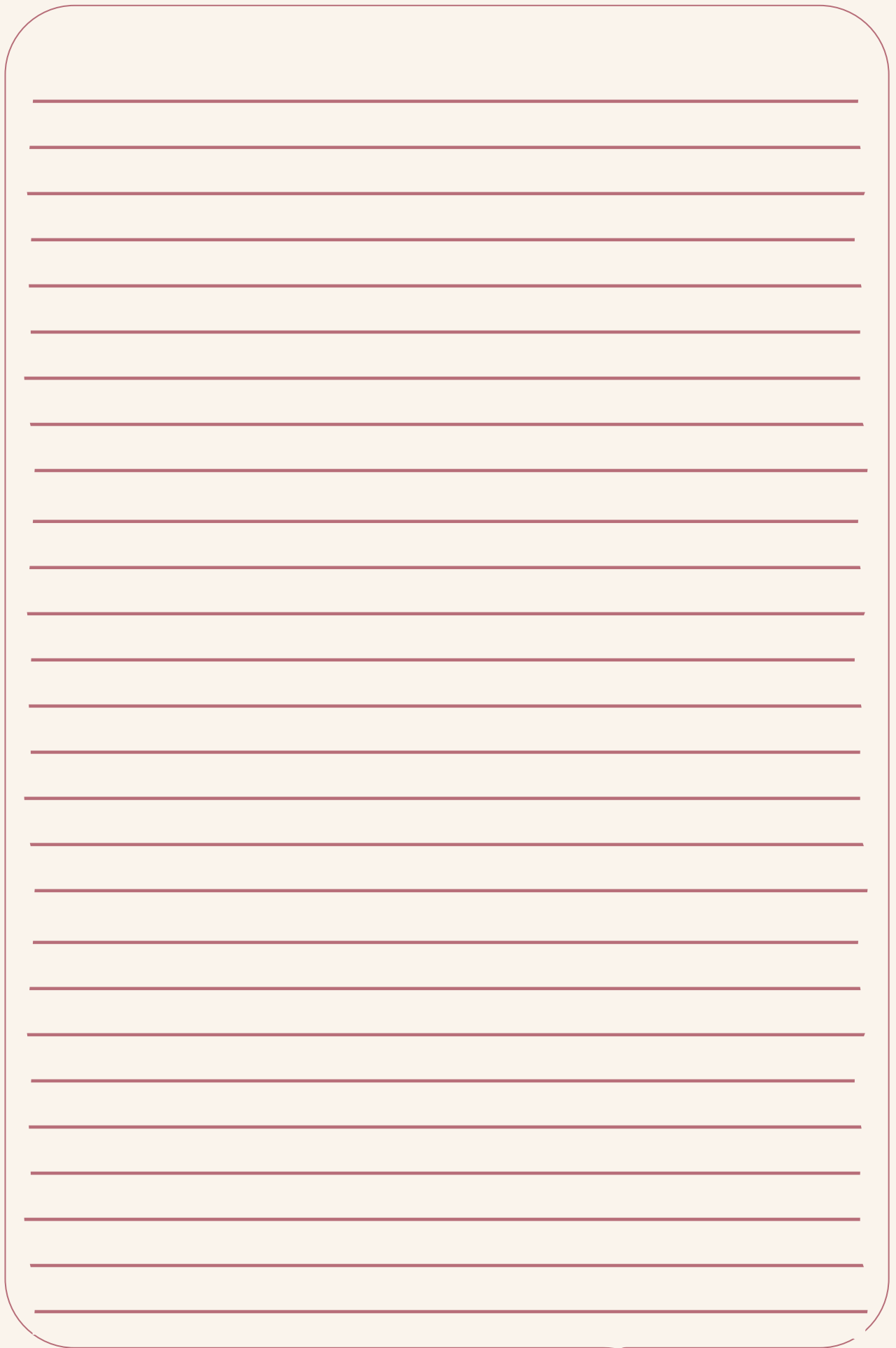
With love,

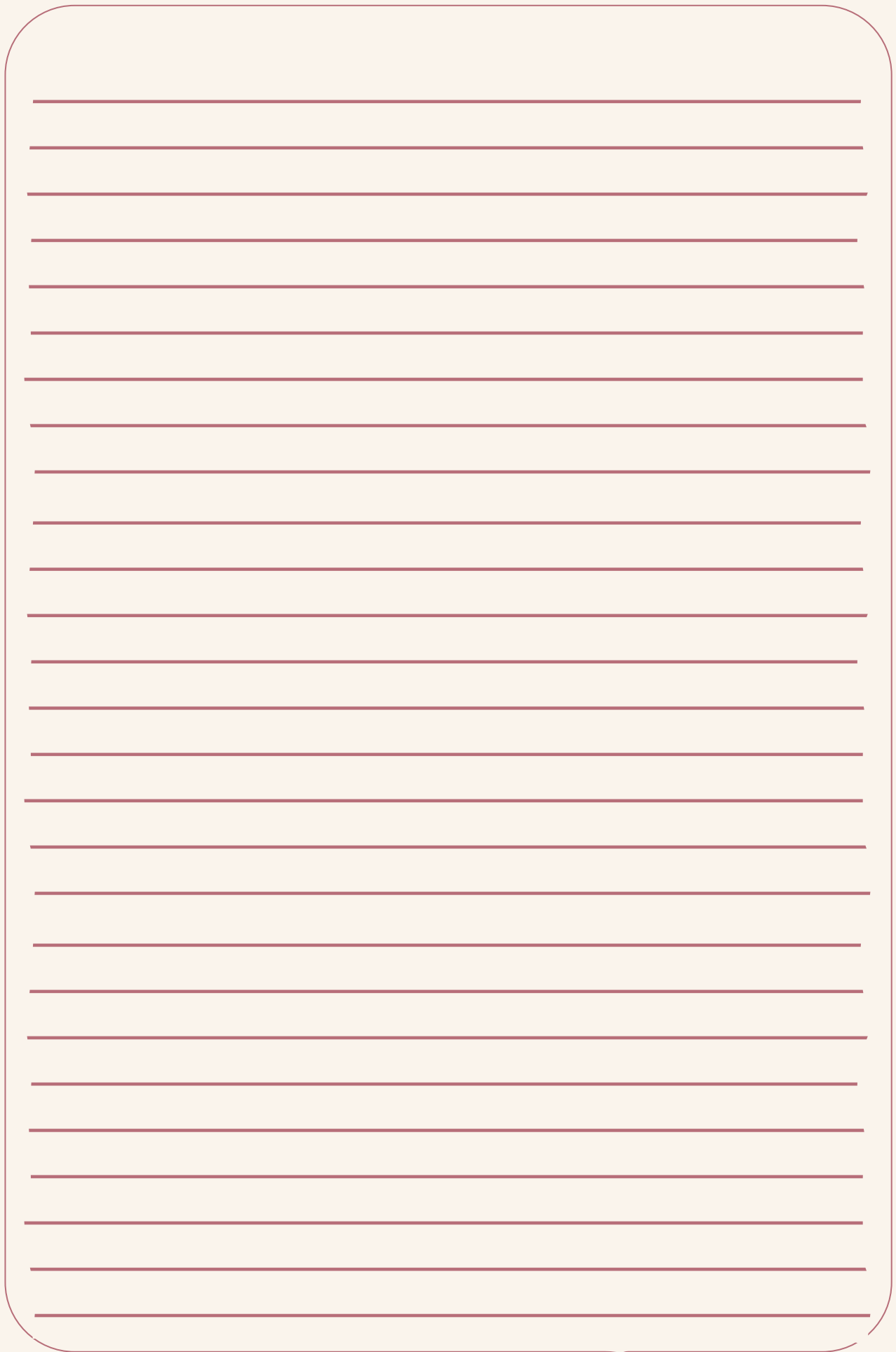
Lily

*“She wept not from
weakness, but from depth
— the ocean blooming
through her veins.”*

Journal Prompts

1. What emotions have been asking to be felt rather than fixed?
2. How do I experience “flow” — in creativity, in movement, in relationships?
3. What rituals help me return to calm when my internal waters feel turbulent?
4. What does hydration (physical, emotional, spiritual) mean to me right now?





Affirmations

- My emotions are sacred messengers.
- I am fluid, open, and safe in my softness.
- I trust the wisdom of my inner waters.
- Rest, reflection, and release bring me home to myself.

Ritual Practice — Bathing as Devotion

Prepare a bath as if it were an altar.

Add rosewater, Himalayan salt, and a few drops of lavender or neroli.

Light a candle, play soft music, and step in slowly.

As the water holds you, imagine it cleansing not just your skin but your spirit — every cell exhaling.

Whisper: *I am safe to flow.*

Sensory Moment — The Waters Within

Before bed, mix a few drops of rosewater into your moisturiser or facial mist.

As you apply it, move your fingertips in slow, circular motions — cooling the skin and quieting the mind.

Then drink a glass of mineral-rich water with a squeeze of lemon.

Let hydration become your final act of devotion for the day.

Movement Ritual — The Feminine Flow

Stand tall and close your eyes.

Inhale and sway gently from side to side, like seaweed under waves.

Let your wrists, hips, and shoulders move freely.

There is no choreography here — only current.

This is not exercise. It is embodiment.

Closing Reflection

The rose does not resist the rain; she drinks it.

This month, allow your emotions to nourish you, not drown you.

In your tears, there is tenderness. In your stillness, there is power.

You are the Watery Rose — fluid, feeling, endlessly reborn.

