



BALM AGAINST DISAPPOINTMENT



Sometimes things don't work out, and sometimes there is nothing we could have done differently that would have produced a different result. Disappointment is an inevitable part of life, and it's not really one of those emotions where you can try to find the bright side. When you're feeling it, there is no bright side. When you're in the midst of disappointment, there isn't any way to make it go away.

You can ease it, though. You can take care of yourself, and allow yourself to feel all that you're feeling, without adding judgment or anger and making it worse than it is. This balm, a form of herb-witchery, can help hold off any of those related emotions that

only make things harder. You'll want to prepare this balm now, so that you have it on hand for whenever you might need it.

Start by creating an herbal oil. Collect some combination of lemon balm, marjoram, basil, rose, and lavender. If they're dried, bruise them a bit by crushing them between your fingertips, and if they're fresh, chop them up a little bit to release their juices. Place them in a small jar, and cover them entirely with oil. Use a mild carrier oil like almond or olive oil, something gentle and soothing for your skin. Allow your jar to sit in the sunshine for six weeks or so.

When your herbal oil is ready, pour out a quarter cup of it. Heat it in a small saucepan over low heat and add a quarter ounce of beeswax. When the beeswax has melted, remove the pan from the heat. Pour your mixture into a clean jar or container and stir in thirty drops total of a combination of rose, lavender, angelica, and chamomile essential oils. Cover the jar and let it rest for at least two hours.

When you need it, smooth the balm on your hands, your heart, and the soles of your feet. It will comfort you.