



I AM ALCHEMY

Heart Softening Balm

There are moments when the heart closes... not as a weakness, but as protection. Grief, disappointment, and emotional overwhelm can create a quiet heaviness in the chest, making it harder to feel, connect, or breathe fully. Heart Softening Balm is a deeply nourishing herbal blend designed to support the emotional body during these times. Applied to the heart space, it offers warmth, comfort, and gentle support helping the body soften tension and create a sense of safety within. This allows emotions to move naturally, without force or overwhelm.

This is not about opening all at once. It's about softening, slowly so you can feel and process with care.

Supports:

- Calms and regulates the nervous system, promoting emotional balance
- Supports emotional release of grief, sadness, anxiety, or stored tension
- Opens the heart space, enhancing self-love and compassion
- Encourages deeper more relaxed breathing
- Promotes a sense of safety, softness, and grounded presence
- Encourages emotional clarity and easier processing of feelings

Ways to use Heart Softening Balm

- Use daily in the evenings before bed or as needed during the day.
- When the heart feels heavy, stressed, emotionally blocked or disconnected
- Grief or sadness is present
- Before meditation or quiet reflection.



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Step-by-Step Use

1. Scoop a dime-sized amount into your hands
2. Rub palms together to warm the balm
3. Place hands on your chest and massage (clockwise) from your clavicle to breasts.
4. Massage upper back as well
5. Optional: Place a warm compress over the chest to deepen the sense of comfort and support.

Ritual to Deepen

- Close your eyes
- Inhale through the nose for 4
- Exhale slowly for 6
- Stay here for 1–5 minutes.

Place one hand on heart, one on lower belly and say:

- For Daily Use

“My heart is soft, supported, and safe.”

- For Grief & Release

“I honor what I’ve held. I allow it to move through me.”

- For Receiving Love

“I am open to giving and receiving love with ease.”

Storage

- Best within 6 months for maximum potency. Always use a clean, dry spoon to maintain quality.

Ingredients

- Homemade Grass-Fed Ghee, Organic Rose Petals, Organic Hawthorne, Organic Calendula, Organic Shatavari, Organic Brahmi

**Move gently with your rhythm and trust the process.
For questions, contact camilla@iamalchemyco.com.**