



# Rose Plant Dieta

SPRING EQUINOX MARCH 16-25

[www.ramanja.com](http://www.ramanja.com)

# Rose Plant Dieta

## What is it?

A 9 day online shamanic programme to cleanse, open and heal your system with the sacred flower rose. Rose has special ability around grief and heartache as she soothes and softens.

## What do we do?

We eat very clean food and sit in meditation once or twice a day whenever suits you to drink rose tea.

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## How will it feel?

You may experience an emotional release for the first 3 days if you are holding sadness or grief inside. Once this passes you may experience a light pink fizzy joyful feeling.

## Can I work whilst I do this?

Yes. This is a soft dieta so we adjust it to fit with your lifestyle. Occasionally clients feel teary at the beginning and I am here to support you through this.



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## What support do I receive?

Your intro pack contains all preparation info and my recommended supplier list for rose.

There are 2 group sessions, a 1-1 integration/healing session with me, daily pdfs with a theme and focus, deity study of Inanna and Mary Magdalene. Suggested reading lists, dieta recipe ideas, Spotify playlists and a Whassap group with me and the other participants.

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What is the cost?

**£144** : book through [Ramanja.com](http://Ramanja.com)

Opening Ceremony

9am CEST March 16th

Closing Ceremony

9pm CEST March 25th

It is my honour to bridge the rose codes to you. I am dieting too, we are in it together.

Love from Ramanja