

Mint of the Heart: A Rhyming Incantation to Call Your Center Home

An Invitation to Begin

Walk in, dear one, and let your center breathe. Draw a slow breath, feel the small pulse of life, and know you are welcome. This chant is yours — a little loop of sound to steady attention, brighten the personal field, and invite transformation into the everyday. Say it aloud or whisper it, hold it in consciousness, let vibration meet intent.

The Inchantmint Chorus

Mint to mind, mint to heart,
Center me now, align each part.
Green light rise, gentle and bright,
Bring calm, bring craft, bring clear delight.

Energy turns where focus goes,
Lift the veil, let wisdom flow.
Guide my step, sharpen my sight,
Root my day in radiant light.

Mint in breath, mint in bone,
Anchor me to this magic home.
Open the door, soften the spin,
Let new becoming bloom within.

I call the field, I tune the thread,
Weave bright pathways where I tread.
From small seed spark the whole design,
I am aligned, I feel, I shine.

How to Use It

Stand or sit with hands near your center. Breathe in mint-bright air. Repeat the chorus three or nine times, or until your vibration settles. Let the final line rest on the breath like a promise to yourself. Use it before work, ritual, journaling, or any moment you wish to re-center and call forward clarity.

Why This Works

The rhyme nudges memory, the rhythm steadies attention, and the words guide energy to where you choose to tend it. Each phrase is a small focusing spell: grounding, opening, and inviting transformation into daily life. This is practical magic — a bridge between intention and action that you carry in your voice.

A Parting Blessing

Carry the chant in your pocket, hum it while you move, or plant it as the first sound in your morning. Let mint be the thread that knots your center to the day, and let each repetition remind you: you are the steward of your light, the maker of gentle shifts, the keeper of ordinary miracles.

