

A SEVEN-DAY PRACTICE / ENGLISH

The Sea Protocol

What the tide leaves



Look at what arrived. Choose what you carry.

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What the tide leaves

The sea is part of the daily material of Magia Botanica: weather, ferry crossings, salt on surfaces, sound that keeps moving. In this guide, Sea gives you a way to look at memory and inheritance without having to explain every part of them.

A question to carry

What was passed to me, and what do I want to pass on?

- You are thinking about something you learned before you could question it.
- An object or place carries more memory than its size suggests.
- You want to keep a memory while changing the obligation attached to it.

The figure beside this element

Selene and Sedna appear beside Sea in the current Magia Botanica map. They belong to different cultural histories. This guide keeps the exercise personal and contemporary; it does not combine those traditions into a claimed inherited ceremony.

Use this guide as an optional reflective practice. An element is a starting point for attention, not a diagnosis or a fixed identity. Change position, shorten a step or stop whenever you need to.