



JAMAICA (HIBISCUS SABDARIFFA)

*A Sacred Plant of Culture,
Healing & Connection*

Origins & Journey

Native to West Africa, Hibiscus sabdariffa traveled to the Caribbean and Mexico in the 1500s through Spanish trade routes and the transatlantic slave trade. Known as flor de Jamaica, the plant flourished in Mexico, where African, Indigenous, and Spanish culinary traditions merged to create Agua de Jamaica—a vibrant herbal infusion inspired by African bissap and Caribbean sorrel. Today, it remains one of Mexico's most beloved traditional beverages.

Spiritual Significance

Across cultures, hibiscus symbolizes:

Divine Feminine Energy • Beauty & Passion • Vitality & Life Force • Love & Emotional Healing • Root Chakra • Grounding • Creativity

Sacred Traditions

Hinduism

Offered to the goddesses Kali and Durga as a symbol of feminine power, creation, and life-force energy.

Ancient Egypt

Known as karkadè, hibiscus was enjoyed during healing ceremonies and sacred rituals along the Nile.

Polynesian & Hawaiian Cultures

Called *pua aloalo*, the flower represents the spirit of aloha, beauty, and connection.

Afro-Caribbean/Yoruba Traditions

Associated with Oshun, the Orisha of love, beauty, fertility, abundance, and emotional healing.

Agua de Jamaica

Ingredients

1 cup dried hibiscus flowers
1.5 L filtered water
½ cup preferred sweetener
Juice of 1 lemon

Directions

Simmer hibiscus flowers in water for 10–15 minutes.
Strain the flowers.
Stir in the sweetener until dissolved.
Add fresh lemon juice.
Chill for 1 hour.
Serve over ice.

Ritual Intention

As you prepare and drink your Agua de Jamaica, pause to honor the generations who carried this sacred plant across continents. Drink with the intention of awakening your divine feminine—inviting grounding, intuition, creativity, emotional healing, and self-love with every sip.

*"May this cup root me in my truth, nourish
my spirit, and awaken the wisdom that
already lives within me."*