

# White Vervain

helps keep us aware of our surroundings and safe



The very act of living  
can sometimes leave one feeling beat up,  
resigned to one's problems,  
and unclear of how to proceed other than learning to just take it.  
In our sincere efforts to do the right thing  
we can find ourselves taken out by situations beyond our control  
that may activate old patterns of chronic tension or pain.

Vervain essence strengthens the nervous system,  
especially when it has been drained or depleted  
by stress and an unbalanced emotional body.

Vervain helps us  
to extend the feelers necessary to keep us aware of our surroundings and safe.  
It helps us to detect and leave unpleasant situations  
before our physical, emotional, or spiritual health is endangered.

Vervain essence helps us to restore our nervous and sensory systems  
to a graceful, quieted state,  
which helps us to remain clear and connected,  
held in a balanced and supported manner.

