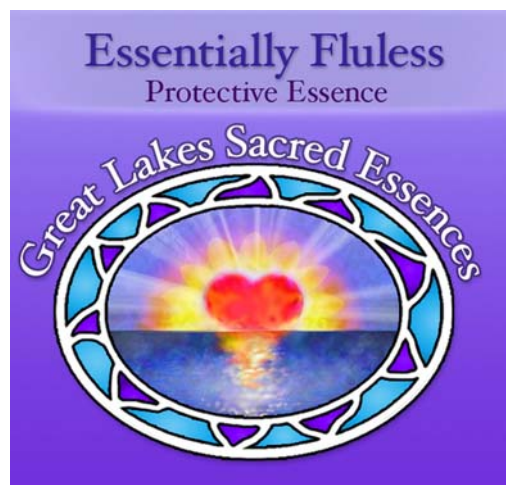


## Essentially Fluess™

*Protective essence for vulnerable times*

The blend of intuitively selected Flower Essences balances the emotions and etheric body, helping protect subtle energies in ways that deter and lessen illness.

The Essential Oils (in the sprays) offer added protective, anti-viral and harmonizing effects.



### Flower Essence Combination:

(in tinctures and sprays)

- **September Strawberry** - strengthens the overall system to work with the challenge of illness, encouraging a deeper grounding and connection to the etheric realms... a Spring fruit miraculously flowering in Fall in Michigan.
- **Viburnum** - sets up clear energetic boundaries and protection.
- **Spiderwort** - heals energy-field wounds created by sharp words or actions.
- **Motherwort** - supports appropriate nurturing of the self & soothes the stress of worry that comes from over-concern for another's welfare.
- **Corncockle** - restores pranic energy or life breath to ease tired, depleted, or worn-out conditions due to overwork or lack of play and rest.
- **Yellow Yarrow** - a protective to help balance the fire energy of fevers.
- **Lake Superior Storm** - a restorative for burnout, when depleted or over-sensitive... made as thunder roared & lightening flashed almost horizontally.
- **Trillium** - a protective from physical or psychic attack.
- **Tall Wormwood** - supports us in releasing patterns of repetitive illness.
- **Pokeweed** - for strength, fortitude and endurance.

- **Canadian Hemlock** - helps one to thrive, meeting whatever comes one's way... these trees were hundreds of miles outside of their usual range, thriving even as they clung to the sides of a canyon.

### Essential Oils:

(in sprays only)

- **Lemongrass** (Guatemala) - a tonic and stimulant traditionally used for fevers & infections... can relieve sore throats & headaches... may serve as a sedative for stress or exhausted nerves... helps clear the mind to enable wise judgment.
- **Bitter Orange** (Italy, wild-crafted) - for grounding, stimulating, & releasing, lifts sadness & melancholy, is said to help form collagen for repair of body tissues, opens the chest to improve breathing, & charges & revitalizes the aura.
- **Lime** (U.S.A., organic) - with a calming & uplifting spirit, may help to eliminate toxins & excess water, has been used to reduce fever & ward off infections, is an immune tonic, harmonizes energy in all chakras, stimulates circulation, & is said to reduce respiratory problems.

Statements about the products have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. The creators of the products are not physicians, and their ideas, procedures, and suggestions are not intended to substitute for the medical advice of a trained health professional. If you are pregnant, nursing or using antabuse, please consult your physician before taking.

- **Tanacetum Annum** (Morocco, organic) – known as a strong antihistamine beneficial to allergies & inflammations.
- **Ravensare** (Madagascar, organic) – said to be a very effective anti-viral that helps to stop or shorten the duration of a cold.
- **Vetiver** (Haiti, wild-crafted) - dispels fear & anxiety, is grounding & calming, releases stress... increases blood flow & oxygen supply to the system.
- **Angelica Root** (Hungary, wild-crafted) – may be helpful to treat bronchitis & coughs, may be helpful for fatigue & migraine, lifts the spirits, & releases nervous tensions.

### **In a Base of Prayer-Intoned Spring Water.**

## **Using Tinctures**

*Gently shake the bottle before each use.*

Gently shaking the bottle “wakes up” the essences. Take 3-4 drops in your mouth. Add 3-4 drops to your drinking water, your cooking, your bath, your body lotion, a decorative water fountain, a bowl of water in your room (and stir occasionally), your laundry, your dishwasher, your cleaning solutions, your plant water, your pet’s water bowl or anything else that feels “right” as you are intuitively guided.

The tincture can be used frequently, so take it whenever you feel a need for the support it offers. Every time you take it your emotional body becomes more balanced, allowing the truly beautiful support of Nature to be realized as the frequencies of your emotional, spiritual and physical bodies lift to higher and clearer levels.

## **Using Sprays**

*Gently shake the bottle before each use. Avoid spraying in eyes. For external use only, to be sprayed around body or surroundings.*

Gently shaking the bottle “wakes up” and blends the flower essences with the essential oils. Spray above your head and let it rain down on you. Spray your palms. Spray yourself in the shower. Spray a handkerchief and breathe in as needed. Spray your bed sheets, rooms at home, car, classroom, office or work space.

The spray can be used frequently, so spray it whenever you feel a need for the support it offers. It charges the space around you, clearing negative patterns and creating supportive energies that allow your emotions to become more balanced. It also affects others coming into that space, offering healing energies and allowing relationships to become more harmonious.

Spray any space that feels “right” as you are intuitively guided, and expect a beautiful story of fantastic change to unfold.