

Women's Moon Series™

Reactivating vital 'woman' power with wisdom & balance

We and nature are one. Women's menstrual cycles tend to follow the moon's rhythm. Modern times often obscure feminine nature, yet women's innate wisdom remains part of us and can be reactivated. Our Women's Moon Series™ is a three-part series addressing the underlying physical, spiritual and emotional challenges of being a woman in today's world. Use this series in its entirety to help balance mind, body and spirit for archetypal women's issues.



Full Moon™

Pregnancy, Birthing, Mothering

Second in the Women's Moon Series™, this Combination Essence addresses feminine creative energy at its peak, with pregnancy, birthing, mothering, career building and other creative endeavors that make for a full life converging and vying for time and energy. This essence can help regulate menstrual cycles, enhance or calm fertility and prepare one for and support pregnancy, childbirth and other creative processes.

A blend of intuitively selected Flower Essences
(and, in sprays, harmonizing Essential Oils)
in a base of prayer-intoned spring water.
The preservative in tinctures is organic brandy,
20% alcohol by volume.

Flower Essences (in tinctures and sprays):

- **Lake Superior Hue** – for times of energetic drain or depletion... helps to restore color

frequencies and energetic vibrancy to body systems and aura.

- **Motherwort** – soothes the stress of worry that comes from over-concern for another's welfare... helps one to use one's powerful mothering energies to appropriately nurture the self, then offer compassionate care to others.
- **Thyme** – embraces the feminine principles represented by the waters of this planet... offers an archetype of health and transformation... useful when you need to get things done, spread information or cover a lot of ground.
- **Jupiter~Full Moon** – encourages trust and courage to embark on important projects & follow one's heart-dreams... helps one to anchor bravery & faith into the physical... teaches capacity & the ability to handle many & various tasks, emotions & directions with fluid grace & non-reactivity.
- **Jack Pine** – helps one to let go of a preconceived agenda, trust in intuitive guidance and gracefully make adjustments to plans accordingly.
- **Ancient Live Oak** – aids the mother who has so many depending on her... provides a sense of balance to overly responsible, unrelenting standards.
- **Rose** – aids one in letting go of unrealistic demands of perfectionism, helping one relax & unfold one's natural beauty & talents gracefully.
- **Rosy Crown** – helps one who struggles in their parenting with issues around setting healthy boundaries or waffling between being overly strict and too permissive.
- **Wholywort** – supports the accessing and healing of one's relationship with the mother.
- **Generational Cedar** – helps one root in the strength of one's ancestors, grounding in ancient wisdom while helping the mother be the vessel that imbues the next generation with the strength of fundamental truths.
- **Kiva Cave** – calls one to one's own sacred space, helping one "carve out" downtime, alone time or family time that helps foster true spiritual relationship.
- **Bay of St. Lawrence** – supports the mother with a natural sense to prepare for the future and to create a beautiful, warm protected nest in which to gather the family and loved ones around the home fire away from winter winds.
- **Baby's Breath** – helps one open to a softer, more spacious mental perspective... offers a

balanced relationship with time and respect for Divine unfoldment of events.

Essential Oils (in sprays only):

- **Amyris** [Haiti, wildcrafted] – reduces tension, relieves anxiety, improves mental clarity... awakens life force energy ... elevates spiritual awareness by calming the mind, encouraging peace and tranquility.
- **Highland Lavender** [France, organic] – strengthens the nervous system... clears thinking... soothing when feeling overwhelmed or irritable... relaxes the mind... nurtures creativity and self-expression... rejuvenates, protects.
- **Shisandra** [China, wildcrafted] – relaxing, adaptogenic nature that helps to increase body's resistance to stress factors... is said to increase energy supply to cells in the brain, muscles, liver, kidneys and nerves... boosts stamina.
- **Eucalyptus Dives** [Australia, certified organic] – increases optimism... restores emotional balance during times of overload... encourages spirituality of thought & purpose... dissolves bitterness, anger or jealousy... opens the heart to Divine love.
- **Ginger (Cochin)** [India, organic practices] – helpful for morning sickness... relieves head congestion... relaxes muscle tension... warms the heart & opens up feelings of love... improves communication... stimulates vitality & energy.
- **Jasmine Sambac** [India] – quiets stress and tension... eases labor pains... speeds overall recovery from giving birth... helps to relieve depression... stimulates production of milk... tone the uterus... hormone balancing... decreases anxiety, emotional fatigue, nervous exhaustion and stress... encourages self-confidence, inspiration and creativity while awakening intuition.
- **Blue Cypress** [Australia, wildcrafted] – balances female hormones... revitalizes tense or stressed nervous system... soothes upset emotions... provides a sense of stability through transitions... helps one to go with the flow ... supports one's feelings of strength and endurance ... promotes inner peace and a pure, trusting heart.
- **Vitex** [Croatia, organic practices] – since antiquity, associated with women... Vitex is said to regulate and tone the female reproductive system... assists movement through traumatic transitions to positive transformations.

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.

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