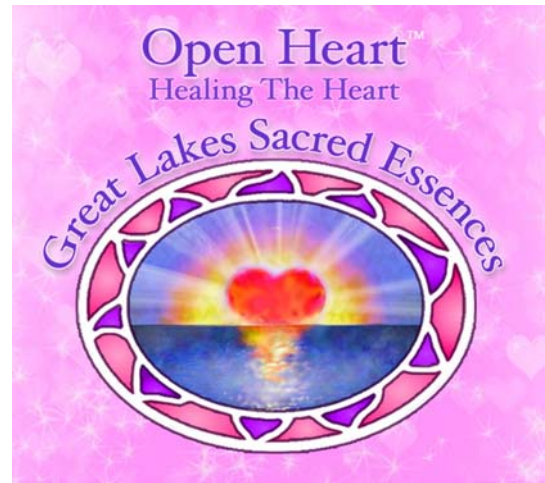


Open Heart™

Provides support for healing broken, wounded hearts and restoring them to their full loving potential

Open Heart™ supports the heart with the courage to heal pain, grief and emotional wounding, helping one forgive and reconnect to the full stream of cosmic love while allowing the power of love to flow abundantly from an open heart.

A blend of intuitively selected Flower Essences (and, in the sprays, harmonizing Essential Oils).



Flower Essence Combination:

(in tinctures and sprays)

- **September Strawberry** - blesses the heart with the courage to do new things... helps one to stay in one's heart when challenged, to maintain grounding, and to speak one's truth without apology.
- **Lunar Eclipse** - draws off the negativity & tension of the heart & works to align the heart chakra with true & transcendent love ~ the pure & glorious energies of the heart.
- **Jupiter~Full Moon** - encourages trust & courage to embark on important projects & to follow one's heart-dreams.
- **Lemon** - helps heart release tension & grief through talk & tears.
- **Rosa Rugosa** - works with the profound levels of emotion that permeate one's being after traumatic loss.
- **Squirrel Corn** - helps to restore expressiveness & full giving through the heart by healing the grief & pain held in the heart's memory.
- **Red Clover** - redistributes overly heady energy, allowing calm receipt of information from emotions & physical body... clear connection of heart & mind.
- **Tall Wormwood** - promotes forgiveness... helps one to release the tiny daily struggles & emotional wounds that create such stress & heaviness in the heart.

- **Healing Waters** - supports deep healing & transformation in all areas of one's life... combined essences of over 30 sacred waters of the world.
- **Fairy Ring** - opens one's heart to restore relationship with the Elementals & the Natural Realms... helps one to attune to the subtle intonations of Nature Spirits.
- **Lake Superior Psychic** - offers constant source of pure deep energy & support... deeply cleansing & purifying to one's aura after intense growth or spiritual work... the clarity of Peace.
- **Wood Avens** - encourages the self-esteem, self-support & confidence needed to truly be of service to one's community.

Essential Oils:

(in sprays only)

- **Elemi** [Philippines, organic practices] - rejuvenates, space-clearing, reduces anxiety & tension... has centering effect on the emotions, giving a feeling of peace.
- **Benzoine** [Thailand, wild-crafted] - uplifting & stabilizing... warming & toning to the heart... energizing while helping with emotional pain... reduces tension, stress, sadness & melancholy... gives confidence while releasing worries.
- **Jasmine Sambac** [India] - optimism, self-awareness, confidence, sensuality, openness, connection, inspiration... quiets stress & tension.

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.

- **Davana** [India, organic practices] - spiritual, meditative, heart-opening... combats anxiety... capable of making a scent unique to the individual.
- **Pink Lotus** [India, wild-crafted] - relaxing, calming, warming... imparts clarity & freshness while grounding the heart... supports one's spirit & harmonizes inner will with Divine will... healing & balancing to sexual energies.
- **Lime** [USA, organic] - refreshing, purifying... uplifting to the heart... promotes self-love, calmness, compassion, alertness... balances emotions.
- **Rose Otto** [Bulgaria] - comforting, healing to the heart... instills confidence, compassion & connection to one's higher nature.

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.