

## Sacred Breath™

*Meditation and prayer essence*

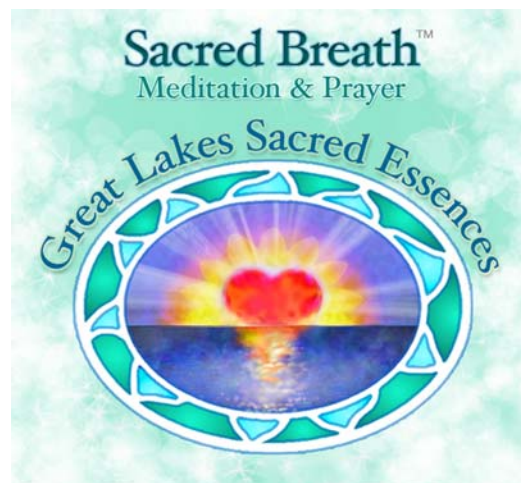
Sacred Breath™ enhances meditation and prayer by opening the breath, clearing negative vibrations, and forming strong protective energies to help create the radiant space both in our surroundings and within us that settles the mind and focuses the heart and spirit forces on the Divine, thus supporting our spiritual growth.

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

### Flower Essence Combination:

(in tinctures and sprays)

- **Lake Superior** - deeply supportive... helps one to release the struggle that keeps one preoccupied... profound Peace... doorway to the Great Spirit.
- **Lake Michigan Inlet** - focuses internal energies & helps the mind settle down.
- **Lodge Tulip** - quiets mind's chatter & allows for expansion of the inner mind.
- **Black Canyon Juniper** - very protective... provides one with appropriate shielding from negative energies while safeguarding against dark energies.
- **Mammoth Cave** - helps one open inner passageways to an expanded larger reality where intuition, guidance & perspective can be experienced.
- **Selenite** - acts as a medium between the conscious & subconscious mind.
- **Pah Tempe** - releases over-identification with possessions or belief that one's people or ideas are better & more important than another's... Peace, Neutrality, Unification.
- **Corncockle** - restores pranic energy (life breath) to ease tired, depleted, wornout conditions due to overwork or lack of play & rest.
- **Sacred Tree Circle** - an invitation to stand within one of the ancient Tree Circles is both purifying & illuminating as our body is held in



Healing Light & our consciousness floods with the Wisdom of the Tree Spirits.

- **White Champion** - a powerful catalyst for gently opening the heart to receive a clear flow of directives from one's Spiritual Guides & Councilors.
- **Dame's Rocket** - helps develop spiritual sensitivities to higher & clearer frequencies... strengthens communication with Spirit.
- **Morning Pipe** - strengthens prayer, meditation & perception of spiritual timing.
- **Pyramid Point** - helps one experience a stronger connection to Angelic protection & guidance... aids one's relationship & communication with Angels.
- **Harvest Moon** - restores gratefulness & teaches the heart to be generous & full.

### Essential Oils:

(in sprays only)

- **Dansy Tangerine** [USA] – used to soothe & strengthen nervous system.
- **Benzoine** [Thailand, wild-crafted] - clears dark energies... protects, warms, comforts.
- **Elemi** [Philippines, organic practices] - centers, focuses mind & emotions giving one peace.
- **Cardamom** [Guatemala, organic practices] - clarifying, warming... opens hara (vital center of the self) to help one radiate spiritual presence & breath deeply, meditatively.

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.

- **Sandalwood** [India, wild-crafted] - used in Hindu purification ceremonies to wash away sin... one of the oldest meditation aids... helps break ties with the past... calming.
- **Red Myrtle** [Corsica] - increases composure, decreases despair.
- **Frankincense** [Kenya, wild-crafted] - slows & deepens breath... consciousness-expanding... spiritually uplifting, purifying body & soul... revitalizes mind & body.
- **Spikenard** [India, organic practices] - relaxing, balancing... releases old emotional hurts & helps one overcome fears... carried by Mary Magdelene & used on the feet of Jesus.
- **Jasmine Sambac** [India] - aids spiritual growth... symbolizes Hope, Happiness, Love... improves breathing... opens the heart... encourages Love & an appreciation of Beauty... self-awareness, confidence, connection.
- **Immortelle** (*Helichrysum*) [Corsica, organic] - warms, opens & supports deep breathing... relaxes & elevates mind... increases dream activity or awareness.

### **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 dishwater, 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.