

## Sacred Circle

*Provides harmonizing support for groups on a common path, such as families, classrooms or work communities*

Sacred Circle aids individuals in connecting to others in a heartfelt, committed way while creating the strong fulcrum that channels polarities within the group to serve as strengths, helping to form and maintain the Sacred Circle.

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

### **Flower Essence Combination:**

(in tinctures and sprays)

**Chicory** – redirects needy, self-first disruptive behavior to finding recognition & fulfillment through community service.

**Echinacea** – helps heal bitter, attacking, parasitical dispositions... establishes roots that connect one to this Earth & link one to the whole.

**Bloodroot** – helps us open to & heal Karmic relationships within our families & communities... opens willingness to transform beliefs, feelings & responses.

**Lily of the Valley** – works for harmony of voice & vision among the many... helps each individual voice be heard & held as a sacred dynamic of the group.

**White Lilac** – helps those with a quiet, sensitive nature feel socially confident.

**Lake Superior Rock** – supports one when rubbing shoulders with the many... helps one confidently reorient to movement & change within the group.

**November Phlox** – helps to strengthen communication networks within the group & to the spiritual beings that support the group & its efforts.

**Cleavers** – for alienation & feelings of separation... supports attachment & appropriate bonding to others & the whole.



**Yellow Dock** – promotes a strong sense of self while instilling an ability to stand tall & comfortably in situations of competition or non-support.

**Cedar** – helps heal relationships through phases of growth & change... helps one move beyond charged emotions & unhealed wounds of the past, promoting forgiveness, objectivity, reconciliation & peace.

**Badlands Storm** – supports truth in negotiations & the honoring of our commitments.

**Council Cottonwood** – supports commitment to involvement, negotiation & democratic process... the sacred council tree of the Ute peoples where Chief Ouray & his wife Chipeta negotiated peace agreements with pioneer settlers.

### **Essential Oils:**

(in sprays only)

**Pink Grapefruit** [USA, organic] – helps one feel connected & inspired, promoting both self-confidence & group awareness... helps one to feel sunny, light & energetic towards projects.

**Black Spruce** [Canada, wild-crafted] – enhances concentration... energizes & uplifts the atmosphere... releases stress, exhaustion & mental tensions... can restore vital pranic energy to the nervous, respiratory & lymphatic systems... helps one be more reflective & feel more grounded.

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.

**Ginger Lily** [India] – energizing & clearing to the mind & the emotions... both uplifting & calming fragrance promotes feeling of peace, warmth & equanimity.

**Cardamom** [Guatemala, organic practices] – relaxes stress from the nervous system, encouraging clarity while releasing irritability... helps one feel secure while remaining open.

**Schisandra** [China, wild-crafted] – relaxing... increases resistance to stress... promotes a feeling of protection & a sense of being grounded in purpose... is said to counteract the effects of sugar while boosting stamina.

**Ocean Pine** [France, wild-crafted] – light & refreshing... reminds one of ocean breezes... promotes sharing, patience, acceptance of others & compassion... helps one to forgive while encouraging feelings of confidence & self-worth.

**Cape Chamomile** [South Africa, wild-crafted] – helps one feel emotionally calm while promoting caring & cooperation as well as a desire to participate in the group.

### **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.