

## Sacred Journey™

### *Travel Balance*

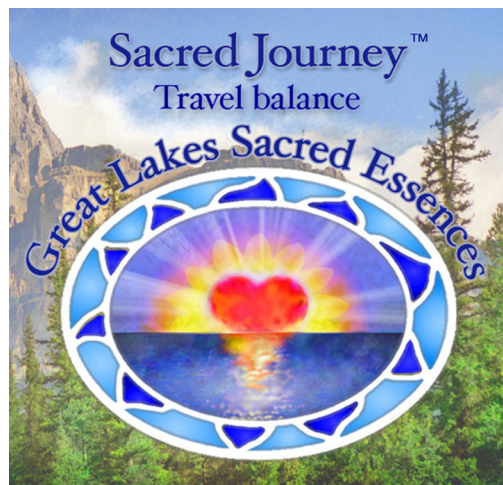
Sacred Journey™ encourages balance and protection during travel and expansive journeys, grounding and reviving one's energies in new places while encouraging intuitive judgment and action.

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

### **Flower Essence Combination:**

(in tinctures and sprays)

- **Lake Superior Sand** – supports one's ability to adapt to something new while encouraging deep personal transformation & growth... purifying, releasing the old, moving with the wind.
- **Scarlet Paintbrush** – especially helpful in situations of exhaustion, loss of sleep, changing time zones... enables the energetic body to ground on new soil & attract reviving energy.
- **Yellow Yarrow** – helps protect the energetic field from toxic radiation from cell phones, air travel & other forms of geo-electric pollution.
- **Rocky Mountains** – imparts enthusiasm & new-found energy when facing something big, challenging or new.
- **Sweet Pea** – encourages the leap of faith necessary to try new things & experience other cultures openly.
- **Jupiter Return** – helps one's energetic body balance the expansion of travel... offers a sense of clear personal boundaries & protection during group travel.
- **Hepatica** – helps one make clear decisions & find one's way in new places... helps one move ahead with confidence... supports focus & clarity on the journey... ignites drive, will & determination to set goals & move toward them, finding one's path.
- **Jack Pine** – helps one let go of a preconceived agenda, trust in intuitive guidance & gracefully make adjustments in plans accordingly.
- **Rose Paintbrush** – helps activate the strong destiny forces within that can awaken self-



motivation to meet the fellow soul-mate travelers who will bless one's journey.

- **Black Canyon Sage** – helps one feel Divine protection while grounding one with an ability to connect to inner peace, guidance & clear, rational judgment in new or challenging situations.

### **Essential Oils:**

(in sprays only)

- **Cananga** [Indonesia, wild-crafted] – calming... eases anxiety, nervous tension, stress.
- **Dansy Tangerine** [USA] – soothing to the mind & emotions... especially calming to children.
- **Himalayan Cedar** [India, organic practices] – enlivens spiritual awareness... relaxes analytical mind... centers inner self & creates harmony.
- **Scotch Pine** [Hungary, wild-crafted] – eases fatigue... stimulates circulation... restores mental activity... boosts immune system.
- **Ginger** [India, organic] – settles motion sickness... stimulating & comforting.
- **Opoponax** [Kenya, wild-crafted] – very grounding... helps bring one back into one's body at times of challenge or change.

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

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.

## 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.