

## Sacred Season™

### *Spiritual and Emotional Harmony*

Sacred Season™ supports spiritual and emotional harmony during holidays and other gatherings throughout the year.

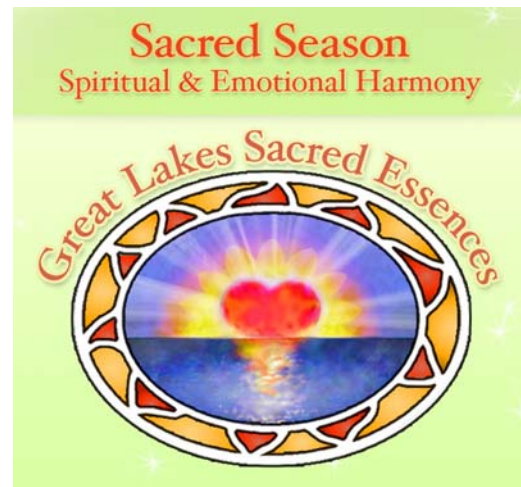
A blend of intuitively selected Flower Essences (and, in the sprays, harmonizing Essential Oils) in a base of prayer-intoned spring water.

### **Flower Essence Combination:**

(in tinctures and sprays)

- **Lake Superior Rock** - for helping meet the challenges of doing so much and having to constantly reorient... brings balance to busyness.
- **Crab Apple** - for realizing all things are possible and feeling supported in missions of faith and hope... a Spring flowering fruit tree that miraculously blossomed in Fall in Michigan as the tree also bore fruit.
- **Jupiter Return** - for graceful expansion of energy, with perimeters stretching to hold the fullness... from Jupiter bowing low to Earth in 2004.
- **Planetary Arch** - for balancing and interweaving practical with spiritual... Mars, Saturn, Venus, and Mercury bridging an arch between Pisces and Gemini through Aires and Taurus in 2004.
- **Lupine** - helps to release clutter and bring Divine order, in a joyful spirit.
- **Cedar** - for the healing of relationships... creates a neutral space where we can see beyond our charged emotions and unhealed wounds from the past.
- **Niagara Falls** - helps abundance flow forth in strength and power, assisting in staying with the flow without being carried away by emotions.
- **Agawa Bay** - for staying within the circle of the holidays & not being called into too many projects.
- **Red Bud** - for putting our whole hearts into what we do, giving and receiving with open hearts & sharing the glory of human kindness.
- **Lily of the Valley** - for working with the energy of community to harmonize the combining of many voices and hands.

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.



### **Essential Oils:**

(in sprays only)

- **Pink Grapefruit** (U.S.A, organic) - for being inspired, self-confident, cheerful & radiant. Strengthens nervous system, balances emotions & brightens dark moods.
- **Green Manderine** (Italy) - encourages social nature while calming the emotions. Purifies aura, enhancing intuition. Inspires joy.
- **Ylang Ylang "Extra"** (Comoros, wild-crafted) - soothes anger & frustration. Slows breath, relaxes muscles. Dispels melancholy & sadness, helping one to feel more light & inner sun. Helpful for living in the present with sensitivity to community.
- **Cardamom** (Guatemala, organic practices) - releases irritability & strengthens focus. Helpful for loosening up emotionally. Warming to the emotions. Weakness or fatigue vanish.
- **Atlas Cedarwood** (Morocco, organic practices) for grounding. Strengthens both focus & purposeful action. Releases obsessions, deep-seated fears, worries and paranoia. Helpful for staying in Heart when under stress.
- **Cinnamon Leaf** (Sri Lanka, wild-crafted) - energizer. Promotes creativity, joy, happiness & strength of purpose. Helps focus while lifting depression and restoring vitality.
- **Pink Pepper Tree** (Kenya, wild-crafted) - for encouraging awareness, warmth, vitality & emotional stamina. Helpful for keeping grounded and secure during times of change. Stimulating, strengthening & motivating.

## 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.