

Choosing the Right Blend

By reading the description of each blend in this brochure, most people can readily determine in 5-10 minutes which blend is right for them.

- If you feel drawn to more than one blend, you may choose to take two at a time. However, take them at different times of the day (example: use the Meditation blend before and after your morning and evening meditation, and the Prosperity blend during the day while you are working).
- If you feel a major change in yourself or a levelling off of the effect of a certain blend, this may be the natural time to take a break or transition to a new blend. Use your intuition! And don't be afraid to go back to the blend you first took after some time away from it. Its full effect may be integrated only in stages, as you are ready.
- Lastly, if you like a particular blend overall, but cannot relate to one of the flowers in it, don't worry. If you don't need it, it won't effect you.
- Flower essences have no known negative side effects and many documented positive effects. They are safe for adults, children, pets, and even plants.
- Please write us about your experiences with these essences, mentioning the blend you took, how much and how long. Your feedback is appreciated.

Suggestions for Use

Cortesia Flower Essences are in **1oz dosage bottles. Do not further dilute or rebottle!** (unless drops are used in a glass of water). The following suggestions will improve the effectiveness of your Cortesia Flower Essence:

- **DOSAGE:** *several drops 3 times daily* or as often as desired. Place the drops beneath the tongue without touching the dropper with the tongue. The drops may also be added to a glass of water. Additionally, you can place about 10 drops in a clean quart/liter bottle and sip throughout the day.
- You can enhance the process of taking your flower essence by keeping it in a place where you will easily see it and remember to take it daily.
- Be in a relaxed & receptive state. Breathing deeply several times before use is highly beneficial.
- Mentally affirm the flowers & qualities they represent each time you take your essence. The label and this brochure each describes both flowers & qualities.
- Keep your flower essence away from electromagnetic fields generated by televisions, cellular phones, & other electronic devices. Store in a cool dry place when not used, not in a hot car or a sunny window.

Note on Medical Disclaimer:

The enclosed information is in no way intended to be a guide to medical practice, or a recommendation that flowers or herbs be used for medicinal purposes. The information should not be used for the diagnosis, treatment, or prevention of human disease. Seek the services of an appropriate physician when his/her services are necessary!

Cortesia Flower Essences



*Special Blends
to Enhance Well-Being
of Body, Mind & Spirit*

created at

Cortesia Sanctuary & Center

84540 McBeth Rd., Eugene, Oregon 97405

Phone: 1-866-837-5854

info@onesanctuary.com • tricia@naranasdream.com



Visit Our Websites

www.onesanctuary.com

www.onesanctuary.com/store/floweressences.html

www.solomonsseal.net

Availability & Pricing

Available in selected retail outlets. Retail cost may vary.

Order directly from our website or call.

Regular flower essence blends, \$10 each (1oz bottle).

Advanced blends, \$12 each (1oz bottle).

Shipping, add \$2 per item. U.S. sales only. Prices subject to change.

Check or money order, or call for credit card order: 1-866-837-5854.

Retailers: Wholesale price information available upon request.

Guide to CORTESIA FLOWER ESSENCE BLENDS

Page		Page	
	Blends for Mental Empowerment		Blends for Self-healing
3	<i>Clarity</i>	9	<i>Calm in Crisis</i>
3	<i>Creativity</i>	10	<i>Chronic Stress & Trauma</i>
4	<i>Energizer</i>	10	<i>Deep Healing</i>
4	<i>Good Traveler</i>	10	<i>Inner Child</i>
4	<i>Maintaining Integrity</i>	11	<i>Lighten Up</i>
5	<i>Motivation</i>	11	<i>Menopause/PMS</i>
5	<i>Perserverance</i>	12	<i>Personal Power</i>
6	<i>Positive Thinking</i>	12	<i>Rising Up</i>
6	<i>Prosperity</i>	13	<i>Woundedness Recovery</i>
	Blends for Relationships		Blends for Touching the Soul
6	<i>Children's</i>	13	<i>Contentment</i>
7	<i>Communication</i>	14	<i>Cortesia Sanctuary Blend</i>
7	<i>Family Harmony</i>	14	<i>Deep Peace</i>
8	<i>Letting Go</i>	14	<i>Loving Myself</i>
8	<i>Parenting/Nurturing</i>	15	<i>Meditation</i>
8	<i>Relationship</i>	15	<i>Seeking Solitude</i>
9	<i>Sacred Sexuality</i>	16	<i>Soul Support</i>
		16	<i>Spiritual Attunement</i>
		17	<i>Peacemaker</i>
Advanced Blends			
	Hawaiian Blends		Reiki Healing Blends
17	<i>Embracing Duality</i>	20	<i>Reiki 1st Level: Personal Integrity & Healing</i>
18	<i>Life Purpose</i>		
18	<i>Transformation</i>	20	<i>Reiki 2nd Level: Attunement</i>
		21	<i>Reiki Master: Leadership</i>
	Argentine Blend		
19	<i>Passion for Life</i>		

ABOUT CORTESIA FLOWER ESSENCE BLENDS

Six individual flower essences make up each of the 41 Cortesia Flower Essence Blends. These blends have been created as a result of much meditation and soulful reflection upon the human condition, and the needs and aspirations we each have. **Each blend is a dosage bottle ready to use immediately.** On both the bottle and this brochure, the flowers of each blend are described by the positive qualities they encourage.

About Cortesia Flower Essences

Making the Cortesia flower essences is a reverential and sacred process in which I take great joy & care. I have passionately loved flowers all of my life and feel a deep connection to their inner beingness and the unique qualities present within each variety.

Reverently Grown or Gathered. At the beautiful 22-acre Cortesia Sanctuary, only one or two especially fine blossoms among many of one variety are the inspiration to create a new flower essence. Each flower that is used is very carefully & lovingly selected for optimal potency, and each blend has grown out of much meditation & soulful reflection on the human condition and the needs & aspirations we each have. Most of the flowers are organically grown in our 2-acre garden or wildcrafted from surrounding forests and meadows; a few come from gardens and sacred places in Hawaii, Argentina, and the Colorado Rocky Mountains.

Reverently Prepared. The essences are prepared using non-treated water and preserved for freshness with the finest brandy available (this 40% brandy solution, an accepted standard among practitioners, accounts for the slight taste when taken). They are further enhanced and potentized by placement in a copper Genesa crystal from Peralandra.

Benefits for Body, Mind & Soul. Flower essences work primarily on the mental/emotional level, although users report that the effects are often physical and spiritual as well. Flower essences are not a panacea promising instant healing. Their effects may begin to be felt almost immediately, but most people change gradually, not overnight! Lest you doubt that any remedy can possibly create in you the shining qualities listed on each bottle, remember these points:

- We are capable of much more than we may believe!
- The seeds of all good qualities already exist within us. They just need to be watered & cared for
- Cortesia essences are described in terms of the positive qualities one desires, not the negative conditions one needs to change. Our high aspirations, when repeated & visualized daily, create the motivation to move ourselves along a continuum in which we express more & more of a given quality. Thus, it is not “we have it or we don’t” — we’re evolving!
- Consciously setting a positive goal increases the chance of its attainment sooner than if it is left to chance. Flower essences can support us in taking the steps to reach our worthy goals
- Flowers and herbs have been used worldwide for centuries to heal a variety of conditions. Truly they are a divine gift to enhance the beauty of this earth and the well-being of body/mind/spirit. It is with great humility that I offer these essences to you as a simple soulful tool towards this purpose.

In Reverence,
Tricia Clark-McDowell
Creator, Cortesia Flower Essences
co-steward, Cortesia Sanctuary

NEW for 2008!

Cortesia Solomon's Seal Tinctures & Salve

After much experimentation, trial & error, feedback, and consultation with expert herbalists, we are proud to introduce our new line of tinctures and salve formulated around the powerful and diverse healing herb, Solomon's Seal.

Solomon's Seal — Diverse Healing Benefits

Rebuilds damaged cartilage & connective tissue • As needed, lubricates, tightens, or loosens tendons, ligaments, attachments & joints damaged by repetitive stress, injury & inflammation • Hastens recovery from arthritis, bone injuries (broken, stressed, osteoarthritis) & connective tissue damage • Soothes & repairs gastrointestinal inflammation/injuries • loosens mucous in lungs • lowers blood pressure • calcifies & strengthens bones • aids in female discomfort (cramps, bleeding, PMS, etc.) • and more!

When formulated with other specific potent healing herbs, the effects on healing and relief can be dramatic. Below is our product line:

Cortesia Solomon's Seal Tincture (1oz & 2oz bottle)

This is pure tincture of organic Solomon's Seal root (*Polygonatum biflorum*). It is amazingly diverse in its application, as noted above. Its all-round general effectiveness makes it perfect for first time users, maintenance of well-being, or for emergencies.

Cortesia Solomon's Seal Blend: ACUTE & CHRONIC INJURY SALVE

Ingredients (1oz jar): Solomon's Seal Root (*Polygonatum biflorum*), Arnica flowers (*Arnica Montana*), Calendula flowers (*Calendula officinalis*), Comfrey leaf and root (*Symphytum officinale*), St. John's Wort flowers (*Hypericum perforatum*), Mullein leaf (*Verbascum thapsus*), and Horsetail (*Equisetum arvense*) in a base of extra virgin organic olive oil, organic almond oil, and beeswax.

Cortesia Solomon's Seal Tincture - Formula #1 (1oz & 2oz bottle)

ARTHRITIS & JOINT REPAIR

Ingredients: Solomon's Seal Root (*Polygonatum biflorum*), Gravel Root (*Eupatorium purpureum*), Pleurisy Root (*Asclepias tuberosa*)

Cortesia Solomon's Seal Tincture - Formula #2 (1oz & 2oz bottle)

BONE BUILDING & REPAIR

Ingredients: Solomon's Seal (*Polygonatum biflorum*), Boneset (*Eupatorium perfoliatum*), Mullein leaf (*Verbascum thapsus*)

Cortesia Solomon's Seal Tincture - Formula #3 (1oz & 2oz bottle)

CARTILAGE & TISSUE REPAIR

Ingredients: Solomon's Seal Root (*Polygonatum biflorum*), Horsetail Leaf (*Equisetum arvense*)

Cortesia Solomon's Seal Tincture - Formula #4 (1oz & 2oz bottle)

DEEP PAIN & TENSION RELIEF

Ingredients: Solomon's Seal (*Polygonatum biflorum*), Agrimony (*Agrimonia eupatoria*)

Detailed Information and Ordering

www.solomonsseal.net • info@solomonsseal.net

BLENDS FOR MENTAL EMPOWERMENT

Clarity

Aconitum: protecting & nurturing deep soul qualities through solitude & contemplation

Alpine Avens: physical/mental stamina, clear thinking & optimism

Aster: peace of mind in all circumstances, adaptability

Harebell: letting go of rigidity & control, strength thru flexibility

Horsebrush: finding joy, celebration & purpose in everyday life

Queen's Crown: accessing old patterns, behaviors & memories with fresh insight & understanding

Sometimes we feel that the expression of our full potential is limited by "negative" experiences from our past, including relationship & childhood traumas. We want to move on perhaps, but the old scenarios seem to haunt us and hold us back by blocking our confidence. From the high peaks of the Colorado Rockies, Wyoming Tetons and the Oregon Cascades come the extraordinary flowers that make up the Clarity Blend. They help us to gently access those old patterns, behaviors and memories with fresh insight and understanding about what our past can teach us.

Perhaps out of fear we have become rigid or controlling in certain ways or have closed off from the deeper parts of ourselves or from people/situations that bring up our past. "Clarity" will bring greater flexibility & adaptability into our thinking. When we truly accept that everything that happens to us has meaning & purpose, we will feel more at peace in our lives, more open & joyful. But this is a gradual evolution requiring physical & mental stamina, a fair bit of optimism, and regular periods of solitude and deep contemplation. The rewards are great — like a deep breath of fresh mountain air after living too long in the city smog. (Clarity Blend is a perfect follow-up to Woundedness Recovery Blend or Loving Myself Blend).

Creativity

Clematis: introspection, contemplation, quieting the mind

Coneflower: creativity, imagination, self-expression

Crocsmia: renewed energy & vitality, passion, magnetism

Johnny Jump-up: spontaneity, playfulness

Strawberry: ability to envision & manifest one's dreams

Verbascum: inspiration, illumination, transcending perceived limits

True creativity seems to flow effortlessly when our vitality, inner focus, and spontaneity come together. Like a child at play, we are able to easily imagine new ways of doing things, new ways of seeing the world. We spring into action, create with passion, and then retire back into the quiet place within ourselves to contemplate our efforts.

Energizer

Blue Ginger: body/mind/spirit integration, proper use of one's energy & talents
Corydalis: infusing joy & optimism into all one's endeavors, being here now!
Crocoshmia: renewed energy & vitality, passion, magnetism
Firecracker Plant: enthusiasm, sustained effort & motivation through completion of all duties
Obedient Plant: cheerful perseverance, willing acceptance of necessary structure & routine
Verbascum: transcending perceived limits, inspiration

When our work and duties begin to overwhelm us and exhaustion or burn out is close at hand, this blend offers a motivational kick start. May we each learn to transcend our perceived limits and rise to our highest potential. And may we also be able to accept with humility whatever mundane roles we must play, charging even these obligations with energetic enthusiasm, acceptance, optimism, & perseverance. If we find the satisfaction in completing any task well, we will perhaps also learn to reward ourselves by prioritizing the time for deep rest & regeneration, the key to sustaining long-term productivity & well-being.

Good Traveler

Butter Weed: express joy, love & kindness each moment
Cow Parsnip: open to all viewpoints; seek unity
Hollyhock: open to new people & experiences without defensiveness or fear
Johnny Jump-up: spontaneity & playfulness
Teazel: spiritual tenacity, vibrational protection; deep attunement with spirit
White Buttercup: giving grace, preventing over-reaction by nonattachment to specific results; objective observation of self and others.

Traveling is an art — a rich opportunity to express love and kindness and to learn from others. It also requires spontaneity and openness to new people, places and experiences without fear or judgment. It also asks that we practice nonattachment, remain flexible, and be joyfully in the moment. Bon voyage!

Maintaining Integrity

Amaranth: generosity, sensitivity, compassion for others
Austrian Pea: discrimination, protecting self, knowing when to be silent
Cow Parsnip: openness to all points of view, seeking the unifying principle
Trumpet Vine: retaining spiritual focus and detachment when challenged
Rhubarb: unassailable integrity and courage, standing firm
Trillium: stability, balance, consistency

Reiki Master Blend: Leadership

Aster: oneness, peace of mind in all circumstances
Calypso Orchid: opening to divine guidance, deepening intuition
Delphinium: leadership with dignity, strength and compassion
Hawaiian Spider Lily: purity of heart and thought, simplicity
Hawaiian Susan's Vine: balancing inner and outer awareness, empowerment in the physical and spiritual realms
Viburnum Davidii: giving and receiving support within the larger community, arousing group spirit

There comes a time for some, when an honored teaching has become so deeply integrated into all levels of one's awareness and daily life, that the desire arises to offer this teaching to the world. A true teacher and leader is not above others but one with them, at home in the inner and outer realms, connected to people (and life!) physically and spiritually. A Reiki Master, while seeking understanding of the deeper truths and mysteries of life, must not lose sight of the need for simplicity and the profound importance of cultivating purity of heart and thought. To transmit the gift of Reiki healing to others with dignity, strength, and compassion — this is a great honor and responsibility, and a divine gift which the Reiki Master Blend of Leadership can deeply and gently support.

Testimonials

Your flower essences are the best I have been exposed to — so powerful, yet gentle and accomodating. Such an amazing tool for transformation of the spirit and soul. I only wish I could take them all at once and wake up to a new me, but then I am really enjoying the "process."
Lynda Najarian, Mill Valley, CA

From the first time I used the Cortesia Flower Essences, I began to relive and heal the wounding experiences of my past on the physical, mental and spiritual levels. The cleansing process has been powerful, but never overwhelming. After many years of use, I have deep faith in the wisdom of these essences.
Morgan McBride, Creativity Consultant, Kingston, WA

"Soul Support" is a very powerful blend that is helping me to achieve balance and to stay connected to my joy in spite of all the tests. I can find God in all my moments, even when I don't have time to meditate or journal.
Terra Kelsey, Portland, OR

We appreciate sincere testimonials and feedback

Reiki 1st Degree Blend: *Personal Integrity & Healing*

- Corydalis:** infusing joy and optimism into all one's endeavors
Canna: understanding the root cause of anger and detoxifying it with clarity and integrity
Dandelion: honoring and gratitude
Clary Sage: remembering and articulating one's true purpose; right livelihood
Stargazer Lily: reverence and unconditional love for the beauty in all
Cyclamen: deep inner healing, accessing universal healing energy, giving and accepting nurturing; the Reiki flower

This blend supports the fulfillment of the five spiritual precepts of Reiki, as stated earlier, and helps one access universal healing energy. We begin, perhaps, by nurturing ourselves and taking this energy in more & more deeply as a calming antidote to multiple stresses of modern life. But we also learn how much we can give to others with a compassionate heart and the gentle healing touch of our hands.

Reiki 2nd Degree Blend: *Attunement*

- Christmas Cactus:** celebration of the sacred, expressing light in times of darkness
Echinacea: perceiving truth, immunity from deception
Kahili Ginger: deep concentration, focus, directing one's energy
Mimulus: emotional stability, openness & trust
Pineapple Sage: speaking one's truth respectfully, honoring one's inner timing and principles
Yarrow: stamina, inner power

Second Degree Reiki, as enhanced by this special blend of Attunement, involves a deepening of focus — on one's personal healing and on the ability to channel healing into others, even over great distances. This level of work requires an increasing ability to perceive and articulate our own truth, to be clear about our timing and principles, and to be in touch with our inner power.

We are also asked to be open to and trusting of others, yet strong and emotionally stable as we seek to support them in their struggles. This kind of growth demands real stamina at times and, conversely, a sense of joyous celebration of all that is sacred & worth protecting. When faithfully and consciously practiced, 2nd Degree Reiki gives us an even greater ability to express our light even in the darkest of times. Indeed, as we attune with this sacredness and light within all beings and the earth, we become Reiki — universal healing energy.

When we are caught in a difficult situation, such as conflict in the workplace, family, or relationships, or we have to make a tough decision, the ability to maintain our personal integrity is paramount. To do so we must be able to remain sensitive & open to all sides of an issue, and yet discriminating and able to see what may be hidden. We must also intuit when to speak out and when to remain silent, and how to fulfill our highest purpose in each situation. This blend will help provide the courage, stability, and protection needed to remain integrous when the going really gets rough.

Motivation

- Clary Sage:** devotion to one's service in life
Crocsmia: renewed energy, vitality and magnetism
Shooting Star: focus, concentration, one-pointedness
Verbascum: transcending perceived limits; inspiration
Vetch: finding satisfaction and purpose through selflessly serving others
Western Service Berry: effective placement of energy where it is most needed

When you feel paralyzed or powerless in life, lethargic, or disinterested in what is going on around you, kick-start your motivation with this energizing blend. It may renew, inspire and help you to focus your energy where it is most needed. Find your purpose, help others, transcend your perceived limits. You can do it!

Perseverance

- Cimicifuga:** maintaining individuality & integrity in competitive or difficult situations
Desert Coneflower: expressing joy & creativity in spite of limitations
Fireweed: courage, resilience, rising above negativity
Hawaiian White Hibiscus: brilliance & clarity under pressure
Queen's Crown: accessing old patterns, behaviors & memories with fresh insight & understanding
Wild Iris: forgiveness, conflict resolution, willingness to try again

We have all experienced times when we are so deeply discouraged by a tough situation that we begin to lose all hope and willingness to keep working at it. And yet that may be precisely the time when a breakthrough can occur. If your intuition says to persevere but your will is weak, this blend is for you. These flowers were growing beautifully under the toughest of conditions, as we can each learn to do. Not through blind acceptance of our fate do we overcome difficulty, but through deepening our understanding, clarity, resilience and ability to forgive others. The world does not need more martyrs or quitters; it needs creative problem-solvers willing to joyfully rise above the tough challenges of modern life. You can do it!

Prosperity

- Aster:** finding peace of mind wherever one is placed, adaptability
Blue Ginger: body/mind/spirit integration, finding highest use of one's abilities without ego
Hardy Impatiens: claiming one's power, assertiveness, persistence
Kahili Ginger: concentration, focusing one's time & efforts effectively and consistently
Penstemon: optimism about the future, trusting in life's goodness
Queen Anne's Lace: abundance, resourcefulness

True prosperity, we know, is much more than just material wealth. It speaks of the ability to feel peace of mind wherever one is placed, and yet to rightfully claim one's power and understand one's true purpose in life. It requires right action & right attitude. Prosperity is about consistency of effort, resourcefulness, optimism, and focus. And ultimately it comes to those who have integrated body/mind/spirit and found their own unique way to serve others. Then the abundance that is experienced is multifaceted and long-lasting.

Positive Thinking

- Calendula:** cheerfulness & resiliency in spite of difficult conditions
Campanula: flexibility, optimism, letting go of control
Feverfew: enduring hope, clear & positive thinking
Rehmannia: trust, overcoming fear & vulnerability to share one's true self; emotional stability
Queen Anne's Lace: resourcefulness, abundance
Strawberry: ability to envision & manifest one's dreams

For those who often fear the worst and have a hard time trusting life, we offer this ray of cheerfulness, hope, & optimism about the abundance & happiness the future can bring if we but envision it as truly positive and believe that our worthy dreams will come true.

BLENDS FOR RELATIONSHIPS

Children's

- Anemone:** love & awareness of nature & nature beings
Calendula: cheerfulness & resiliency in spite of difficult conditions
Cosmos: delight, seeing life as an adventure
Daisy: comfort & familiarity, harmony within family & community
Dianthus: noticing the sweet & lovely things that others pass by
Snapdragon: innocence & curiosity, lightheartedness

Passion for Life (Argentine blend)

- Anahi Tree:** passion born of love for deep connection
Begonia: finding passion and purpose in daily life and activities
Lagerstoemia: creating opportunities to celebrate life
Palo Barracho: placing spiritual values at the forefront of daily life; inner and outer balance
Poinciana: moving beyond appearances to perceive deeper truths
Iguazu Twinflower: attention to detail; clarity even in small matters
Uruguay Beach Lily: joy that emanates from inner peace and serenity

From Uruguay and Argentina, and the lush jungles around Iguazu Falls, comes this blend to stimulate passion for life. Passion is often misinterpreted and "sexualized" in our culture, associated with wild abandon or the like. To be real and sustainable, passion must have its roots in Spirit: to live soulfully, celebrate life, and rise to one's highest creative potential.

Passion for life allows us to lose those lines separating the human from spirit, thus becoming joyfully one with our journey or creative endeavor. To spiritualize our passion allows us to experience the sensuality of life, if not the sacred aspects of our sexuality. It allows us to find meaning and purpose even in mundane activities, thus renewing our commitment to life. Eventually, spiritual passion allows us to feel joy that emanates from inner peace and serenity, even as we are immersed in our worldly activities.

Reiki Blends for Reiki Masters & Practitioners

Reiki, meaning universal life energy in Japanese, is an ancient healing art rediscovered in Japan in the late 1800's by Dr. Mikao Usui. Through the gentle touch of one's hands, Reiki allows one to experience an increasing ability to direct healing energy into oneself and others. Regular practice and perhaps the choice to learn each of the three stages or degrees of Reiki also deepens one's ability to direct this healing force.

Benefits of Reiki may include deep relaxation, pain relief, healing or palliation of chronic or acute conditions, and a growing sense of well-being and spiritual opening.

A key part of the healing process which Reiki initializes is the taking responsibility for one's life, as represented by the five principles of Reiki:

Just for today do not worry
Just for today do not anger
Honor your parents, teachers and elders
Earn your living honestly

Life Purpose (Hawaiian blend)

Bougainvillea: speaking ones truth with conviction even when challenged, standing ones ground with perseverance

Canary Flower: expressing our full potential

Firecracker Plant: sustained effort and enthusiasm through the completion of all duties, whether mundane or important

Ilima: envisioning ones life purpose and acting to fulfill it

Lantana: honoring all aspects of our being, diversity of expression

Plumeria: ability to enfold and nurture others, heartfelt service, generosity

In our heart, each of us wants to understand and fulfill our true life purpose, but what does this mean? It means having the courage to speak our truth, be who we really are, and strive to express our highest potential in heartfelt service to others. This requires vision, sustained effort and enthusiasm, generosity of spirit, and great perseverance. Are you ready?

Transformation (Hawaiian blend)

Be Still Tree: calmness in the midst of activity and change

Canary Flower: freedom to express our limitless potential

Red Canna: transmuting pain, anger, and suffering into compassion and true understanding

Red Ginger: courage to ask for what we truly need

Tibouchina Vine: creatively taking full advantage of positive opportunities

Vervain: acceptance of one's level of advancement and role in life, yet a willingness to let go of old ways that no longer serve us to evolve to a higher level

Transformation is not a word to be used lightly. It generally comes only as a result of significant personal work on many levels. For those who have already integrated much but want to really fly, this blend of amazing Hawaiian flowers (some from sacred sites) can facilitate a powerful leap forward. (We can't worry about the edge we may be standing on!) Are we sincerely ready to rise above our long-held limitations by asking for what we most need and taking full advantage of life's best opportunities? Can we willingly let go of the albatross of our past and, with new understanding, claim our freedom and highest potential? If so, we must prepare to have life as we now know it turn completely upside down, and calmly proceed.

As young children, most of us were in touch with the qualities in this blend — we were curious, adventurous, trusting, open. But perhaps we “grew up” too soon, losing special parts of ourselves that we yearn to recover. This essence will support adults in “lightening up,” but it is dedicated to children everywhere in the hope that they may be honored and protected. This will support the process of letting them be just who they are.

Communication

Cardoon: open, honest communication, clear expression of needs & intentions

Clary Sage: remembering & articulating one's true purpose, soulfulness

Coral Bells: true cooperation, sensitivity to each person's needs

Daisy: finding one's place within family & community

Jasmine: patience, non-judgement, honoring all view points

Rehmannia: trust, openness, letting go of fear & feelings of vulnerability

For good heartfelt communication to occur we must try to set aside fears & judgements and move into a place of increasing openness and trust. This is often a slow process requiring great patience and a willingness to be vulnerable, even while being very honest & expressing our needs & intentions clearly. In making a sincere effort, we begin to experience true cooperation with others and a deeper understanding and expression of our real purpose, individually and collectively. Especially good for relationship and workplace conflicts and general community building.

Family Harmony

Alpine Catspaw: diplomacy, gentle honesty

Alpine Forget-me-not: clarity, focus on the positive

Arctic Gentian: perceiving the unspoken, rising above pettiness to establish common ground

Tall Chiming Bells: cooperation, harmony in family while maintaining one's individuality

Triangle-Leaf Ragwort: fairness and equality; overcoming prejudice

White Buttercup: giving grace, preventing over-reaction by non-attachment to specific results, objective observation of self and events

Made from alpine and sub-alpine flowers growing in the Rocky Mountains between 10,000 and 13,000 feet, this powerful blend will support greater fairness and diplomacy, as well as increase the ability to give grace without sacrificing honesty, clarity, or ones personal needs. Above all, it will soften the tendency to over-react, allowing more detachment and objectivity while promoting true harmony and cooperation. The more people who take this blend (at home or work) the better!

Letting Go

- Brugmansia:** opening to a larger vision, seeing the large picture
Chinese Lantern: seeing the elemental truth, releasing attachments
Harebell: letting go of control, greater flexibility and resilience
Saxifraga Stolonifera: freedom from the past, new beginnings
Toad Lily: acting on clear, heartfelt priorities
Vervain: letting go of old patterns that no longer serve us to evolve to a higher self

When a loved one or a beloved pet dies, a job or relationship ends, or a phase in our lives is clearly over — this is the time for letting go. If we can release the past while honoring its lessons, we can move into a new vision and fresh potential. Every ending brings a new beginning if we can learn to let go.

Parenting/Nurturing

- Be Still Tree** (Hawaii): calmness amidst constant activity and change
Desert Sunflower: cheerfulness under pressure, resilience, creative problem-solving
Plumeria (Hawaii): ability to nurture and enfold others, and to expand one's concept of family
Rocky Mountain Bee Plant: generosity to those drawn to us for inspiration and sustenance, magnetism
St. Johns Wort: strength and stamina to overcome exhaustion or depression
Tall Chiming Bells: inspiring cooperation and harmony within family while maintaining individuality

Whether we are a parent or not, the ability to nurture others is an essential skill in life. Can we expand our sense of family and be willing to set some of our own interests aside to generously serve others? Can we rise above our perceived limits, setting an example of cheerfulness, resilience, calmness, and harmony to those around us? This blend will support the process. Highly recommended for new or expectant parents!

Relationship

- Anthurium:** heartfelt sexual expression without shame or fear
Fuschia: finding soulful, loving relationships, attracting one's soul-mate
Jasmine: nonjudgment, patience with the process, honoring purity of intentions
Lobelia: intuition, insight, openness to the deeper truths that clarify the relationship's purpose
Penstemon: optimism about the future, trusting in life's inherent goodness
Pineapple Sage: respectfully speaking one's truth, honoring one's own inner timing & principles

Peacemaker

- Brugmansia:** opening to a broader vision
Cleradendron: spreading peace, healing & joy to all
Delphinium: leadership with dignity, strength & compassion
Plumeria: ability to enfold and nurture others; heartfelt service
Red Canna: transmuting pain, anger & suffering into compassion and true understanding
Verbascum: transcending perceived limits; inspiration

In these extraordinary times, each of us must become a leader and peacemaker — bringing to our role dignity, strength and compassion for the suffering and pain of others. When we have moved through our own pain and come to see the world with a broader vision and deeper understanding, we become healers. As we transcend our own perceived limits, and inspire others to do the same, we spread peace and joy wherever we go.

Advanced Blends (Hawaiian, Argentine, Reiki)

Embracing Duality (Hawaiian blend)

- African Tulip:** recognizing/honoring the ancient roots/archetypes that link all people
Black-Eyed Susan Vine: exploring the shadow without fear, balancing inner and outer awareness, spirit and matter
Parrot's Beak Heliconia: joy and enthusiasm tempered by wisdom
Poinciana: maintaining clarity/focus in spite of distractions or misleading appearances
Scarlet Orchid: physical longevity through spiritual attunement
White Hibiscus: perceiving the truth in every circumstance

Being human, we must learn to embrace duality as it exists within and around us. Rising up through seemingly opposing manifestations without resistance, we can begin to contain diversity with more grace and less confusion. If we recognize our ancient roots and honor the universal archetypes that link the behaviors and perceptions of all people, we will be better able to befriend and explore the shadow side in self and others without fearing it. There is as much truth in the shadow as in the light, in spirit as there is in matter. The trick is to unify these different aspects and honor each of them without getting bogged down in over-reacting to any one aspect.

Many of us fear being alone or being lonely. This blend was created while on a retreat at a remote monastery. The benefits of solitude can perhaps best be understood by experiencing it in the spirit of self-discovery and deep healing. Cultivating the desire for regular periods of solitude requires simplification, releasing non-essentials, and holding more of an inner focus even during activity.

Everyone is unique, yet we each need solitude to deepen, heal, and commune with our soul. Claim more solitude for yourself and support it in others. Discover who you really are, unencumbered by the roles and duties that you think define you.

Soul Support

Butterweed: consciously choosing to express joy, love, and kindness in every moment

Mariposa Lily: artfully balancing necessary structure and routine with the desire for personal freedom, spiritualizing work

Pearly Everlasting: balancing the need for spiritual solitude with selfless service, protection from negative influences of worldly life

Pink Mimulus: increasing trust in one's inner knowing for guidance in all matters

Oriental Poppy: finely tuning/raising one's physical/emotional energy to the higher frequency of the soul

Teazel: spiritual tenacity, vibrational protection, divine empowerment through constant, joyous attunement with Spirit

An advanced formula for those seeking the elusive balance between "divine selfishness" (prioritizing the needs and evolution of our soul) and selfless service to others. Also helps one to increasingly trust their inner knowing through deeper, more constant attunement with Spirit, and to feel safe in working with those in great need. This blend offers vibrational protection for those who regularly extend themselves to others, encouraging awareness of one's limits, yet a pure, open-heartedness which does not hold back. For any who have been called selfish for daring to put their spiritual growth first, "Soul Support" will joyfully cheer you on.

Spiritual Attunement

Clary Sage: remembering & articulating one's true purpose, soulfulness

Clematis: introspection, contemplation, quieting of the mind

Geum Dahlia: spiritual insight & receptivity

Day Lily: non-attachment, realization that all pleasure (& pain!) is temporary

Red Rose: purity of heart, surrender to love

Verbascum: inspiration, illumination, transcending perceived limits

In this busy & materialistic world, it is difficult to live a balanced life and remember what our true purpose is. Inside each of us is a quiet place — a still heart — where we know what is right, where we feel great love & inspiration, and where we accept the ups & downs of life with understanding & compassion. May this essence play a humble part in allowing you to feel closer to your soul & spirit and to develop a sensitivity to the sacred in everyday life.

Creating & sustaining a loving and harmonious intimate relationship with another human being is for many one of life's greatest and most necessary challenges. To journey through and beyond one's fears, perceived limitations, feelings of isolation, & loneliness into a place of true communion with another — this infuses life with hope & deep meaning. Through the struggle for soulful & enduring love, may this blend speed the germination of the seeds of your honorable intentions.

Sacred Sexuality

Acanthus Mollis: discrimination, making wise choices

Anthurium: heartfelt sexual and sensual expression without fear or shame

Cardoon: respectful communication, clear expression of needs & intentions

Crococsmia: passion, magnetism, renewed energy & vitality

Lavender: protection, purification, releasing guilt

Schizostylis: honoring one's body & sexuality as beautiful & sacred

While sexual expression may be more open these days, has it become more meaningful? Is it heartfelt and soulful? This is not an elixir or aphrodisiac. It is intended to expand one's understanding of the sexual act to embrace heartfelt communion with one's mate, free of guilt, shame, or fear. Sacred sexuality is preceded by discrimination, respectful communication, and purification. It involves a true honoring of one's partner — their body/mind/spirit, and also of one's own higher self.

BLENDS FOR SELF-HEALING

Calm in Crisis

Acanthus Mollis: discrimination, making wise choices under pressure

Clematis: calmness, quieting of body & mind

Daisy: comfort, solace

Prunella: belief in one's own ability to heal physical/emotional wounds at their source

Rehmannia: letting go of fear and vulnerability, trusting the process

St. John's Wort: overcoming shock, tension, exhaustion, depression; calming of the nerves

While this emergency blend cannot replace medical attention when required, it may help to calm & comfort during crisis-related events to body/mind/spirit. It may help one to relax as tension & fear is released. Dosage: frequently, 3 drops 4-6 times per hour during acute phase, then tapering down as needed. Putting 6 drops in a cup of water & sipping often may be easier for some. Keep this blend handy or in your emergency kit!

Chronic Stress & Trauma

Alpine Avens: physical/mental stamina, clarity, optimism

Aster: adaptability; peace of mind in all circumstances

Coleus: rising above self-pity

Cyclamen: deep inner healing; giving and accepting nurturing

Fireweed: tenacity, resilience; surviving trauma (from Mt. St. Helens)

Persicaria: overcoming fear with hope

Tovara: daily effort to restore calmness, clarity and determination

Chronic stress, while seemingly due to current difficulties, can often be subconsciously rooted in past trauma and the repeated triggering of buried memories and destructive patterns that were never resolved. Thus, this blend seeks to address both aspects. It helps to restore calmness, clarity, and adaptability within the present circumstance(s), even while gently healing old wounds and reactionary tendencies.

The inspiration for this blend came from visiting Mt. Saint Helens (in Washington State), 23 years after this volcano erupted. I learned that fireweed was the first plant to recolonize after the blast. It is a model of tenacity, resilience, and the ability to survive trauma.

Beyond fear is hope. On the other side of self-pity is fresh determination and optimism. We can overcome chronic stress and the results of old trauma — one day at a time.

Deep Healing

Alpine Heather: peaceful grieving, then moving on

Columbine: joyfully holding the vision of one's spiritual emancipation

Cyclamen: deep inner healing, accepting nurturing

Pussy Willow: fresh optimism to heal residual fears, vulnerability, and oversensitivity

Sweet Woodruff: gentle re-opening after trauma

Thistle: penetrating the defenses of the wounded ego to reveal the inner essence and beauty

Deep healing can occur when we face our fears, vulnerability, and losses honestly, thereby allowing us to grieve peacefully and then move on. This gentle process of re-opening offers us fresh optimism and the vision of a brighter future. We experience ourselves less and less as the wounded ego, discovering more of the innate beauty and joy of our inner spirit which is alive and well.

Inner Child

Blue Star Creeper: forgiveness, simplicity, humility

Borage: courage & joy

Johnny Jump-up: spontaneity, playfulness

Rehmannia: trust, overcoming feelings of fear & vulnerability, willingness to

Woods Anemone: surrender to the plain & simple truth, seeing our personal reality clearly without denial

This blend will stimulate & support a return to one's core. If we cannot truly love ourselves, then who will? This may be the antidote to many of life's larger struggles and our own personal sense of loss, imbalance, or powerlessness. We can choose to take the time to nurture ourselves and our deeper dreams. Through stillness & contemplation, we can remember to listen deeply to the voice of Spirit within us, guiding us on our path towards peace of mind. When we begin to feel & see ourselves more clearly, we understand our present limitations and our true potential. We can then accept our role within the larger picture as it naturally unfolds and becomes perfected over time. By truly loving ourselves, the expression of our love for others can only be deepened.

Meditation

Cortesia Rose: devotion, communion with spirit

Dahlia II: silence, stillness, looking deep within

Day Lily: non-attachment to results of one's efforts

Kahili Ginger: deep concentration, focused energy

Jasmine: patience with the process, honoring the purity of one's intent

Lobelia Cardinalis: intuition, openness to deeper truths & mysteries still beyond understanding

In a fast-paced materialistic culture such as ours, with its emphasis on physical comfort and instant results, meditation is difficult for the best of us! To sit still is hard enough, but how to quiet the mind as it races from one thought to the next! This calming essence may really help, especially if taken regularly (hopefully you meditate each day, too). But keep in mind the need for patience with yourself — good results invariably take time. Be open, receptive, and committed to the process, whatever it brings. In time, peace will come.

Dosage: take 2 doses if possible, 15-30 minutes apart, just before meditation, and take one dose afterwards to better retain the effects of your efforts. The results of additional doses? — Heaven only knows!

Seeking Solitude

Camas Lily: gradually releasing attachment to non-essentials to prioritize what is most important

Cherry Blossom: keeping one's inner focus in spite of distractions & obligations

Daffodil: respecting the individuality and unique needs of self and others

Deutzia: simplifying one's outlook by staying in the present moment; being gentle on oneself

Oregon Grape: joyfully cultivating the desire for solitude and contemplation

Tulip: taking time and space for deep core healing

Vivea: knowing oneself; authenticity & consistency (being the same inside & out)

Cortesia Sanctuary

- Blue Star Creeper:** simplicity, humility, forgiveness
Clary Sage: remembering & articulating one's true purpose, soulfulness
Cyclamen: deep inner healing, accepting nurturing, accessing universal healing energy
Dahlia II: silence, stillness, looking within, counting one's blessings
Daisy: solace, comfort, feeling harmony with nature, family, friends, & other beings
Star Gazer Lily: reverence & unconditional love for the beauty & mystery in all beings

Many people are awakening to a deep personal yearning: to claim a sense of sanctuary as a way to regularly and deeply nurture & revitalize the spirit. To find a safe haven from the world is to find a soulful relationship to a special place that daily offers us relief from the world, yet empowers us to find comfort within it. Creating sanctuary is about uniting that peaceful place within ourselves with a special physical place in our immediate surroundings — perhaps our property, garden, land, home, or even a room in our dwelling.

Deep Peace

- Aster:** peace of mind in all circumstances; adaptability
Be Still Tree: calmness in the midst of activity and change
Clematis: contemplation, quieting the mind, introspection
Stargazer Lily: reverence & unconditional love for the beauty & mystery in all beings
Star Tulip: loving, nurturing, and accepting oneself
Wild Rose: simplicity, contentment, attunement with Spirit

While it is difficult for anyone in this stressful world to feel peaceful all the time, still we can take small steps that bring us to greater adaptability and calmness in the midst of life's challenges and changes. We can seek to quiet our mind, love and nurture ourselves and others, and find contentment in living more simply, in attunement with Spirit. May those precious moments of deep peace be gradually extended — that is our prayer.

Loving Myself

- Calypso Orchid:** attuning to divine guidance, spiritual openness
Foxglove: allowing things to unfold in their right time, understanding & flowing with the natural rhythms & cycles of life and nature
Lily of the Valley: belief in attainability of one's noble, pure-hearted dreams/visions
Peony: seeing the larger picture and playing one's part in it with style, grace & humility
Star Tulip: loving, nurturing, & accepting oneself

share one's true self

Red Rose: purity of heart, surrender to love

Prunella: understanding/healing the source of our physical/emotional wounds

When our inner child is finally allowed to come out and play, it may sing & dance, cry, or have a tantrum, or simply be, without any expectations. Vulnerable? Perhaps. Real? Yes! Don't we all yearn to be real, and to surrender to loving and being loved, like a baby does? Trust & joy, fearlessness & playfulness — these are our birthrights if we wish to claim them.

Lighten Up

- Broccoli:** physical grounding, consistency in respecting & nourishing the physical body
Christmas Cactus: celebration of the sacred, expressing light in times of darkness
Corydalis: infusing joy & optimism into all one's endeavors, being here now!
Erysimum: evenmindedness, endurance
Pineapple Sage: respectfully speaking one's truth, honoring one's inner timing & principles
Viburnum Davidii: giving & receiving support within the broader community, group spirit

Do you struggle with feelings of depression, isolation and/or physical lethargy, especially during the winter (or perhaps year round)? Are the holidays dark & lonely times for you more often than not? The essences in this blend were made on the Winter Solstice from flowers blooming beautifully in spite of the cold. May they be teachers for us, reminding us to find meaningful & joyous ways to nurture body/mind/spirit through all seasons & circumstances. Reach out, share a little of yourself, be good to your body, find something to celebrate! Let your light shine — now!

Menopause/PMS

- African Tulip Tree:** recognizing our ancient roots & sacred link to women everywhere
Canna: understanding the root cause of our anger or suffering
Cortesia Rose: seeking refuge & solace in Spirit
Hau Hibiscus: transformation & personal growth, willingness to change & deepen
Hollyhock: openness to new people & experiences without defensiveness or fear
St. John's Wort: overcoming nervous tension, depression, or exhaustion

The years leading up to menopause can be challenging for any woman, as well as transformational. So much is changing within and without. This is a sacred time and cycle when we must courageously face these many changes with openness, even while seeking refuge & solace in Spirit. This blend will support you in better understanding the inevitable periods of anger, depression, exhaustion, etc., and in emerging with a deeper sense of self and a stronger connection to women everywhere. This Blend is good for PMS, too! The Loving Myself Blend and Clarity Blend will each also provide loving support in the menopausal years.

Personal Power

Borage: courage & joy
Coral Bells: sensitivity to needs of self as well as others; true cooperation
Crocsmia: passion, magnetism, renewed energy & vitality
Geum Dahlia: spiritual insight & receptivity
Lavender: protection, purification, releasing guilt
Golden Yarrow: stamina, inner power

Personal power or sovereignty emanates from within when we are spiritually, mentally, & physically grounded. Releasing guilt, fear, & hesitation frees up enormous amounts of energy, passion, & magnetism, but it takes courage & stamina to endure the transformation. May this blend protect, purify & strengthen you on the journey.

Rising Up

Acanthus Mollis: discrimination, attention to detail, making wise choices
Bleeding Heart: transmuting suffering into compassion & love for self & others
Borage: courage & joy
Calendula: cheerfulness, resiliency in spite of difficult conditions
Crocsmia: passion, renewed energy/vitality, magnetism
Feverfew: enduring hope, clear & positive thinking

When our being truly yearns to break out of current & perhaps long-held limitations — be they shyness, oppression, pain, depression, or whatever — rising up is what we do. And be forewarned, part of rising up is expressing our feelings, needs, & ideas with words, be they spoken or written! So if your throat tingles a bit with this one, speak your truth. But let it be based on compassion, hope, and clear & positive thinking. Then your truth will empower you without hurting others, and the choices that grow out of it will be wise choices.

Woundedness Recovery

Bleeding Heart: transmuting suffering into love & compassion for self & others
Blue Star Creeper: forgiveness
Erysimum: endurance, even-mindedness
Lavender: protection, purification, releasing guilt
Prunella: healing physical/emotional wounds at their source; belief in ability to heal oneself
St. John's Wort: overcoming long-standing nervous tension, exhaustion, or depression

For all who have suffered deep physical or emotional pain, this blend was created to stimulate & support the body, mind, & spirit throughout the healing process. A key to this essence is prunella, to foster the belief in the ability to heal oneself from the inside out. For truly, no one else can heal us. It is perhaps our own ability to forgive others & ourselves for mistakes made that begins the upward journey. Then we must find the strength to endure suffering, grief or loss, and finally transmute it into love, compassion, hope, & deep insights about who we are — beyond our woundedness and, yes, because of it!

BLENDS FOR TOUCHING THE SOUL

Contentment

Beargrass: unifying and balancing of opposites (pride/humility, strength/gentleness, masculine/feminine)
Elephant Head: feeling self-contained and content with life yet remaining open and adventurous
Fava Bean: deep core healing, return of faith
Glacier Lily: releasing frustrated desires, regrets, and outmoded behaviors; acceptance of past experiences
Leopard Lily: using humor and playfulness to soften conflict; taking life less seriously
Wild Rose: finding peace and happiness in a simple life

The feeling of contentment, so elusive in our culture, comes to those of us who refuse to take life so seriously. We gladly release excessive desires and regrets, and accept our past experiences. We find our peace and happiness in living a simpler life in which we can feel more self-contained, yet still open and adventurous, trusting in what life will bring us. Boredom? Not at all, for we are experiencing the full breadth of all that we are, while remaining in our calm center.