

# Flower Essences



EVERYDAY SUPPORT



1 oz.bottles/ \$20

Sometimes you simply need support with your 'day to day' living of life.

- Apple Blossom - Restart health goals with positivity and strength
- Blackberry Blossom - Stop procrastinating and see projects through
- Blue Bead Lily - Support for your throat chakra, say what you mean from the heart
- Blue Cohosh - Live in the present without distractions
- Chamomile - Protection from EMP and your emotional space
- Christmas Cactus - Embrace and notice how your good actions affect others
- Dandelion - Listen to your body and meld mind and body
- Elder - Feel strong and stable in times of transformation and change, confidence infusion
- Feverfew - Be adaptable and flexible during times of major shifts and changes
- Hosta - Simply enjoy your day without allowing worry to shift your mood
- Iris - Regain your creativity, great for artist's block
- Lavender - Balance your emotional health and your obligations
- Lilac - Recapture your childlike joy and find the sweetness in nostalgia
- Lupine - Transform negativity into gratitude and focus on the good
- Milkweed - Stop addictive patterns, whether substances or behavioral
- Peony - Become a magnet for abundance and goodness
- Periwinkle - Learn from the past and use that wisdom in your life today
- Pussy Willow - Go with the flow and be more easy with tedious daily tasks
- Red Clover - Keep calm in a crisis and be strong during stressful situations
- Tansy - Overcome lethargy, indecision and inactivity - finish your tasks
- Trillium - Appreciate what you have and release your lack mindset
- Wild Ginger - Get grounded and connect with nature, put down roots
- Witch Hazel - Find the light in the dark, bringing joy to sad spaces
- Yarrow - Feel the protective shield of this medicine flower
- Yellow Bellwort + Citrine - Lift your spirits and relieve 'burn out'



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# Flower Essences



## SELF ESTEEM BOOST



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Bring in these flowers to release what holds you back. Empower yourself to live joyfully.

Amaryllis - Release fear of the future and stand strong on your own

Buttercup - Stand tall and shine despite past experiences

Cow Parsley- Feel comfortable with your contribution in groups

Columbine - Find your inner spark in times of low energy and lethargy

Goldenrod - Don't let others influence you, stay yourself

Larkspur - Step into your power with true Spirit and inner light

Mullein - Stay true to your soul purpose, share your inner voice and truth

Queen of the Meadow - Embrace your Divine self without fear

Tulip - Quiet negative self talk and be your authentic self

Violet - Overcome shyness and fear to share your gifts with the world

Wild Bergamot - Lose your fear of expressing yourself to others - be brave

Wild Rose - Trust yourself, you can weather anything that comes your way

Wild Strawberry - Journey without fear into the future with authenticity



## PENDULUM CHOICE



1 oz.bottles/ \$25

Not sure what you want or need to get you to the next space? Unsure of what shift you need next? Let me ask the Universe for you. Using my pendulum, I will choose and bottle a custom blend just for you.

Using the question: "What do you most need to bring you into alignment?"

This option is also perfectly chosen for what you need.

I provide plenty of invitations and guidance for your reference.



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## SOUL REPAIR



1 oz. bottles / \$20

Deeper work for when you feel disconnected from yourself.  
Explore your shadow to integrate your light.

Amanita + Super 7 stone (Full Moon) - Otherworldly fungi medicine for deep reconnection  
Black Eyed Susan - Bravely embrace your shadow - you are safe to work the dark  
Bleeding Heart - Repair your heart and safely open your heart to new experiences  
Burdock - Let go of deep negativity and work better with your anger  
Comfrey (Full Moon) - This essence protects as you explore deep emotional wounds  
Dogbane - Release your grip on old narratives and express your soul without fear  
Foxglove + Rhodochrosite - Heal your heart space and rekindle your love of life  
Ghost Pipe - Raise your vibration and learn how to live more in harmony with others  
Honeysuckle - Disconnect from idealistic nostalgia memories and move forward  
Jack in the Pulpit - Reconnect and back into your spiritual center  
Lady's Mantle - Get aligned with what the Universe has planned for you  
Lily of the Valley - Embrace simplicity and get connected to the beauty of the Universe  
Motherwort - Soften your heart and shift the patterns of early trauma  
Mugwort (Full Moon) - Wake up your intuition and bring that into your waking life  
Pink Lady Slipper - Activate your lower chakras to connect your earthly and spiritual self  
Queen Anne's Lace - Attune and be one between grounding and intuitive energy  
Rue - Face fears and trust that your instincts can protect you  
St. John's Wort - Provides protection from psychic invasion with Universal light  
Valerian - Tear down old patterns and reconstruct yourself on a new foundation  
Yellow Toadflax - Embrace a gentle release of old patterns and wounds with wisdom



## ANCESTRAL SUPPORT



1 oz. bottles / \$20

These essences work with generational and ancestral trauma.

Aster - Feel balanced even when triggered, lean on your own strength during stressful times  
Bloodroot - Illuminate dark family spaces and embrace the good, discard what doesn't work  
Evening Primrose - Self acceptance emerges despite early childhood trauma  
Wood Anemone - Release old family patterns, unload the baggage



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