

1. Flower Essences
2. Gem Essences
3. Essence Combinations and Room Sprays

KEY TO UNDERSTANDING THE ACTIONS AND INDICATIONS OF  
CO-CREATIVE HEALTH FLOWER ESSENCES

ACTIVATOR- ACT  
ATTUNING - A  
CATALYZING - CAT  
CLEANSING- C  
CONSCIOUSNESS SHIFTING - CS  
DETOXING- D  
INTEGRATION- I  
OPENING- O  
PHYSICAL SUPPORT -P\*  
PROTECTIVE- PRO  
RELEASE- REL  
REPAIRING- REP  
RE-PATTERNING- RPT  
SUPPORTIVE - SUP  
STABILIZING- S

### **I. The Flower Essences**

#### **Black Raspberry - P\*, REP, RPT, I**

Re-patterns the geometry of the second chakra to receive light from the chakras above the head. Helps to stabilize the process of light integration in the second chakra so that the old personal and collective patterns held in the 2nd chakra do not overwhelm or re-traumatize someone. Very helpful for supporting the delicate relationship of pregnant mom, to baby, to newly activated high chakra system above the head.

#### **Yellow Whorled Loosestrife- P\*, I, REP**

Enhances the circulation of light, qi, and blood to the tissues and structures around the spinal column.

#### **Sacred Lady Slipper- A, ACT, O, SUP, RPT,**

This essence is all about decompressing SPACE within the body-system to integrate the divine feminine. It both attunes and activates the system to make the space for the shift. It nourishes the space with deep blue light as it decompresses.

#### **Cinquefoil Combo- PRO, REL, SUP**

Enhanced protection. Unhooks cords, projections, and attachments coming from people and entities. Shores up the unconscious places in our energy field that allow negative energies to penetrate the body-energy system. An essential tool and resource for practitioners.

#### **Silver Rod - D, I, P\***

Rapidly Clears undesirable energies from the layers between the energy fields that prevent full integration of the body-system. In stock form, clears electrical energy that builds up and harms the nervous system. A great resource for dealing with the consequences of our expanding electronic age.

**Swamp Buttercup- REL, C, P\***

Releases self-defeating and limiting programming stored in the solar plexus chakra. Helps people to project their will into the world with positive, balanced energy. Helps with symptoms of nausea and other digestive problems.

**British Soldiers- D, P\***Scours the physical and etheric bodies for certain types of toxins- neurological toxicity, bio-toxins,etc. Helps clear the kind of *phlegm* that builds up in the body after chronic, prolonged stress. Use in stock form.

**Reindeer Lichen- C, P8\***

Works with circulation of blood and oxygen to the brain and nervous system.

**Wild Lily of the Valley- SUP, RPT**

An important essence for addressing the entire spectrum of trauma and betrayal that women have experienced throughout time. Helps women to remember the strength and power of the feminine and shift out of cycles of victimization.

**White Champion- REL**

For people who have a hard time accessing their emotions. The emotional congestion prevents them from healthy expression, or connecting their feelings with words. Helps with the feeling of having something stuck in the throat when it is caused by blocked emotion. May help with thyroid conditions.

**White Bleeding Heart- SUP, S**

Stabilizes and nurtures the heart center when there has been traumatic loss. When there has been much loss, and there is a feeling of more impending loss, it stabilizes the heart center so the heart can relax and process, instead of becoming overwhelmed by loss or over-focused on loss.

**Wild Burdock- C, D, P\***

Cleanses and detoxes. Works with the blood.

**North Star Liatris- A, CS, I, SUP**

Aligns us with our own true north so that we can be on the path to discover who we really are. Transforms righteous indignation into healthy righteous energy due to the alignment with path and purpose. Helps people find themselves or recover themselves when overwhelmed by negativity or resistance. Helps people figure out or remember who they are, align with that knowing, and let go of perceptions of victimization.

**Bluets- SUP**

The children's essence. Honors and supports the essence of children. A great welcoming essence for babies. Use in room sprays for the nursery.

## ESSENCES OF IRELAND

### **Wild Irish Fairy Orchid-** ACT, A, CS, O, RPT

Re-calibrates the heart and 6th chakra to a new rhythm. Alters perception of reality to allow one to transcend drama of the human condition.

At the right time, can initiate one into a new consciousness that reveals mysteries concerning the nature of life.

### **Irish Goat Willow-** C, REL, P\*

Releases old accumulated grief and loss held in the body. Can release and unwind the sacro-iliac joint, clear debris in the lungs and skin. Helps to balance the expression of the metal element.

### **Irish Celandine-** ACT, CAT, PRO, R, REP

Repairs the relationship of 3rd, 5th, and 6th chakras so that one can clearly follow their own intuition without interference or outside manipulation. Protects from dishonesty and manipulation. Patterns the 3rd chakra so that you have the will to act on your intuition.

### **Irish Spurge-** PRO, REL

Provides a "green space" around a person so that they are protected from the energetic cords and emotional energy of a loved one. Gives children space from adult's emotional turmoil. As part of a nightly ritual, give one drop to a child to clear them of the day and prepare them for restful sleep. Supports people who are having to take on or take care of a parent. Very useful during times of family tragedy or conflict when old family patterns become activated. Simple, direct, effective release of energetic cords.

### **Irish Moss-** A, C, REL, P\*

Helps people feel connected to life, and helps conscious people find and connect to each other. Helps with loneliness or feelings of being estranged or "not belonging" to this world. Releases toxic energy by first softening the nervous system and the fluid system so that old toxic energies can release. Helps heal lung and breast tissue. Can be given to anyone at the beginning of an energy healing treatment to catalyze release work.

### **Irish Sea Aster-** REL, CS,

Helps us to let go of the old grids and systems that no longer support us. Helps us to let go so that we can transition into the new. For moving gracefully through loss and transition.

### **Irish Ragwort-** RPT, SUP

Ragwort brings in new grids, systems, and information.

Powerful support for positive movement through resistance. Healthy forceful creative energy.

Take to support intentions, or when needing action to follow through on a project. Prevents from being weighed down by resistance in the self or from group energy.

### **Irish Ivy - A**

Aligns the energy system and attunes the sensory and nervous system to receive information from other realms and realities.

### **Irish Wild Angelica- PRO, P\*, SUP**

Protects the nervous system with silver light. Protects the body from energies and insults that impact the nervous system. Support during times of high sensitivity. Can be taken during pregnancy to protect and support the developing baby.

### **Irish Sea Thrift - REP, PRO,S**

Powerful support for the heart. Helps repair hope and joy. Gives one the knowing they can handle big waves of change. Activates and nourishes the high heart chakra.

## **GEMS of CO-CREATIVE HEALTH**

**Aragonite-** Cleanses and detoxifies the energy field. Excellent for practitioners to use at the end of the work day.

**Azeztulite-** Facilitates the attunement and alignment of the high chakra system and helps to harmonize the body's relationship to the light coming in from the high chakra system. Helps with inflammation in the nervous system.

**Bloodstone-** Assists with all blood related disorders. Repairs and nourishes the matrix that supports the blood. Helps with low confidence, weakness, feeling of being drained by life.

**Calicte Set-** Coming Spring 2010

**Dravite-** The "liquid teddy bear". Provides immediate comfort. Very supportive for children during times when they are confused, overwhelmed, sad, or feeling unsafe. This gem resonates with the essential essence of children and can be used with children, or with adults when healing damage done to the child essence through trauma or betrayal.

**Howellite-** Works with old patterning in the brain

**Lemurian Seed Crystal-** Accelerates the clearing of personal and ancestral karmic residue once the pattern is recognized and understood.

**Leopard Jasper-** Facillitates journeying

**Merlinite-** Helps to access skills and knowing. Helps to understand, hold, and be in relationship with the transformational and alchemical forces.

**Moss Agate-** Nourishing and protective. A great essence for pregnancy, birth, and post-partum.

**Pedilite-** Softens the area of the body that houses ancestral patterning and helps old patterns to release.

**Pink Tourmaline/Lepidolite-** Calms and soothes the nervous system. Repairs “frayed” nerves. Use for chronic stress and overwhelm.

**White Turquoise-** Softens the survival centers of the brain.

**Zincite-** Grounding. Spirals high chakra energy into the base, allowing for balanced and grounded expansive states.

### 1. **Essence Combinations and Room Sprays**

**Clear Bodies** - This combination clears toxic energy out of the energy bodies. A great companion to energy work. An essential resource for those who work intimately with other people or groups. 1/2 ounce solution - \$12

**Heart Support** - For stress, anxiety, and overload. Helps repair “frayed” nerves and connect to feelings of hope. 1/2 ounce solution - \$12

**Dynamic Support** - Helps people access positive, creative, forward moving energy. Helps people get “unstuck”. 1/2 ounce solution - \$12

**Transcend** - Helps us to transcend the intensity and energy drain of human suffering. Gives us space and perspective from human drama so that we can engage without being sucked in to disfunction or drained by emotional intensity. 1/2 ounce solution - \$12

**Clear Child** - Helps children release mental and emotional energy coming from parents or care-takers. Helps to clear the energy system and relax the nervous system. 1/2 ounce solution - \$12

**Pregnancy Support** - Coordinates mom’s energy system, especially the high chakra system, with the developing baby’s energy system. Helps the baby to draw from the preferred higher energies. Helps to protect the development of the baby. 1/2 ounce solution - \$12

**Baby Welcoming Room Spray** - a wonderful blend of essences and high grade essential oils to help baby transition from womb to world. 4 oz. spray \$16