

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'



HERBAL MEDICINE | TAROT | ENERGY WORK



FOLK MEDICINE IN THE
MODERN AGE



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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FOLK MEDICINE IN THE MODERN AGE

Flower Essences



SOUL REPAIR



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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
Monkshood - Be confident and spiritual sound even in high trauma/shock situations
Moonflower (Full Moon)- Awaken your authenticity despite past abandonment or rejection
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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