



LOTUSWEI



FLOWER ESSENCES FOR MORE

**PEACE +
CONFIDENCE**

by KATIE HESS



Do you ever feel like your schedule is so jam-packed that you barely find the time to do the things that matter most?

In the modern world, we are always on the go. We have a million things on our to-do list and bounce from one thing to the next, hardly stopping to take a break.

When we spread ourselves too thin, anything remotely stressful is amplified and our list of stress triggers begins to grow ... traffic, grocery shopping, cooking, email notifications, airplane travel, money - anything!

Effortless practices for more peace + groundedness:

- Instead of watching TV before going to bed at night, read a book, spend time with a pet or sit outside and listen to the night sounds.
- Take a warm bath with Epsom salts before getting ready for bed.
- Avoid caffeine in the afternoon - drink tea or hot water with lemon instead.
- In times of worry, separating reality from what-if scenarios is key. If it doesn't exist in that moment, don't let it linger! Keep it a thought and nothing more.

As we intuitively know, our body and mind are intimately connected. When we are mentally stressed, worried or overwhelmed, the physical body finds a way to react to those feelings. Possible effects include high blood pressure, an inability to focus, headaches, restlessness, irritability, and trouble sleeping.

If the effects on our body from daily stresses are this intense, consider the powerful imprint that our overall outlook on life can make! Do you always look on the bright side? Or do you often find yourself waiting for the other shoe to drop?

The lasting effects of constant stress and worry on our health can show up as sleeplessness, anger and self-confidence issues, and even physical pain and tension.

Traumatic experiences, whether it be a recent painful event or an old wound of the heart, can also manifest in different ways. If left unprocessed, the strong emotions that surround our experiences continue to play out in the subconscious and affect how we operate in our daily lives.



"I keep this bottle in my minivan and spray it on me multiple times a day. It takes the stress out of transition from work to picking up kids to picking up more kids and then getting everyone home. I feel like every time I spray it, it's a reset, reboot of peace for me. I gave it to my Type A friend who is in the same crazy sports schedule as me, and she loves it. She's not the kind to like something like this and she can't get enough. Thank you!!"

- Amy Crull





It's also important to remember that good stress is still stress. Whether you're moving into your dream home or learning the requirements of a promotion, this type of stress triggers the same response within the body. We often ignore these feelings because we are so excited for what the future holds. But even when it's smooth sailing and we're on top of the world, it's still necessary to make the precious time to unplug, replenish and relax.

"In 30 minutes, Inner Peace helped relieve the knot on my shoulder. It has helped more than 24 hours with Salonpas."

- **Barbie Crater**





Arctic Lupine

Silk Floss

Red Hibiscus

Mountain Laurel

With a little help from nature, we can effortlessly remedy our stress and overwhelm with flower elixirs that inspire a more peaceful, calm and grounded state of mind.

Arctic Lupine provides a sense of support when we are juggling too many things at once, which helps us feel secure enough to expand into who we truly are.

Silk Floss enhances our ability to be at ease in our own skin, no matter what.

Red Hibiscus inspires hope and helps us gain a fresh perspective during those times when it's one stressful situation after another.

Mountain Laurel dissolves tension, worry +insecurity, and helps us feel totally comfortable with ourselves – exactly as we are.

Collectively, these flower elixirs will make you feel at peace with yourself and the world around you.

For more education on flower essences check out my book **Flowerrevolution**.



ARCTIC LUPINE

Lupinus arcticus

Activate: Deep peace

Message: You are supported.



WHAT IT REVEALS

If you're attracted to the Arctic Lupine flower, you've got a lot going on! You're juggling too much at once, or you may be in transition with lots of change occurring in your life. You probably feel like you could use more support!

You may feel stretched too thin and overwhelmed, or you may be experiencing low-level worries or anxiety. The times in our lives when we're especially drawn to this flower include moving, changing jobs, having a baby, caring for small children, or dealing with the pressure of stressful deadlines.

WHAT THE ELIXIR CATALYZES

Arctic Lupine flower enhances an experience of deep inner peace and calm. It gives us the sense that we have a team of support around us, strengthening us to move gracefully through life's challenges.

Arctic Lupine is especially helpful when we feel heavy, in over our heads, or bombarded. It brings in a comforting sense of safety and protection, which helps us feel secure enough to expand into who we truly are.

EXTRA CREDIT

- Take a daily power nap to let your nervous system reset: set your cell phone alarm to go off in 15 to 20 minutes, lie down or recline the seat in your car, and take a little snooze during your lunch break.
- Eliminate technology use a couple hours before going to sleep. Make sure your cell phone is not plugged in close to your head where you sleep at night, and power it down at night. Consider installing “demand switches” in your house so you can turn off the electricity in your room while you sleep.
- Enhance your bedtime ritual. Try meditation or a hot bath. Drink a cup of Passionflower tea before going to sleep. Create a relaxing music playlist that you can put on as you’re getting ready for bed. Make sure you absolutely love your sheets, pillows, and mattress, and that your sleeping area is fluffy, relaxing, and inviting.
- Carve out time first thing in the morning for meditation, prayer, or quiet reflection. Put a meditation app on your phone so you can do short meditations while waiting in line, on the train or public transport, or before bed.

IN ESSENCE

Dissolves

- Muscular tension, frazzled nerves, adrenal overuse, depletion
- Restless sleep, mental chatter
- Stress, panic or fear

Magnifies

- Deep calm, peace, steadiness
- Ability to let go, relax, rest & sleep
- Awareness, intuition & spiritual connection





SILK FLOSS

Ceiba speciosa

Activate: Confidence

Message: It's time to shine.



WHAT IT REVEALS

If you find yourself attracted to the Silk Floss flower, you may be in a new situation that is making you feel out of your element. When you feel self-conscious, it takes your focus away from being present in the moment.

There may be times when you worry about what others think, or you feel weird and different, which makes it difficult to let loose. You could be feeling wary, small, and insignificant, or simply awkward.

Alternatively, feeling uncomfortable in your own skin can be particularly distressing or troublesome during the aging process.

WHAT THE ELIXIR CATALYZES

The Silk Floss flower enhances our ability to be at ease in our own skin, no matter what situation we are in. It dissolves shame, embarrassment, or awkwardness, and helps us embrace our uniqueness.

When we're wound up in self-consciousness, we tend to close ourselves off from enjoying the moment and experiencing what's around us. Silk Floss helps us fully accept ourselves, and shine. It helps us stand tall, exude confidence, and feel at ease with who and how we are.

EXTRA CREDIT

- Express confidence with your posture. Lift up your heart to the sky and straighten your spine. Point your nose straight ahead of you without looking down. Smile and make eye contact with people you meet.
- Take a ballroom dance class to improve your posture, balance, and grace.
- Remind yourself of the many reasons you have to be confident. Appreciate yourself for what you're good at, and when you've been a kind person.
- Ask five people who cherish and love you to give you five words that describe your greatest strengths.

IN ESSENCE

Dissolves

- Feeling out of your element, awkward, embarrassed
- Feeling small, insignificant
- Feeling ashamed, weird, different

Magnifies

- Confidence & comfort with who you are
- Ability to shine and be proud of yourself
- Self-expression, self-assuredness





RED HIBISCUS

Hibiscus rosa-sinensis

Activate: Fresh perspective
Message: Hit the refresh button.



WHAT IT REVEALS

If you're drawn to Red Hibiscus, you may have recently experienced a series of stressful events. You might feel exhausted by emotional stress, having had "one thing after another" occur. Perhaps by now you feel totally overwhelmed and overstimulated, and unsure of what to do. You may be craving a light at the end of the tunnel, a sigh of relief, and a fresh perspective for the future.

WHAT THE ELIXIR CATALYZES

Hibiscus helps us regain hope and experience relief after a string of stressful events. It brings in light at the end of the tunnel, and supports us in recognizing how these situations contribute to our personal growth.

When we have several life-changing events in a row, these events can re-create or mold us into a different person. This has a positive side; it can give us the sense of having a fresh start.

Hibiscus flower helps us turn over a new leaf into a new chapter of our lives, while retaining the wisdom we have gained from challenging situations. It allows us to start anew with a fresh perspective.

EXTRA CREDIT

- Write down a list of the stressful events you've experienced in the last few months, and what you've learned from them. Give yourself credit for all you do.
- Time for a spa day! Get a massage; head to the nearest sauna or hot tub to relax for a while.
- Find a way to offload some chores. Hire a housecleaner, order out, get food delivered, or find other ways to get help.

IN ESSENCE

Dissolves

- High stress
- Overwhelm
- Sense of being challenged for a long period of time

Magnifies

- Hope, relief & fresh perspective
- Light at the end of the tunnel
- Sense of a new start





MOUNTAIN LAUREL

Dermatophyllum secundiflorum

Activate: Total Comfort
Message: Let it all hang out.



WHAT IT REVEALS

If you're visually attracted to the Mountain Laurel, you may be holding onto something too tightly, or holding something in that has left you feeling uncomfortable in your own skin.

You may also be going through some sort of transition in your life, or in a new situation that has left you feeling out of your element.

WHAT THE ELIXIR CATALYZES

Mountain Laurel helps us let it all hang out no matter what situation we're in, even when we're shy or around people we don't know. It helps us feel totally comfortable with ourselves, accepting ourselves – as we are – 100%. It helps us let loose and get a sense of our true greatness in the world.

It dissolves tension, worry, insecurity and fear – and helps us move from playing small > playing big. It helps us let go + feel free, when we find ourselves holding in emotions or holding on to things too tightly.

EXTRA CREDIT

- Sit around in your sweat pants.
- Eat juicy fruit, like mango or watermelon, naked.
- Light a paper lantern, make a wish, and release it into the sky.

IN ESSENCE

Dissolves

- Tension, worry & insecurities
- “Holding it all in”
- Attachment

Magnifies

- Confidence
- Playing big
- Mental freedom



ARE YOU READY TO BLOOM?

Experience the magic for yourself.



Flower Elixir



Aura Mist



Balancing Serum



Anointing Oil



Bath Salt

Use code TRUEPEACE

for 15% off the entire Inner Peace Collection!

