



2020 CATALOG



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2020 CATALOG

Welcome to Gaia's Wisdom Essences!

We are honored to offer you Flower, Tree, Elemental, Moon and God and Goddess Essences to support you on your Healing Journey.

At this time on the planet, with much upheaval and change, we are being invited to return to the simplicity of Nature and the power of her Medicines.

Flower Essences are gifts from the Earth that work powerfully for emotional healing. They hold the vibration of that which is being collected. What this means is that when ingested or used externally, your vibration is met and anything that is not of Spirit (conditionings, wounds, etc) is brought to the conscious mind for release and repair.

Flower Essences offer profound and real transformation. They work to shift and repair deep-seated trauma, everyday anxiety and overwhelm, and all that lies in between. They are tremendous allies for this experience of life.

Each of these Essences has been collected in prayer all around the World, with the intention of touching your Essence and reminding you of your Truth, Wisdom, Power, and capacity for Love.

May your journey into the world of Gaia's Wisdom create pathways of deeper connection between you and the Earth and you and Self.

With So Much Love to You,
Ameya and the entire Gaia's Wisdom Team





COLLECTIONS



Avalon is a Star Temple, a place where cosmic energies incarnate. It is considered to be the Heart Chakra of the planet.

It is a Place where the Masculine and Feminine commune in Sacred Union.

A place where Priestesses have been trained for thousands of years through the sheer accessibility of the Goddess and Great Mystery.

Avalon is deeply connected and woven with Egyptian and Israeli Mysteries, snaking its magic all the way back to Atlantis, Lemuria and the Stars Venus and Sirius.

It is part of the Lineage of the Rose.

It is rich in layers of Magic, Revelation, Mystery, and Potency.

The set of 36 Avalon Essences holds frequencies of Love and Remembrance. These essences are especially supportive to heal Feminine Wounds and clarify Feminine Inquiries. Every flower, tree, and Goddess offered in these Essences will help you Know Thyself.



AVALON COLLECTION

APPLE BLOSSOM



Apple Blossom Essence reminds you of the dreams that were imprinted upon your Soul before you incarnated. This Essence actively supports you as you embody these visions (and she will bring more clarity to these vision and new guides/guardians). Using this Essence will bring new beginnings and assist your emotional body to get rid of anything you are holding on to the past and that is limiting you... anything that is keeping you from these Soul Dreams.

ASH



Ash Tree Essence creates an incredible stability to the system, but especially to the mind. This Essence helps the mind to release inner judgements and to calm self-deprecating thoughts so that you can make decisions and choices with greater ease. There is a harmonic frequency that is created within that decreases or eliminates any doubt or confusion.

AVALON MAGENTA ROSE



Avalon Magenta Rose Flower Essence is connected to Love that is noble, kind, and generous. When we partner with Love in a righteous way, we are able to live from a place of expansive generosity and this is where we link as a human family. Avalon Magenta Rose Flower Essence stewards a type of loving that is anchored from your deepest values and that is worthy of being given and received.

AVALON WHITE ROSE



Avalon White Rose Flower Essence reclaims the purity of your Heart. This Rose Essence opens the pathways of the Original Codes of Love that are alive within. You are able to access the Sophianic Mysteries of the Heart and the Innocence that Love truly is. This is a much needed Essence at this time on our planet where we have distanced from and forgotten the True Nature of Love.

AVALON RED ROSE



Avalon Red Rose Flower Essence penetrates deep into the Heart to both open and expand the capacity for Loving. The Red force of Passion and Eros is ignited so that romantic love with another and/or intimate Love with Self is heightened. There is a softening of armor, a releasing of shame, and an accessibility to and with Love.



AVALON COLLECTION

AVALON GOLD ROSE



Avalon Gold Rose Flower Essence brings forth abundance of the Heart. The truth is that the Heart is an infinite Well of Love. There is plenty to be given and offered and plenty to receive. Avalon Gold Rose reminds you that the generosity that is felt when falling in love and opening your heart is available to you ANYTIME, as you are alive in this human body.

AVALON ELECTRIC ORANGE ROSE



Avalon Orange Rose Flower Essence electrifies the channels of Love. It creates that Love flow and feeling you have when first falling in Love with another and you feel the potency of Love magnified. There are times when our Love and Loving become stagnant or static and this Flower Essence amplifies the currents so that you are awake and consciously choosing how to show up as Love.

AVALON SOFT PINK ROSE



Avalon Soft Pink Rose Flower Essence carries the tender embrace of the Mother. In this embrace, a softening occurs that creates tremendous healing within the Heart and past wounds. When you work with this Rose Essence, you will feel the Loving generosity of being held and loved deeply, which can ease much suffering, guilt and inner turmoil.

AVEBURY STONE



Averbury Stone Essence carries the Serpentine energies that are part of the journey of Shedding ~ Death ~ Resurrection. Through the Grounded and Feminine energies of this Stone Essence, you will be led to the answers you are currently seeking. The stones carry ancient understandings of your specific Destiny and can be used as you inquire on the next steps forward.

BRIGID



Brigid Goddess Essence is the Keeper of the Emerald Flame of the heart. She is a Midwife and offers protection and a welcoming embrace as you step through the threshold of birth (physical birth as a Mother or the birth of a great dream or the birth of health). She lovingly supports you as you cross a profound, life-altering Threshold. In this way, you are ushered safely to the next iteration of your life and destiny.



AVALON COLLECTION



BUTTERFLYWEED

Butterflyweed Flower Essence helps you to experience both freedom and commitment. Often we think of being attached as having our freedoms revoked. Freedom is living a life of commitments because you are brave enough to devote to that which holds meaning and significance for you. With this Flower Essence, you will experience personal freedom while committing to deep longings of your Heart - in partnership, in your work in the world, your health, etc.



COPPER BEECH

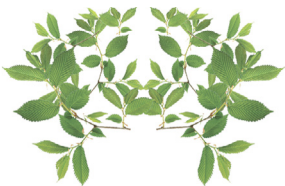
Copper Beech Tree Essence is a Sister Essence to the Green Beech Tree Essence. Whereas Green Beech tends to the immensity of grief, Copper Beech Essence is for when grief wants or needs to be held. She has an All-Embracing Mother energy where you are safe to feel. Sometimes you want to hold grief as a way to stay close to a person or experience. Not in a way that is detrimental, but in a way that is supportive of your grief process. Connection is important in the healing of heartache.

Copper Beech Essence can also help usher those who are in the process of death into the next realm. It can also increase copper circulation which can help certain heart diseases and symptoms (especially when there has been a history of heartache).



DRAGON

Dragon Essence imbued with the Power of the Dragon Nations, who are the oldest beings on the planet. They are mystical and are believed to have birthed the Royal Blood Line and the Holiest Truths. You can use the Dragon Essence to connect with your specific Dragon who has been with you since birth and whom will help you live out your sacred and unique mission. And you can also use this essence to connect with the Dragon Nation as a whole and ask questions you have about your path or about the future thriving of the planet.



ELM

Elm Tree Essence combats daily overwhelm and stress. In the quick and often frenetic pace of our world, Elm Tree Flower Essence support you breathe deeply, creating more spaciousness with your to-do's. This allows you to show up in your life with more ease and greater presence. This Elm Tree Essence specifically works also with the overwhelm related to all aspects of technology.



AVALON COLLECTION



ENGLISH OAK

English Oak Tree Essence provides a stabilizing effect that is incredibly potent as so many of us find ourselves swirling in the chaos of our own past trauma or in the collective trauma that is present. Oak Essence helps to offer a life-jacket where there is confusion, an overactive mind, or a lack of inner strength. Rather than feeling overwhelmed, you can come to shore, anchoring yourself to create a level of inner peace. Your strength and resiliency increase when using this Essence.



FLEABANE

Fleabane Flower Essence helps to heal the suppression of the Feminine after it has been damaged, distorted, or victimized. This is quite a potent Essence for Women in the world right now. As this trauma begins to repair, you are able to actually choose who you are as a Woman, from your well of Truth, and not based on the violations of the past. There is giant liberation available from the reclamation of your Feminine Self.



GOG

Gog Tree Essence holds the wisdom of this 2000 year old Oak Tree who sits next to his beloved Magog. Gog Tree Essence carries the energy of Grandfather, the true and loving force of the Masculine. With this Essence, you will be guided through layers of Grief into Resurrection, all because of Gog's generous and constant stream of Love. He reminds us that Grief is part of Change and that there is a Divine plan and a new order arising for you personally and for the collective. He speaks, "I look the same but I am changing inside. The essence of Self bearing witness to itself more and more."



GUARDIAN OF TRUTH

Guardian of Truth Flower Essence a combination of Stinging Nettle and Milk Thistle collected around the 3D Labyrinth of the Tor. This Flower Essence speaks to Knowing your Truth. Sometimes you need to dig around in the thistles and in the shadows to come to truth. What inspires you? What triggers you? What do you stand for? This is a potent formula for times when you need to wield your sword and cut through fears, worries, untruths. It is important for standing as a Leader and also shifting personal relational dynamics. Guardian of Truth Essence will also lend protection as you expand into your Truth.



AVALON COLLECTION



HAWTHORNE

Hawthorne Flower and Tree Essence is considered one of the most sacred trees as it is a pillar of Compassion and Love. This Essence brings relief to grief of childhood trauma that is currently affecting your present day life. Feeling the well of heartache is perhaps one of the great initiations along your path. As you grieve and mourn the past, you are encircled in Love, easing the discomfort of tenderness. This Essence also brings the resonance of hope and the strength of harmony that comes when you feel the depth of pain and loss.



HOLY HAWTHORNE

Holy Hawthorne Essence originates from the Middle East and was brought to Avalon by Yeshua's uncle, Joseph of Arimathea. Use this Flower and Tree Essence for transforming certain thoughts, beliefs, patterns in your life. While these are being transformed, there is an energy of arrival or becoming, that begins to spread throughout your being and therefore offers the frequency of "Know Thyself."



HORSE CHESTNUT

Horse Chestnut Tree and Flower Essence offers codes of inner knowing. This Essence supports the unfolding of who you are, free from the past and past mistakes and into the full blooming of who you are. This is essential as you may have taken on the identity of who you have been told you are or who you believed yourself to be (based on past experiences), rather than simply being who you are, creating a distortion of your True Self.



LORDS & LADIES

Lords and Ladies Flower Essence is a companion Essence to be used either with or after using Fleabane. This plant contains both masculine and feminine sex parts. In the chalice (the feminine), the male stamen sits. This Essence helps to weave together the long-suppressed parts of the Feminine and the long-exiled parts of your inner Masculine into union. It is a potent healer that so many of us are needing as we bridge the gap between these two polar opposites.



AVALON COLLECTION



MAGOG

Magog Tree Essence holds the energy of the Grandmother, similar to the energy of Original Mother who offers Mother Love. She is Gog's sacred counterpart in the Union of Masculine and Feminine. Her Essence is powerful when doing work around personal relationship with your Mother or the Great Mother as an Archetype in general. She is also standing strong as her beloved begins to make his transition and so she can offer both strength and a perspective that all will one day pass.



OM PHALLUS

Om Phallus Essence is to be used with incredible care and attention as it transports you into deep Womb Work, Queen energies, and connection with the Grail Mysteries that have been kept sacred and secret for centuries. Collected from the rock that Priestesses bleed on during their Monthly Moon time, this stone contains the DNA of the Goddess. Please use this Essence to heal physical womb issues, release sexual partners energetically, clear shame and wounding held in the Womb, and connect you to the Great Cosmic Womb of the Universe where the Soul of your Dreams resides.



QUEEN ANNE'S LACE

Queen Anne's Lace Flower Essence helps as you embody your Power, your Sovereignty, and your Queenly essence. The Queen is the conduit between Heaven and Earth and offers her Crown as that which serves all beings. She is both fierce and delicate, compassionate and noble. The Queen links your Personal Will to Divine Will and will support you in your sacred service in the World. As you use this Essence, pay attention to a strengthening of boundaries, ownership of desires, and ability to speak truth.



RED RASPBERRY

Red Raspberry Flower Essence works intricately with the Wombospace. As it tones the Uterus to work with strength and vitality, it also softens emotions that have hardened within the Wombospace, creating imbalance and physical symptoms. As womxn we have learned to suppress many emotions in favor of being "strong". Red Raspberry Essence teaches the energy of softness and femininity, both important energies to embody.



AVALON COLLECTION



RED SPRINGS

Red Spring Water Essence is the waters of the Feminine, of the Blood, of the Waters of our Wombspace. This Essence holds the cellular memory of the Sacred Feminine while simultaneously activating your own DNA of Goddess, of Woman, of the Royal Bloodline originating from Mary Magdalene. You can use this essence for womb work, reproductive healing, or for emotional reconnection to the Feminine.



RED AND WHITE SPRINGS

Red & White Spring Water Essence is a combination of the Red and White Spring Waters. Taking this formula will bring together a harmonic resonance within your inner Feminine and Masculine. Your Solar and Lunar merge and marry in sacred Union. You can also use this Essence to connect with the lands, realms, frequency of Avalon and feel her alive inside of you (place a few drops in water and sip throughout the day). The Triple Flame of Love will reveal itself through you.



ROWAN

Rowan Tree Essence strengthens your life-energy. Through this process, your ability to repel negative forces increases. You are able to break victim consciousness currents or any malevolent influences that have affected your system. Your psychic abilities are heightened as well and Rowan Essence ushers you into harnessing your magic and wielding your ability for spell work and “charms”.



STAR MAGNOLIA

Star Magnolia Tree and Flower Essence is the keeper of the sacred Red Springs, rooted in front of the Red Springs Wellhead. This Essence connects you with the Sacred Feminine and the Star Temples around the world. She ushers you through your own Divine and sacred thresholds so that you connect to your Star Path, that is linked into the Cosmos and through all of eternity. Taking this Essence opens you to Key Codes of Ascended Masters that are only able to be accessed through this star frequency.



AVALON COLLECTION



STONEHENGE STARGATE

Stonehenge Stargate Essence helps to pull down Cosmic Downloads from the heavens above so that you can receive planetary Wisdom. It is an Essence to use in your Ascension process so that you are able to clearly hear the Voice of the Galaxy while living out your Earthly existence. This is an Essence that is to be used when seeking Deep Connection and Guidance. Channels will open and Transmissions will be heard.



WHITE SPRINGS

White Spring Water Essence is the Waters of the Masculine, white like semen. This Essence holds the resonance of your own inner Masculine – your inner youth, King, and Grandfather. Please use this as you are healing your masculine lineage and/or to befriend and reconnect with your inner Masculine.



WILLOW TREE

Willow Tree Essence creates a flowing and pliable energy current while releasing rigidity. You are able to hear and listen to the knowings you have to live your life's Destiny. When this occurs, so much in your life can shift, emotionally and physically. Personal grudges can be released, forgiveness experienced, and fluidity in your muscles and joints can be created too. Openings, synchronicities, and ease becomes your normal.



YEW TREE

Yew Tree Essence holds magic of sacred portals that that move you across the veils from one world to another. From Glastonbury to Avalon. From the “normal” to the magical. From the outer to the inner. This Tree Essence invites you to walk an ancient wisdom path that has been alive in you and is waiting to be reunited and reacquainted. You will be offered great remembrances, insights, and access to the Great Mystery.



GODDESS & GOD COLLECTION

The Goddess and God Collection is a very unique Gaia's Wisdom Collection. Within these Essences, you will be lovingly and fiercely Guided by Ancient Beings / Ascended Masters / Spirit Guides who wish to work with you and through you.

You might already be working with one or more of these Goddesses or Gods, so using these Essences will amplify your connection and communion. And if you wish to open channels of Communications, using a specific Essence will be highly supportive to this process.

It is challenging to define these Essences as the magnitude of their living expressions are infinite and immeasurable. Rather, there are qualities that are listed below and know that when you actually ingest these Essences, there is much more that will be revealed.

These Essences were collected in California, Avalon and Israel.

Please use these Essences during Ritual or Sacred time. Allow time to be quiet and in full receptive mode.



GODDESS & GOD COLLECTION



ANNA

Anna, Grandmother of Jesus Essence is here to remind you of the Royal Blood that you carry. She whispers gently and with Great Love of who you are as Priestess, as Maiden, Mother, Lover, Revolutionary, Queen, and Crone. She will encourage you to KNOW THYSELF, both personally and in a transpersonal way.



ARIANRHOD

Arianrhod Essence reminds you that you are a Priestess of the Moon. One who is in touch with the rhythms of the Moon and One who allows Lunar Wisdom to pulse through you, from your WombSpace to the rest of your body. Arianrhod of the Silver Wheel, will meet you on the other side of the threshold of Death and tend to you while you pause and clarify and nourish... only to then usher you into your Re-Birth.



ASHERAH

Asherah Essence conveys the Solar Power that is inherent within the Archetype of the Great Mother. Different from Hathor, whose celestial magick resides in the Heavens, Asherah is devoted to helping you incarnate in your physical body so that you “get things done” in the 3D. She is connected to the Courage, Royalty, and Prowess of the Lions, as She is the Lady of the Lions.



BRANWEN

Branwen Essence is here to bring you into deeper Communion with the Earth, the Leylines, and the Elementals. She is the embodiment of Sovereignty and the Guardian of Avalon so this Essence will bring you into the realms of the Holy Isle. She is the World Axis (much like a Tree of Life) and will remind you of your place in the Web of Life, with primal feminine energy as your most powerful tool and resource.



BRIGID

Brigid Goddess Essence is the Keeper of the Emerald Flame of the heart. She is a Midwife and offers protection and a welcoming embrace as you step through the threshold of birth (physical birth as a Mother or the birth of a great dream or the birth of health). She lovingly supports you as you cross a profound, life-altering Threshold. In this way, you are ushered safely to the next iteration of your life and destiny.



GODDESS & GOD COLLECTION



CERRIDWEN

Cerridwen Essence is full of the Medicine of the Dark Crone Goddess. Through her sacred powers of Transformation, Cerridwen will infuse you with Divine Inspiration (Awen) so that you are able to brew your own magick, wisdom, and creative inspiration in your life and in the world.



DANU

Danu Essence holds the Love of the Great Mother Goddess. This Love is so vast and powerful, you will feel a reorganizing in the cells of your body. In her nourishing embrace, you will find and love yourself. She will walk you through the Threshold of your own Mothering - perhaps in a physical pregnancy and birth and/or through a vision you are currently Birthing and Mothering.



HATHOR

Hathor Essence opens your Crown Chakra and brings your awareness into the Heavens above. From this vantage point, you have a greater awareness of expanded Consciousness that allows you to hear and communicate with the Dreams of your Soul. When activating the codes of your Destiny, Hathor Essence will unlock the potentiality that resides within and bring you into the embrace of the Cosmos.



INANNA

Inanna Essence reminds you that you are on a continuous Journey of Life - that of Birth, Sacred Marriage, Death and Rebirth. This Essence may be used when you are walking through these specific thresholds and a sacredness, power and understanding wishes to be invoked. You may also use her Essence to connect with the planet Venus, perhaps asking her questions that may help you understand your cyclical, feminine experience.



ISIS

Isis/Auset Essence supports the extension of your own Glorious Wings as you open to receive alchemical Gold Codes of Ascension from the Queen of Heavens and Earth. Use this Essence to understand how the Ankh opens the Gateways of the Rose so that you can awaken more Truth in your being. This includes exploring your sensuality and sexuality and your 8 8 womb gates of Power.



GODDESS & GOD COLLECTION



LILITH

Lilith Essence is a powerful Essence to use anytime you have felt misunderstood, ignored or excluded. She is here to remind you that in those moments, you actually hold the Keys of Power to speak your own Truth, tell your own story, and claim your Sovereignty. As a Dark Goddess, Lilith Essence will shine light into places of Shadow that wish to be honored and validated as essential to who you are and where you are headed.



MARY MAGDALENE

Mary Magdalene Essence invokes the Codes of your Blood and your DNA as Woman and Priestess. Use this Essence as you explore your WombSpace as the Holy Grail, as a Keeper of the Magdalene Mysteries, and as a portal for Sexual Exaltation and Union. Mary Magdalene Essence will create a relinking for you between your WombSpace and Heart which repairs shame, rupture, or disconnect from your sensuality and sexuality.



MOTHER MARY

Mother Mary Essence anchors in the Whole and Holy Love of the Unconditional Mother. Use this Essence to ground in your sovereignty and ownership of your own body Temple and WombSpace. Mother Mary Essence reminds you that you are an intrinsic part of the story of the Cosmos (and your story is yours to claim), that you are both Queen and Magdalene, and that you are here to serve in the fullest capacity of your Heart.



MORGANA

Morgana Essence will support you to enter the world of Death as she is the Gatekeeper. It is here that you will be invited to lay everything out on the table with no fear, to get real and honest with yourself and your patterns. Use this Essence to cut right to the core and see the karmas that want to complete, the ancestral patterns that are ready to die, and the way in which the Dark can show you gifts within of Great Love and Strength, Courage and Devotion.

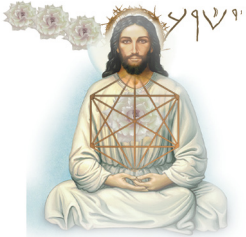


OSIRIS

Osiris Essence carries the Code of both Love(r) and King. As the Beloved Consort of Isis, Osiris brings the depth of Love that is present in Sacred Union. Through the energy of the Masculine, this Love is channeled through to you in ways that are very healing. With this Love, you are able to see into your own personal shadows and repair into Wholeness.



GODDESS & GOD COLLECTION



YESHUA

Yeshua Essence carries the Christ Codes. These Codes hold a specific vibration and frequency of sound, light and form that reveal the path to Great Awakening with the Rose Mysteries. They are embodied within you and accessible to and for you, through Yeshua's loving touch, tender teachings, and warm embrace. Working with these frequencies will bring you into a calibration of your Soul's Truth and Mission, linking you into the resources of your destiny.



The Celtic Wheel of the Year is celebrated with 8 Holy Days that are part of the Solar Mysteries.

These 8 Holy Days hold great Remembrance. Within each Holy Day and Season, there are specific teachings, medicines, archetypes, elementals, and understandings of Gaia and the whole of the Cosmos. These energies animate through you and invite you into a deep knowing of Self.

When you celebrate the turning of the Wheel of the Year, you honor the life journey of the Sun / Son - conception, birth, love/marriage, ascension, abundance/gratitude, death, rebirth.

Use the High Holy Day Collection to enhance your experience as you honor these days. As you create ceremony and use an Essence, you will immerse yourself into the energies that are available. These Essences work shamanically as they amplify your specific experience during a Holy Day or the entire portal. You will deeply (in both mind and body) understand the energies of these specific moments which allows you to understand yourself more deeply. You can take once or throughout the entirety of a specific Holy Day portal. Your body is the work of nature and part of something bigger that is often not acknowledged. You may also use any of these Essences at any time of the year to invoke specific energies you are working with at that time. For example, if you are doing inner child/maiden exploration, you may want to work with Spring Equinox/Ostara Essence.

The High Holy Days and seasons are tracked through specific astrology and change dates every year. These Essences were collected on specific days of the turning of the Wheel of the Year. They were collected in both the Moonlight and Sunlight. The cross-quarter days (Imbolc, Beltane, Lughnausa, and Samhain) are made as a combination of both the Solar and Lunar days of that specific Holy Day, astrologically. They were collected in California and Avalon.



HIGH HOLY DAY COLLECTION



YULE / WINTER SOLSTICE

Yule ushers in a New Year with the conception of the Sun (and of the Holy Son). At the Winter Solstice, we experience both the return of the sun and the renewal of the dreams that have been sleeping in our Wombs.

The energy of Mother is strong at this Holy time. Out of the Great Mother (Galactic Sun and Galaxy), the Sun is birthed. Out of the Great Mother, the Son is born (Mother Mary with Yeshua, Isis with Horus). With the energy of Mother present, this is the time to attune to the Great Mother within and what you want to birth... bring in to manifestation.

Yule Essence connects you with the Dark Goddesses and the energy of the Crone. The Dark Goddess invites you to reclaim and integrate the Dark within for this aspect has been exiled for too long. The Crone is an aspect that wants to be embraced rather than shunned, as she has been with you for your entire life and experienced all of life's glories and pains. She has quite a lot to share with you. This Essence brings a deep sense of rest, pause, and inward motion so that you are able to hear and then plant the dream seeds of your Destiny.



IMBOLC

Imbolc is the time of Initiation. With the Sun about to rise, your consciousness is also rising. Out of your deep slumber from the Winter, you are emerging as something new is arriving/birthing. The seeds you planted at Yule are just beginning to burst from the shell of the seed.

In the Solar Mysteries, this is the moment of inhale of the newborn, the Great Sun birthed from his Mother. This is about those sweet moments of new life where all is nourished, protected and tended to with sweetness and tenderness. Goddess Brigid, who holds the Emerald Flame of Love, is the Midwife here, welcoming in new beginnings (baby, projects, visions).

Imbolc Essence carries the currents of the Midwife, who with your conscious presence, will support you as your great dreams and visions gestate and then move into the process of labor and birth. For desires to come into tangible form, they need the time in the dark void and they need the hearth tended to so that the inspirational fires stay lit within. From this safe place, labor and birth moves forward with ease and grace.



HIGH HOLY DAY COLLECTION



OSTARA / SPRING EQUINOX

Ostara is the time of Resurrection. New life that was promised is coming and revealing itself. Your consciousness is shifting outward, as lost parts of yourself have been retrieved and are integrating in your own Soul Resurrection Journey.

In the Solar Mysteries, the Great Sun has gone to the Underworld and been re-born. Yeshua and Osiris journey to the Underworld and then bring themselves to resurrection, using ancient technologies taught and practiced for many years. Spring Equinox is the rebirth of the Earth and the Son is brought back to life. The Goddess Ostara is present at this moment, guarding this New Dawn.

Ostara Essence connects you to your Maiden Self. Spring is connected to the direction of the East and the Element of Air. The Maiden, in her innocence and purity is present and she invites you to understand your original essence so that you can understand your Soul's mission, purpose and of course, blueprint. Spring Equinox Essence also activates the layers of your mind. That means that your intuitive and liminal mind will be just as powerful as your practical and rational mind. There is a joy and levity to this Essence and a re-linking to your childhood loves.



BELTANE

Beltane is the time of great Fertility and the Lover. Beltane turns the Wheel of the Year to a new season, Summer. Beltane is about life, growth, and unrestrained passion. At its core, it is focused on the joining of seed to soil and sperm to egg.

As the tree buds ripen to flower and the bees buzz around drinking the nectar of unfurled petals, sex is literally in the air. The Union of Masculine and Feminine is felt within the whole of Gaia and begins to unleash itself in your body. There is a turn-on felt as Summer commences. Possibilities, connections with others, and the pulse of Life fuels your daily reality.

Beltane Essence hold the fiery activation of passion. Associated with the direction of the South and the Element of Fire, your sexual and sensual passions will be ignited, honored, and celebrated. The Goddess Rhiannon is present as well as Mary Magdalene to embrace your sexuality as a natural facet of who you are. You are able to work around wounding of the Feminine you carry. And you will come into Union with your inner Lover and perhaps a Lover outside of Self. You can also have your Lover take this Essence too for a combined experience.



HIGH HOLY DAY COLLECTION



LITHA / SUMMER SOLSTICE

Litha is the time of Ascension. The Sun's warm brings vitality and energy. It brings hope and play. Summer Solstice is the pinnacle of your Soul's journey as you revel in Love and Communion and allow it to dance in your body, mind, and heart.

Summer Solstice is a celebration of the Heightened energies of the Solar God and Goddess. The Solar God is awake and anchors healthy assertion, self-knowledge, and boundaries into your life. The Solar Goddess is awake and offers the rays of the Feminine as pinnacles of Fierce Love. These two dynamic energies are equally powerful and important.

Use Summer Solstice Essence to celebrate and honor the fullness of your life while also honoring the fullness in the letting go. With this support, you will recognize the gifts of your spiritual path. Goddess Isis is very present at this time, offering her golden codes of Truth. Your passions and pleasure pursuits will be at their peak as you enjoy the lushness of Summer, within and without.



LUGHNASADH

Lughnasadh is a time of Abundance. This is the first of two harvest festivals and it is here that celebrations begin for the fruits, grains, and vegetables that are ready to be harvested. There is an awareness that the days are getting shorter and summer will come to a close soon. The Earth is radiating a Golden color and energy as Gaia shows her abundance.

Lughnasadh is about the sacrifice that the Sun King provides. He offers his life to Gaia and to his people so that the harvest continues with abundance and generosity. This great sacrifice allows the Community to survive and flourish. His life force literally feeds the community and is part of the Cycle of Life.

When using the Lughnasadh Essence, you will connect with the golden current of Royalty, Nobility, Manifestation, and Prosperity. There is also a component of death as when harvest comes, there is death present as well. A sacrifice of life is made. Enjoy the harvest of all that is coming forward, and know that you will also be invited to let go of that which stands in your way of further abundance or that which needs to be released so that you can continue to thrive.



HIGH HOLY DAY COLLECTION



MABON / AUTUMN EQUINOX

Mabon is the time of Harvest. Mother Earth is in her fullest, most grand abundance. This is the second harvest festival and celebrates the pinnacle of growth and all that Mother Earth provides to you for sustenance.

Autumn Equinox is a moment of Sacred Union where polarities are held in great power. It is the day where there is equal night and equal day. There is a coming together of opposing forces and the energy that is then created and woven. It is truly what makes the world go around. From this point on, the masculine goes into hibernation or according to the great Myths, he actually moves to the Otherworld. You feel this dance as the feminine begins to rise and you move from the external realms and slowly move internally. The Light begins to Wane as the natural world moves into completion and rest and you are invited to return from whence you arrived. The great dark void or womb.

When using Mabon Essence, you will tap into a consciousness where polarity does not exist. Where these dualities are not seen in opposition, but rather, can exist in a state of harmony. It is a grand experience to have this feeling as so much of the time we are navigating how to live with two opposing emotions, energies, or feelings. There is a unification with this Essence that brings a depth of Consciousness to the binary world we live in.



SAMHAIN

Samhain is the time that celebrates Death and the veils of the World parting to allow for more communication between the Seen and the Unseen. It is the final Solar Holy Day in the Solar Year. It is the ending of the Year while also being celebrated as the beginning of the New Year (in Celtic traditions).

Samhain ushers in the Darkest part of the Year and from this energy, the mists between the physical and spirit worlds become quite thin. Life and Death merge. Dark Goddesses reveal themselves and invite you to travel to the Otherworld to release, learn, and/or die. Through this experience, you are offered revelation and a remembrance of Self. Ancestors and their wisdom are present, extending their hands out for communication and embrace.

When using the Samhain Essence, you will be guided to the Otherworld. The Otherworld encompasses the Underworld and the Upperworld, where teachers, spirits, and angels reside. It is all that exists in the Web of Life, just beyond the weave you can usually see. You might have great understandings of your subconscious and psyche, insight on your past and present patterns, and of course communication with unseen realms. It is an Essence that contains much Magik, Mystery, and Medicine.



Maui is an island steeped in Ancient Wisdom, Lore, Magic, and Mystery. It is connected to Lemuria and holds the power inherent in Hawaiian culture and story. Hawaiian stories carry mystical truths into the present moment, helping you to understand the essence of Aloha, that which is sacred to Hawaiians.

Hawaiians revere plants as beings who hold original blueprints of the Divine. Many of their stories trace their familial lineage all the way back to the plants, making nature their brothers and sisters.

Maui holds frequencies connected to passion, sensuality, and sexuality. On these lands, your WombSpace carrying trauma can be repaired, and your most innate Feminine Self unleashed.

The Essences in the Maui Collection are focused on increasing play, passion, creativity, and sensuality, which for many, have been suppressed, forgotten or ignored. When consistently working with these Essences, true knowing of the Divine aspects of your Sexual Self will awaken.



MAUI COLLECTION



BANANA

Banana Flower and Tree Essence awakens you sexually. Your arousal is heightened and there is an awareness of the complex and abundant sensations of pleasure that you carry.



BIRD OF PARADISE (HELECONIA)

Bird of Paradise Flower Essence helps in the process of forgiveness when there is resistance and an attachment to the inner critic. Forgiveness has many layers and when using this Flower Essence, you can release the stoic perfectionism that keeps you armored and disconnected and holding grudges or resentments.



BLUE/PURPLE LOTUS

Blue/Purple Lotus Essence works with the waters of the Wombspace. This Essence moves you into the waters of the Feminine and asks you to inquire into old, outdated models of the Feminine. You will be asked to be honest if you become overly dependent or needy in relationships, if you turn to Victim as your default setting or if you succumb to the powers of others in detriment to your own self-worth. Purple Lotus Essence brings flow and fluidity to these patterns, releasing the waters of grief too.



CATTELYA ORCHID

Cattelya Orchid Essence carries vast spiritual knowledge that is offered to you as insight into your life and life's path. There is a beautiful synchronistic dance with this Essence ~ that of living and inhabiting this Earthly body (while releasing wounds) AND experiencing the expanse of the Divine.



CURLY PALE PINK HIBISCUS

Curly Pink Hibiscus enhances the connection between the Third Eye and the Womb. The Third Eye receives messages from the Divine and then anchors those visions into the Womb where it can be seeded and gestates to be born. This Flower Essence opens the third eye with sweet softness to receive from the liminal realms and then opens the second chakra where the Dream(s) can conceive. When this happens, you understand the next steps of your life and then can manifest this into form.



MAUI COLLECTION



ELEPHANT EARS

Elephant Ears Essence provides a literal umbrella of protection surrounding and embracing you like a shield. This big broad plant Essence brings a joyful/ playful energy which can be great added into formulas where there is a lot of trauma work or emotional processing present.



FIG

Fig Tree Essence is powerful for many aspects of your mystical healing and reclamation. It is an essence that can be used to find out information about past lives. And it is incredible for bringing forth Truth of any circumstance that has been cloaked in societal, religious, or familial stories (ex the story of Lilith and Adam in the Garden of Eden). It brings forth a noble character that will always find the gold.



FUCHSIA HIBISCUS

Fuchsia Hibiscus Flower Essence carries the code of the Maiden. She brings you into the resonance of your inner child, when the physical boundaries between you and Spirit, you and Sisters, and you and the Natural world were almost non-existent. This Essence is also highly supportive of repairing the Sister wound, whether blood sister or those of your peer group. There is a joy and a relaxation that you receive.



GINGER LILY

Ginger Lily Flower Essence lifts the Spirit, both physically and emotionally. Your heart expands, opens and clarifies to feel the blessings of your incarnation and the simplicity of your inhale and exhale. This Essence will support you to applaud and rejoice at the present moment, while acknowledging the past, without attachment or creating significance.



GREEN TI

Green Ti Essence is for forgiveness work. Forgiveness is not an action or experience that can be rushed. Rather it is an energy that wants to be worked with when you are ready. This can be self-forgiveness or forgiveness of another. Green Ti Essence carries the Hawaiian current of Ho'oponopono which means to bring into "right" relationship. The prayer is "I'm sorry. Please forgive me. I love you. Thank you." This prayer begins to invoke its frequency into your body, as a somatic experience so that forgiveness unfurls from grief, rage, resentment, sorrow and any other pain.

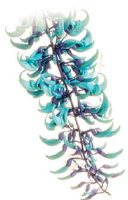


MAUI COLLECTION



HAU

Hau Flower Essence is the quintessential medicine for womxn as reproductive beings. Hau Flower Essence is most supportive as you walk through significant thresholds of Woman. As you experience your first moonblood; as you cross the portal into Motherhood; as you journey through Menopause. She is the Great Mother and therefore offers to you what you need in your feminine journey. In addition, whatever Mothers are dealing with (emotionally as well), Hau Flower Essence can bring greater ease.



JADE VINE

Jade Vine Flower Essence helps you embody your uniqueness, your specialness. Born from the stars, you carry gifts, ways of being that are specific to you and that are needed right now. Jade Vine Essence helps you to unhook from other people's belief systems or your own illusions to stand in your radiance and self-expression.



LAUA'E FERN

Laua'e Fern Essence carries the coding of Beauty and offers you the gift of seeing and feeling beauty in all experiences. With the Beauty Codes of this Fern, you are offered a path to connect with your Masculine / King essence and feel the currents of what being a True Warrior is about. You are able to access the masculine as beautiful. The Laua'e Fern Essence also opens you to healings within the Masculine, either in personal relationships or in your ancestry.



MAUI WILD ORCHID

Maui Wild Orchid helps you discern Truth from Fear or Intuition from Fear. There is a tendency to believe that these are similar. Oftentimes we hear ourselves say, "I am not sure if this is my intuition or if this is fear." Maui Wild Orchid clarifies this as these energies are entirely of different frequencies. Truth can easily be overlooked by our minds and our awareness, but it never leaves you and always is working to catch your attention. If you need support discerning this in a life choice, this essence will be invaluable.



MAUI COLLECTION



ORANGE HIBISCUS

Orange Hibiscus Flower Essence re-links the pathway between the first and second chakra. As the first chakra is the place where the Soul incarnates, it sends this current of incarnation then to the Second Chakra where it anchors into the Wombspace through a spark of Divine inspiration. This Flower Essence anchors safety in the first chakra and sends a pulse of energy to the second chakra to feel safe in sexuality. This freedom that is expressed here is life-altering.



PASSIONFLOWER

Passionflower Essence has two specific orientations. One is to your physical and emotional body. This Flower essence helps to slow down or hypnotize the nervous system. She literally can bring about a deep sense of relaxation as well as deep sleep that restores the body and mind. Second, Passionflower Essence holds the codes of Christ Consciousness and through the layers of your slowing down, you understand that you carry the deep well of Love that spans all lifetimes and timelines.



PIKAKE

Pikake Flower Essence repairs the times when your beauty betrayed you and supports you as you embrace your beauty. Your beauty is not a commodity and is not something to be used against or for you. Rather it is part of who you are as a human, as a woman or even as a girl. Pikake Flower Essence is extremely uplifting and will bring you out of any despair, fear, or anxiety around your physical appearance and the strings that often come attached to this part of the human experience.



PINK GINGER

Pink Ginger Flower Essence is a healer for womxn's reproductive organs. Beginning in the vaginal canal, through the cervix and into the womb space, to the ovaries and fallopian tubes, Pink Ginger Essence dissolves blockages or internal damage to bring physical and emotional repair (sometimes bringing forth memories to work with). Symptoms alleviate or decrease.



MAUI COLLECTION



RED AWAPUHI GINGER

Red Awapuhi Ginger Flower Essence activates the current of sexuality that is alive within you. Most of the time, you engage with your sexuality when in intimate space with another. The kundalini energy of the serpent lies in every person and it is meant to be awakened and embodied with great presence, for Self and to be shared with another, only by choice. Red Awapuhi Essence ignites your juicy current. This is especially helpful in a world where you might feel overwhelmed, irritable, or frustrated often and overlook this crucial aspect of your life force. When using, track your re-connection with the primal force of your own sexuality.



RED HIBISCUS

Red Hibiscus Flower Essence is for healing sexual shame and trauma and the betrayals and pains that have been ignored or pushed aside. Our sexual and sensual force is repaired with Red Hibiscus Essence. You are invited into to release wounds affecting your sexuality and unleash your free passionate self.



RED TI

Red Ti Essence carries the medicine of the Chief, the great Tribal leader, the Shaman, or the King. There is a masculine quality to this plant. When you use Red Ti Essence, you will feel your energetic field stretch up and out, feeling the expanse of your power. Your power is the most potent aspect of Red Ti. You are reminded that you are powerful, mighty, and bear great gifts to offer in this world.



SILVERSWORD

Silversword Flower Essence, made on the very top of Haleakula on Maui. This Essence is to be used to support medicine women/men (shamans) in their capacities to see beyond the 3D realms. It is a high vibrational remedy that can heighten your ability to work with magic.



WHITE HIBISCUS

White Hibiscus Flower Essence invoked the Divine Sophia or the Divine Original Mother Essence that will ignite your WombSpace as an emanation of the Holy Grail. The Divine Sophia is awakened and you open to the knowing of your Divinity, from your DNA to your bones. When you understand your Divinity, some of the Earthly beliefs you have about who you are, begin to dissolve in the presence of this light and pure cosmic consciousness. White Hibiscus Essence will re-wire your WombSpace as a Holy Space of the Goddess.



As a Woman, the Moon reflects your Feminine Blueprint. You are intricately connected to the Moon and she is alive within your WombSpace and the flows and rhythms that pulsate every day, every month throughout your lifetime. She reminds you that you live in the light and the dark, the outward and the inward, the expressive and the intuitive, the practical and the directive. She is the force that animates your life as a Woman.

Moon Essences can be used in a few ways.

One is to strengthen and re-link to the Moon above and understand her growth, expansion, and darkness. In this way, you understand the Cosmic forces in the skies above.

Two is to enhance your understanding of the Moon's rhythms *within* you throughout the month. Every phase of the Moon has different Archetypes, Goddesses, emotions, and physical sensations tied to it. When you ingest the Moon's Essence, you understand your Essence.

Three is to use in ritual with other womxn when sitting in circle and during a specific time of a Moon's phase to amplify a shared vision and prayer.

It is challenging to define how these 5 Moon Essences in this Collection "work". Rather an overview of the energies present during the Moon's phases are offered to you, so that when ingested, you understand the medicines and can see how they reveal in your own body.

These Essences were collected in Sunlight and Moonlight, in California.



MOON COLLECTION

NEW MOON

The New Moon is when the Moon is exactly in the middle of the Waning and Waxing phases, and marks the beginning of the Waxing Moon phase. The moon starts to show an illuminated crescent, so the Moon is being illuminated by the Sun.

The New Moon is the time of Winter, the element of Earth, the place of your Ancestors, your Bone Wisdom, your Blood and the Mysteries that reside in the Dark of the Dreamer. The veils between the Earth and the Heavens are thin, so that means between your own Soul and your human personality are as well. You are able to receive transmissions from the unseen realms and seed what is alive in your Wombspace, Heart, and Mind. It is here that the coded messages have space to be felt and heard. This New Moon Essence also invites you to slow down and receive. Let the entirety of your being rest and be in the sacred pause. It is during this time when you embody your Wise Woman, High Priestess, and Crone.

WAXING MOON

The Waxing Moon starts as the Moon becomes visible again after the New Moon conjunction, when the Sun and Earth were on opposite sides of the Moon.

The Waxing Moon is the time of Spring, the element of Air and carries the currents of the Initiator. This is the time you are activating ideas, dreams, visions and implementing with the power of your mind. Your mind is the key for bringing the dreaming of the New Moon into tangible form. Your mind contains the rational, practical and intuitive, liminal realms so it is quite powerful for all of the structures, plans, and details that are needed to womanifest your desires. This Waxing Moon Essence also holds the frequency of the Maiden Archetype who is the Revolutionary. She who thinks outside of societal norms, activated by the fires of the Wombspace, to usher in new creations, thoughts, and ways of being in the world.



MOON COLLECTION

FULL MOON

The Full Moon occurs when the entire face of the Moon is illuminated by the Sun's rays and it is bright enough to light up otherwise dark nights.

The Full Moon is the time of Summer, the element of Fire, and carries the currents of the Warrior and the Lover. The Lover is always in service to the Warrior whose role is to protect that which she holds dear to her heart. This is a time of great outward expression of who you are and how to be who you are in the world. A time of connection with others as well as an apex point to share your visions now in the world that were seeded in the New Moon. This Full Moon Essence also channels the Fires of your Passion, Creativity, Sexuality, Sensuality so that you live the fullest expression of Self. You are showered with the luminosity of the Moon to shine bright while also using the full light to see into shadows that want continued healing.

WANING MOON

The Waning Moon occurs after the Full Moon and before the New Moon when the Moons illumination is decreasing. It is getting smaller in light.

The Waning Moon is the time of Autumn, the element of Water and carries the currents of both the Queen and the Mystic. The Queen is one who stands as a vessel of Heaven and Earth and lives the Divine will through her sacred service. She is mystical in the sense that she knows that her actions are in devotion to God and Goddess and she knows that she is a conduit for Magick. The Waning Moon Essence also begins to move the energy from your Heart down into your Womb space and therefore, your attention and presence begins to turn inward. Your emotions become more fluid and reveal aspects of yourself and your life that want to be changed and/or tended.



MOON COLLECTION

DARK MOON

The Dark Moon is the time of the Moon's cycle where the Moon shows no illumination. It is the darkest of any phase.

During the Dark Moon, you are invited to go into the abyss, the void, the place of no time or space or separation, the Great Cosmic Womb. There is a nothing-ness and an all-ness. This Dark Moon Essence will journey you into your own dark, into the deepest place of your subconscious to weed out limiting beliefs and old imprints that still have a hold on your system. You are offered a pathway to journey as deep as you can so that when the smallest fraction of light returns with the New Moon, you will return to the living, to the created. You will have gone to the Underworld, pieced yourself together and returned with a sense of Wholeness. Because of the dark you traverse and all that is experienced here, the Dark Moon is a time for deep rest and rejuvenation.





SHAMANIC COLLECTION

Shamanism is part of every culture's history. It may be called by a different name, but in essence, it is a spiritual practice that recognizes The Spirit That Lives In All Things. This Spirit encompasses the Divine ~ Goddess, God, Nature, Source, Higher Self, Guides — all who help empower, maintain balance, and teach us about Unity.

There is profound medicine in the worldview of Shamanism as the unseen realm is exalted and honored for the remembrances it offers emotionally, physically, mentally and spiritually.

Shamanic Journeying is a practice within Shamanism that can be used to go into deeper states of Communication and Connection with Spirit Guides, Teachers, and Allies. These may be animal or plant, Person/God/Goddess, or elemental. Within these communications are offered clarity, healing, and understanding.

The Shamanic Collection of 8 Essences are meant to enhance your Shamanic Journeying. They afford you valuable information to quicken healing and remind you of your place within the Web of Life.

These Essences were collected in California and Pennsylvania.



SHAMANIC COLLECTION



ANGEL'S TRUMPET

Angel's Trumpet Essence, collected in the Moonlight and Sunrise, contains the codes that keep you present and connected to your body while huge transition is occurring. As you ingest this Essence, you will feel and know the strength of your own body, keeping you incarnated when it seems easier to check out or even choose death over life. This Essence provides an overall feeling of blessing and peace. The Ascended Masters are present with Angel's Trumpet and so they would be powerful guides for a Shamanic Journey as you land in deep surrender to your life's path.



MOONLIGHT RED CEDAR

Red Cedar Essence, collected in the Moonlight, allows you to open and receive support from the Earth and the Cosmos. You can use Essence this before you embark on a Shamanic journey to keep you safe and protected or once you are complete if you are feeling a little disconnected to your body and Self. This Lunar Tree essence will also open a portal so that you can receive Elemental and Spirit Magic and harness the information given to you during a Shamanic Journey.



RED ELDERBERRY

Red Elderberry Essence assists the clearing and then the re-linking of the 2nd chakra and 6th Chakra. Use this poisonous Berry Essence when doing deep shamanic work in clearing your WombSpace, specifically after there has been loss. This may be a miscarriage, repeated miscarriages, stillbirth, the loss of your child, abortion, or even the loss of innocence from sexual assault. This Essence literally breathes life back into "dead spaces" or those that are full of grief trauma.



ELDER TREE

Elder Tree Flower Essence brings the magic of the Fairy realms, infusing joy, delight, and play. You can use this Essence in a multitude of ways. One is you can use this Essence to enhance a Shamanic Journey to meet a plant/tree ally that is always with you, supporting you. Two is you can use this Essence when you wish to connect with a specific deva of a plant or tree to receive understandings and communications. Elder Flower Essence brings you into an enchanting space of Nature connection.



SHAMANIC COLLECTION



MAYAPPLE

Mayapple Flower Essence is used when you find yourself at a crossroads, either unsure of which direction to walk and/or wanting to understand your innermost self more so that you find clarity. You have a lot of questions and not many answers. Use Mayapple Essence with the intention of journeying to connect to her Spirit. The spirit of Mayapple is very forthcoming with answers to questions you have. She is part of your great Quest, helping you to see clearly and walk with ease.



MUGWORT

Mugwort Essence is one of the most potent Essences to use in Dream work. Dream work is especially important because in every moment, you are literally dreaming the world awake. Dreaming reality, rooted in Love, awake. You can take a drop of this Essence before you go to sleep, asking the deva of Mugwort to bring you insightful dreams that correlate to your present path. You can work with Mugwort Essence in ceremony, asking her to anchor into your Wombspace and clarify the dreams so that you are able to access them.



WHITE MOONFLOWER

White Moonflower Essence helps to inform your feminine of the possibilities that exist outside of time and space. She will invite in visions of your past spiritual lives while supporting you to remember your path in this present life. Prophecy and protection are inherent in this Essence. You can use this essence to learn about your past lives and to also bridge the gap between you and your ancestors (blood, spiritual lineage, or chosen).



FALSE WHITE HELLEBORE

False White Hellebore Flower Essence can be used for Family Constellation Work. Working with this Essence is incredibly powerful as you are offered a re-connection and understanding of the configuration within your birth family constellation. Your star point is worked on which then reconfigures and brings into “right” alignment the rest of the family constellation. This is an important Essence for clinical family repair. In addition, this Essence will connect you to your Star Family, as part of the great Star nations. You will understand your place within your family and the whole of humanity.



Trees hold the frequency of the Earth and are essential medicines for this planet right now that is moving through a massive awakening.

Tree Essences ground you into Gaia, reminding you that you are part of her body. Your feet anchor into her roots and you remember that you are made up of every element within the Natural realms and are part of the entire Web of Life.

When this rooting occurs, there is a stabilization that happens in your entire system. If you grew up in a home that was not safe (financially unstable, emotional or verbal abuse, dysfunction in the home), your system skews safety and survival. This affects your Root Chakra and then from there, all of the Chakras are impacted. When you are weak at your core Chakra, every area in your life is impacted.

Tree Essences invite you into your Earthly body to experience the beauty of incarnation. From here, healing and transformation can transpire.

These 16 Tree Essences were collected in Avalon, California, Israel, Pennsylvania and Maui.



TREE COLLECTION



ASH

Ash Tree Essence creates an incredible stability to the system, but especially to the mind. This Essence helps the mind to release inner judgements and to calm self-deprecating thoughts so that you can make decisions and choices with greater ease. There is a harmonic frequency that is created within that decreases or eliminates any doubt or confusion.



BOTTLEBRUSH

Bottlebrush Flower and Tree Essence clears out debris and toxins that are being held emotionally in the body (and are ultimately affecting your physical health). This Essence works similarly to a brush, clearing that which is out of alignment, resonance, or is stuck, toxic and is infringing on your path forward.



ELM

Elm Tree Essence combats daily overwhelm and stress. In the quick and often frenetic pace of our world, Elm Tree Flower Essence support you breathe deeply, creating more spaciousness with your to-do's. This allows you to show up in your life with more ease and greater presence. This Elm Tree Essence specifically works also with the overwhelm related to all aspects of technology.



ENGLISH OAK

English Oak Tree Essence provides a stabilizing effect that is incredibly potent as so many of us find ourselves swirling in the chaos of our own past trauma or in the collective trauma that is present. Oak Essence helps to offer a life-jacket where there is confusion, an overactive mind, or a lack of inner strength. Rather than feeling overwhelmed, you can come to shore, anchoring yourself to create a level of inner peace. Your strength and resiliency increase when using this Essence.



EUCALYPTUS

Eucalyptus Tree Essence allows your breath, which is a living presence, to expand throughout your body. In this way, you are offered a state of peace that occurs with a meditation practice. With this holy current moving through you, you are able to access the Divine as source energy. In addition, Eucalyptus Essence carries the energy of the Masculine and invites you into a healing space where you are able to clear ancestral karma and patterns, specifically from your masculine lineage.



TREE COLLECTION



FIG

Fig Tree Essence is powerful for many aspects of your mystical healing and reclamation. It is an essence that can be used to find out information about past lives. And it is incredible for bringing forth Truth of any circumstance that has been cloaked in societal, religious, or familial stories (ex the story of Lilith and Adam in the Garden of Eden). It brings forth a noble character that will always find the gold.



GREEN BEECH

Green Beech Tree Essence is for times when you are experiencing grief and sorrow and the ache of loss. This Tree Essence reminds you that you have choice. You can stay in the broken pieces of your ache or break open, allowing the fluidity of grief to be felt in a conscious way. This is a potent invitation as it is quite easy to break down, never to repair the pieces back into a Whole.



HAWTHORNE

Hawthorne Tree and Flower Essence provides generous protection of the heart. This Essence can be used in situations where you are uncomfortable, where your heart has become guarded, and/or where you are interacting with anyone who is attacking or confrontational. Hawthorne Essence provides a sealing to the heart in a way that you are kept safe while still remaining open. It has a way of dislodging the armor that you have been wearing that may no longer be needed.



MAGNOLIA

Magnolia Flower and Tree Essence is used for connecting to your spiritual path. This Essence works to awaken and activate your personal path to the Great Mystery and Source. And of course this can be so powerful when/if there has been any spiritual betrayal by a group or organization that has left you wounded and cut off from opening to God/Goddess.



TREE COLLECTION



OLIVE

Olive Tree Essence helps to embody your King essence that is within (whether man or woman). Every woman has both a King and Queen within and generally the King gets ignored. The King holds a lot of wisdom that is needed and necessary to live your dreams and be in service in potent ways. This specific Essence links you to all of the Great Kings, going back in line to King David and Solomon and “The King of Kings, Lord of Lords”, Yeshua. The King holds dominion and sovereignty over his life (both his inner state and the way in which he serves) and this Essence will invoke that.



PEPPER TREE

Pepper Tree Essence holds fiery medicine that brings forth love, joy, beauty and bliss. This Essence works by creating movement ~ releasing any stuck or stagnant energy and shifting energy. You are reminded of the innocence of your childhood which is connected to your wild Self. Using this Essence, you will notice an increase in vitality and excitement for life.



RED CEDAR

Red Cedar Tree Essence brings a deep sense of safety and security. Red Cedar Essence anchors in a grid of stability that allows you to return home to your body and make clear and conscious choices. Every choice you make, thought you have, action you take NEEDS safety. Red Cedar Essences is the Essence for embodying safety as a natural rhythm in your embodiment.



RED PINE

Red Pine Tree Essence is a great ally for when seeking self-forgiveness. This is most commonly needed on a day-to-day basis in the ways in which you internally speak to yourself. And it can also be helpful for choices, actions, or behaviors you engage in from the past that are creating regret and harmful attachment to the past.



TREE COLLECTION



ROWAN

Rowan Tree Essence offers an opportunity to look at your past and feel the pain that you have experienced. With this understanding, you are able to take self-responsibility for your part in these situations. The finger that has been pointing outward gets turned inward and you are able to harness self-responsibility. Rowan Essence also ushers in an understanding of magic, power, and the wisdom of the cosmos. Your spellwork and divination will be enhanced with Rowan Essence.



SYCAMORE

Sycamore Tree Essence helps during times of overwhelm. Sycamore Essence works to release inner tension and unrealistic expectations you have for yourself that are weighing you down. When the pressure is removed, you are able to arrive more fully in each moment with inner strength and ease.



WALNUT

Walnut Tree Essence is especially helpful for times in your life when roles/patterns that have been taken on subconsciously or consciously are ready to be shifted and transformed. Walnut Essence helps make the transition from what has been familiar to what will be most empowering, grace-filled and easeful.



WOMB COLLECTION

These Womb Essences have been curated into this Collection to offer your WombSpace the opportunity and invitation to return to its original blueprint, housing the wisdom and mystical truths of the Sacred Feminine. Every single woman alive at this time on the planet needs to focus on some aspect of healing within her WombSpace.

These Essences work emotionally, physically, and spiritually.

Emotionally, you've experienced suppression of your innate Feminine Self all the time in nuanced (cultural or religious conditioning) or obvious ways (sexual and emotional violation).

Physically, you may experience reproductive health issues and symptoms, because of the toxicity of our air, waters and food supply, and also the toxicity that has built up emotionally because on unresolved past traumas that has embedded in reproductive tissue.

Spiritually, you may have forgotten you carry Grail Mysteries that support the birth of a New Consciousness within Humanity. It is here that you hold the potentiality of all of Creation. It is a HUGE anchor and portal that needs to be tended.

These Essences are meant to bring you into a deeper state of honor, respect, reverence, and health.

These 16 Essences were created in the Sunlight and Moonlight in California, Avalon, Maui, and Israel.



WOMB COLLECTION



AVALON RED ROSE

Avalon Red Rose Flower Essence penetrates deep into the Heart to both open and expand the capacity for Loving. The Red force of Passion and Eros is ignited so that romantic love with another and/or intimate Love with Self is heightened. There is a softening of armor, a releasing of shame, and an accessibility to and with Love.



FLEABANE

Fleabane Flower Essence helps to heal the suppression of the Feminine after it has been damaged, distorted, or victimized. This is quite a potent Essence for Women in the world right now. As this trauma begins to repair, you are able to actually choose who you are as a Woman, from your well of Truth, and not based on the violations of the past. There is giant liberation available from the reclamation of your Feminine Self.



MOTHER MARY

Mother Mary Essences speaks ~“We all have a sacred mission. I am no different than you. You are no different than I. Your Womb holds the knowing of who you are and how you are meant to serve in this world. Your Love is a blessing here for all of humanity. Let me know show you beloved One. Let me show you how to wield your purpose in the context of humanity, through the dreaming lens of the Grail within.”



MARY MAGDALENE

Mary Magdalene Essence speaks ~ “Come sit by me and learn the ways of the Blood Mysteries, in which your Sexuality and your WombSpace are honored as petals and portals of the Divine. Use me through this essence so that I may offer healing to your WombSpace, the Chalice of the Goddess. When ingested, I will show myself and offer sacred Feminine Healings. I will show you the places within your WombSpace that need to be repaired and healed. I will dance with you, showing you the ecstatic expression that is within you and me and all of us, as Keepers of the Womb.”



WOMB COLLECTION



OM PHALLUS

Om Phallus Essence is to be used with incredible care and attention as it transports you into deep Womb Work, Queen energies, and connection with the Grail Mysteries that have been kept sacred and secret for centuries. Collected from the rock that Priestesses bleed on during their Monthly Moon time, this stone contains the DNA of the Goddess. Please use this Essence to heal physical womb issues, release sexual partners energetically, clear shame and wounding held in the Womb, and connect you to the Great Cosmic Womb of the Universe where the Soul of your Dreams resides.



PINK GINGER

Pink Ginger Flower Essence is a healer for womxn's reproductive organs. Beginning in the vaginal canal, through the cervix and into the wombspace, to the ovaries and fallopian tubes, Pink Ginger Essence dissolves blockages or internal damage to bring physical and emotional repair (sometimes bringing forth memories to work with). Symptoms alleviate or decrease.



POMEGRANATE

Pomegranate Flower Essence helps connect you to your Wombspace so that any separation that has caused shame or distortion of the Feminine is repaired. Collected in Israel, in the loving embrace of Mary Magdalene, Pomegranate Essence brings forth an understanding of the power of your blood and the potency of Womanhood. This is part of your birthright as a woman and is ready/necessary to be restored.



RED AWAPUHI GINGER

Red Awapuhi Ginger Flower Essence activates the current of sexuality that is alive within you. Most of the time, you engage with your sexuality when in intimate space with another. The kundalini energy of the serpent lies in every person and it is meant to be awakened and embodied with great presence, for Self and to be shared with another, only by choice. Red Awapuhi Essence ignites your juicy current. This is especially helpful in a world where you might feel overwhelmed, irritable, or frustrated often and overlook this crucial aspect of your life force. When using, track your re-connection with the primal force of your own sexuality.



WOMB COLLECTION



RED ELDERBERRY

This poisonous Berry assists the clearing and then the re-linking of the 2nd chakra and 6th Chakra. Use this Berry Essence when doing deep shamanic work in clearing your Wombspace, specifically after there has been loss. This may be a miscarriage, repeated miscarriages, stillbirth, the loss of your child, hysterectomy, abortion, or even the loss of innocence from sexual assault. It literally breathes life back into “dead spaces” or those that are full of the grief current.



RED RASPBERRY

Red Raspberry Flower Essence works intricately with the Wombspace. As it tones the Uterus to work with strength and vitality, it also softens emotions that have hardened within the Wombspace, creating imbalance and physical symptoms. As womxn we have learned to suppress many emotions in favor of being “strong”. With Red Raspberry, you are reminded of the energy of softness and femininity, both important energies to embody.



WATERMELON

Watermelon Flower Essence helps womxn who have experienced multiple miscarriages to hold a baby (who is healthy) and carry to full-term and birth. Watermelon Essence can increase fertility and support with breastfeeding once a baby arrives. Watermelon Essence also helps amplify a woman’s creative expression so that she birth visions, projects, etc into the world with ease and in Divine timing.



WOMB COLLECTION

HIBISCUS COLLECTION *(All for various layers of Womb Health)*



CURLY PALE PINK HIBISCUS

Curly Pink Hibiscus enhances the connection between the Third Eye and the Womb. The Third Eye receives messages from the Divine and then anchors those visions into the Womb where it can be seeded and gestates to be born. This Flower Essence opens the third eye with sweet softness and then opens the second chakra with wide generosity to receive. There is a huge healing of repair that happens. And you will understand the next steps of your life more clearly.



FUCHSIA HIBISCUS

Fuchsia Hibiscus Flower Essence carries the code of the Maiden. She brings you into the resonance of your inner child, when the physical boundaries between you and Spirit, you and Sisters, and you and the Natural world were almost non-existent. This Essence is also highly supportive of repairing the Sister wound, whether blood sister or those of your peer group. There is a joy and a relaxation that you receive.



ORANGE HIBISCUS

Orange Hibiscus Flower Essence re-links the pathway between the first and second chakra. As the first chakra is the place where the Soul incarnates, it sends this current of incarnation then to the Second Chakra where it anchors into the Wombspace through a spark of Divine inspiration. This Flower Essence anchors safety in the first chakra and sends a pulse of energy to the second chakra to feel safe in sexuality. This freedom that is expressed here is life-altering.



RED HIBISCUS

Red Hibiscus Flower Essence is for healing sexual shame and trauma and the betrayals and pains that have been ignored or pushed aside. Our sexual and sensual force is repaired with Red Hibiscus Essence. You are invited into to release wounds affecting your sexuality and unleash your free passionate self.



WHITE HIBISCUS

White Hibiscus Flower Essence invoked the Divine Sophia or the Divine Original Mother Essence that will ignite your Wombspace as an emanation of the Holy Grail. The Divine Sophia is awakened and you open to the knowing of your Divinity, from your DNA to your bones. When you understand your Divinity, some of the Earthly beliefs you have about who you are, begin to dissolve in the presence of this light and pure cosmic consciousness. White Hibiscus Essence will re-wire your Wombspace as a Holy Space of the Goddess.



FORMULAS



These 10 formulas have been formulated and created to serve very specific issues you are working with. If you wish to use Flower Essences, but perhaps are not wanting to buy individual essences to craft your own formula, these are made to support your healing journey.

FORMULAS



ANXIETY RELIEF

Anxiety Relief Flower Essence Formula helps release anxiety and bring forth a sense of calm. In our world with so much pressure and may to-do's, we often find ourselves in states of chronic low level anxiety (this has become a default setting) or acute anxiety.

Using this Flower Essence Formula on a continuous basis will support you to feel emotional, mental, and physical relief while being more present. This will create more Joy for you in your life.



DREAM ENHANCING

Dream Enhancing Formula helps to deepen your relationship to your dreamscape. In many indigenous cultures that live deeply connected to the Earth and her rhythms, there is a belief that your Dream time is the Waking realms and the Waking Realm is the Dream. What this means is that within your Dreams, there is real, beautiful, directive, and true messages that can be offered to you.



ENERGETIC CLEARING

Energetic Clearing Formula is for clearing/cleansing your energetic field. Throughout your day, weeks and of course over your life, you pick up energies from other people, from experiences, and from places. When your energetic field is murky or filled with energies that are not solely yours, your emotional, mental, and physical health can be compromised. You might be more prone to illness, exhaustion and agitation. This Formula then restores your field to its integral state, holding your unique frequency.



ENERGETIC PROTECTION

Energetic Protection Formula protects your energetic field **BEFORE** you pick up others' energies or unwanted energies throughout the day. This formula is especially helpful for empaths as your tendency is to emesh in another's field, unconsciously. Healers, practitioners, mothers, those who work in the corporate world, and truthfully, anyone who wants to secure and strengthen their energetic field and its capacity to maintain your own frequency will love (and need) using this Formula.

FORMULAS



GOLDEN DAWN MANIFESTATION

Golden Dawn Manifestation Formula supports the Manifestation of that which you are focused on bringing into tangible form. The Essences in this formulation help you to believe as Truth your affirmation while simultaneously amplifying your thought form into the Universe. Use this consistently as you are in the process of Manifesting. You will notice big shifts in your beliefs and your external experience of manifestation.



HEART HEALING

Heart Healing Formula focuses on the repair of heartache, which is one of the most painful experiences in this lifetime. To love and let go takes tremendous bravery and vulnerability and is an unavoidable part of the human journey. Heart Healing Formula supports the healing of grief and it also helps your entire system stabilize so that you are able to be present to the entirety of the process. Grief can break you into pieces or break you wide open. This formula will assist you greatly as you open wider to Love.



HEART OPENING

Heart Opening Formula supports the releasing of armor you wear to protect your heart from experiencing hurt. Trauma from the past has created closures, defensiveness or wariness of opening to self or to Other. When taking this Formula, you will notice a softening within the Heart-space, as well as trust and safety, which will support you as you choose to open and share your Love and Loving.



HOMECOMING

Homecoming Formula creates a stabilization/rootedness in your body while opening your Heart at the same time. The simultaneous effect of being grounded in the Earth (creating strength) while feeling safe enough to Love eclipses any fear or worry or stress you have in your life. Homecoming Formula is highly calming and you will feel the results of this quite quickly.

FORMULAS



SENSUOUS PLEASURE

Sensuous Pleasure Formula helps release imprints of guilt or shame around sensual or sexual pleasure, rooted in past wounds and cultural conditionings. Sensuality and Sexuality are part of your birthright. Although pleasure may seem like an energy that is far away from your daily life or perhaps brings confusion or pain, it is a natural current linked to the human experience. And it is essential for your thriving as a woman, leader, lover.



STRENGTHENING BOUNDARIES

Strengthening Boundaries Formula assists you in creating healthy and strong boundaries by strengthening your ability to say NO. No is a word that scares many of us because when we actually put Self first, we may hurt someone's feelings, we may feel guilt, we may be judged. Strengthening your own boundaries is an act of self-love. It is truly an act of self-preservation. This formula will make creating boundaries easeful and graceful.



2020 CATALOG

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