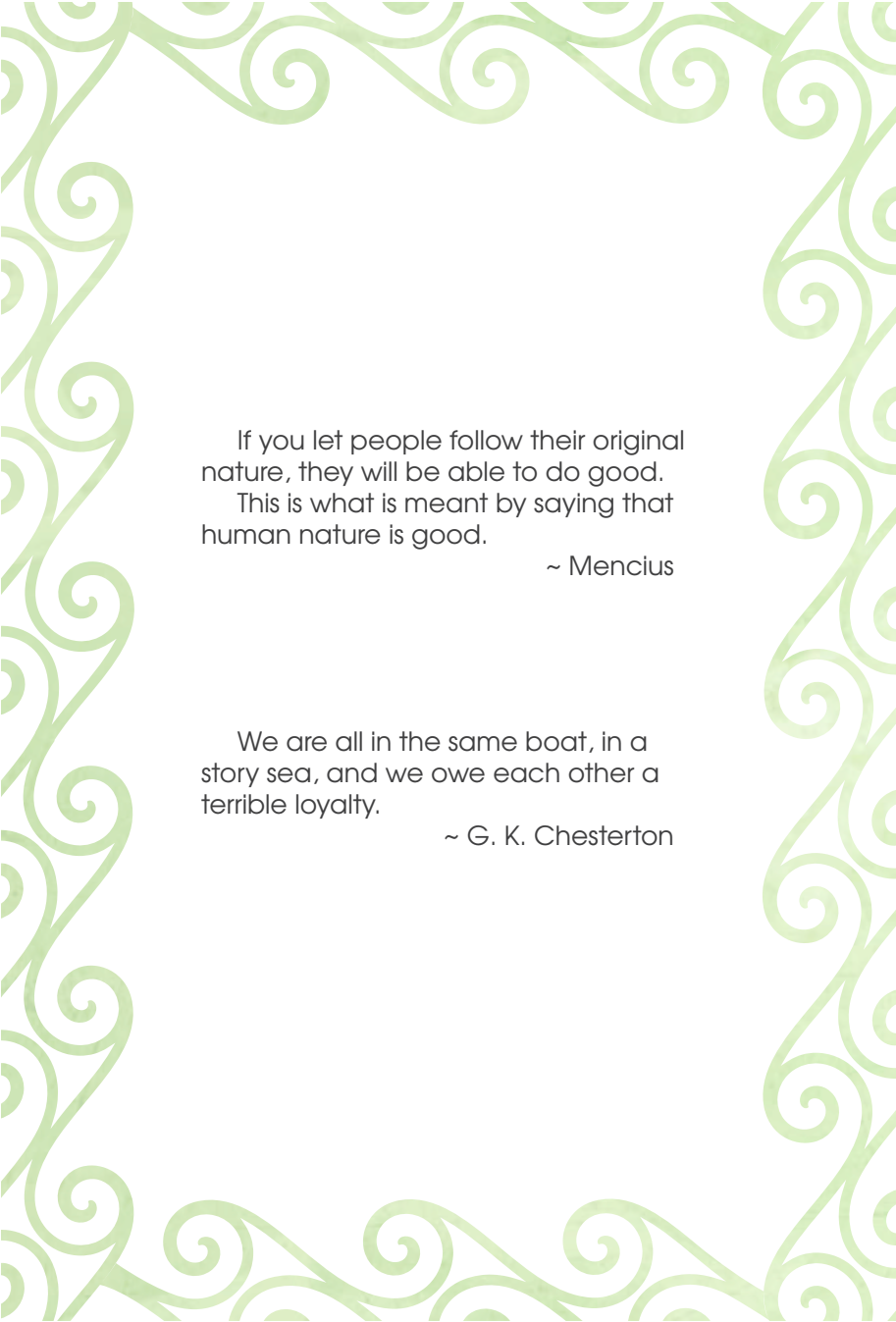




CANYON SOUND
flower essences

ESSENCE GUIDE
36 flower essences

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If you let people follow their original nature, they will be able to do good.
This is what is meant by saying that human nature is good.

~ Mencius

We are all in the same boat, in a stormy sea, and we owe each other a terrible loyalty.

~ G. K. Chesterton

To Bear



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CANYON SOUND

flower essences



Canyon Sound Flower Essences help you to listen to the wise, inner voice inside you that knows why you are here, what you want to accomplish, and how to pay attention to events in your life. The essences partner with this wise, inner self, boosting the messages of truth to yourself so you can overcome the often faulty or unhelpful messages of your conditioned mind. Not everything your family, teachers, and community taught you is accurate or necessarily applicable to you!

The essences help you listen to and strengthen truthful messaging in two ways. The 24 *Canyon Sound Chakra Essences* help you to remember the wise self who is in your body and has never been damaged by any life experience, no matter how traumatic. This wiser version of you can guide you through healing, expansion, and evolution.

Canyon Sound Chakra Essences were made specifically, to take you through the developmental process we all could have experienced if our natural intelligence was at the helm (more about that later). Participating in this process of "re-birth," you will find, first, how amazing you are and then how your ultimate satisfaction comes from giving yourself fully to life.

The 12 *Canyon Sound Organ/Meridian Essences* help you to trust the teachings of your wise world so you can be an agent of healing and evolution in our world. They mirror the rhythms and functions of nature so you can learn the power of being present and doing your job. The Organ/Meridian Essences teach you about your preferred way of being in the world, and also how to play all the roles when needed.

The Game Plan

We arrive on this earth with a plan that includes: a general idea of how we are to contribute to the world; a handbook that details rules of the game; and a team of helpers. Sounds great, doesn't it? The difficulty is that this game plan is not accessible to the human intellect. Rather, it is based on the logic of our natural intelligence, which is more like 8-dimensional chess.

Human intellect is based more on linear progress and our understanding of what has happened in the past and predictions of what might happen in the future. It is in total service to the individual "I," that part of us that believes in the separate, autonomous self. The human intellect is wonderful and useful, but trouble begins if it is the only logic we employ, and the older we get, the more stuck we often become in relying purely on our intellect.

The distinguishing characteristics of nature's intelligence and the intelligence of our bodies are listening, noticing patterns, making connections, and being comfortable not knowing. This logic feels organic rather than mechanical. It is familiar to us because we use nature's logic each time we are creative or are deeply engaged in play. The handbook for living a connected, creative life is in everything around us. We can see natural intelligence in operation when we take the time to really look at what is happening in the natural world. In addition, we are born into a world where unseen spiritual helpers and mentors abound. And they want to be our companions in creation.

When we allow our natural intellects to participate in the act of observing our world, our companions help us to remember who we are and how to work as a member of a team. We begin to see and hear and feel messages, suggestions, and support all around us. Our minds are not equipped for the complex tasks of connecting, creating, and collaborating with our multi-dimensional world. They are meant to play a supporting role to our natural intelligence — attention, planning, and all manner of notetaking are its domain



As we experience the events and vagaries of life, this is how our intellectual minds wrest leadership from our natural intelligence: Unpleasant or confounding experiences begin to catch us off guard. Fear can short-circuit us, detaching us from the safety and support that are part of our original blueprint. As fear, confusion, disappointment, and surprise escalate, we tend to hold tight to limiting beliefs and attitudes that give us temporary feelings of safety. Although these are weak substitutes for connection with universal power and wisdom, over time they become our habitual way of relating to the world and evaluating our place in it.

Canyon Sound Flower Essences repair those short circuits that, over time, cause us to lose our inborn connection to natural, universal power and wisdom.

How to Use the Essences

Flower essences repair the body's electrical communication system when it has short-circuited due to some distressing event. Focusing on the physical, emotional or mental symptom of distress you are experiencing is what helps your body's natural intelligence to direct the essence to the glitch in your body's electrical communication system. Your mental intellect plays its part by paying attention. Notice that your mind is not figuring out how to use this essence. Taking an essence is an excellent example of the right partnership between your mind and your natural intelligence.

In addition, the essence definition will give you clues about how this distress has affected you and the best way to return to balance in the current moment. Often, the essences will suggest how to care for yourself during a stressful time. The essences will also tell you a truth about yourself that will countermand a lie you have been carrying. Here again, is a good example of the working relationship between these two intelligences. Once your body has told your mind what the problem is, your mind can be watchful of falling into that old, unhelpful groove or habit again. The mind is in service to natural intelligence. This is how essences help you to gain fluency with the

language of your natural intelligence. The more you work with flower essences, the more emotionally intelligent and resilient you become.

Essence Selection

There are many ways for you to choose an essence. Some people read the definitions and decide which essence speaks to them. Others look at the bottles and select the one that catches their eye. Others still use body-based testing systems, such as muscle testing or dowsing. The crucial competence needed when choosing essences is how to be objective, to keep your mental and emotional biases at bay while picking your essences. This is a skill that you may need help to develop.

How to Take Your Essence

Place a drop or two under your tongue as you focus on the sensation, experience or thought that is troubling you. If you happen to touch the dropper to your tongue or hands, simply rinse it off under running water before you put it back in the bottle.

Canyon Sound Chakra Essences: Foundation, Studio & Market Sets

In order to live and grow, all systems (human beings, body systems, families, ecosystems, and so on) have three basic requirements:

1. the ability to receive energy into the system and then to hold it there;
2. the ability to work with that energy *within* the system; and
3. the ability to release or exchange that energy with elements outside of the system.

This is true for a cell within a body, a tree within a forest, and an individual within a community. In order for any organism or system to live up to its intended purpose, it must be able to do these three simple things.

Canyon Sound Chakra Essences help us to maintain our connection to natural sources of spiritual power while we engage in the complex conversations of life. The **Foundation Set** helps us to receive and hold energy in our bodies. The **Studio Set** helps us to work creatively with that energy within our system. The **Market Set** helps us as we exchange our energy with the outer environment.



The mind is in spinning wheels at the
Navel, heart, throat, head.
The connecting shaft is emptiness.
Without an unobstructed route,
Energy cannot flow.

~ Lao Tzu

Information about the Chakras

Chakras are energy centers in the body that govern non-verbal communication with the outside world. When our chakras are operating properly, we are able to maintain our connection with universal power while we engage in conversations with the outer world. Since our primary form of non-verbal communication is emotional, strong emotions are the main source of power interruption and misdirection.

Here are brief notes about the chakras:

1st Chakra (*located at the tailbone area*)

Keywords: Connection, safety, family; self-awareness.

Trust in your body.

2nd Chakra (*located just below the navel*)

Keywords: Creativity, resourcefulness, self-knowledge.

Trust in yourself.

3rd Chakra (*located at the solar plexus area*)

Keywords: Confidence, action, self-worth.

Trust in universal order.

4th Chakra (*located at the heart area*)

Keywords: Teamwork, compassion, reciprocating love, self-esteem. Trust in the love of others.

5th Chakra (*located at the throat area*)

Keywords: Truth, flexibility, self-discipline.

Trust in your environment.

6th Chakra (*located at brow area*)

Keywords: Creative visualization, perspective, inspiration, self-determination.

Trust in your sources of spiritual inspiration.

7th Chakra (*located at top of head*)

Keywords: Alignment, acceptance, ability to see larger picture, self-sacrifice.

Trust in the universal plan.

8th Chakra (*located above and to the left of the heart area*)

Keywords: Spiritual home, rebirth, freedom, selflessness. Trust in the unknowable source.



All animals, except man, know that the principle business of life is to enjoy it.

~ Samuel Butler

FOUNDATION SET

Tatarian Honeysuckle

1st Chakra, Foundation Set

Unwavering physical faith. A honeysuckle shrub in a wooded area draws on the physical and energetic nutrients of soil, trees and rocks for sustenance. We do the same thing. In our bodies, the head of our "taproot" is located in the pelvic cavity. Tuned properly, our pelvic cavities hold us true to our body's design while we draw energy from the world around us. When the electrical system around our pelvic cavity is disturbed, we tend to be physically attracted to things that are powerful or exciting, but not necessarily beneficial to us.

Siberian Iris

2nd Chakra, Foundation Set

Holding. We embrace the things we consider pure and sacred. We confine things and people who we feel threaten us. Shame and blame keep us prisoners, walled off from our own purity. At the same time, our innate goodness does not rule out the need for occasional confinement. How do you need to be held right now?

Madagascar Periwinkle

3rd Chakra Essence, Foundation Set

Gentle movement under pressure. An intensive learning process requires three things: the right collection of information, privacy and focused energy. Freedom means possessing the ability to choose what to look at and how to move in situations that feel difficult, without necessarily knowing "why." The movement of freedom is gentle, not frantic. If, right now, you are in such an intense learning situation, you, like a pressure cooker, need regular opportunities to let off steam. A sense of humor is essential to freedom.

Peony

4th Chakra Essence, Foundation Set

Sweet fire. Human love is an elixir of enthusiasm, passion, purity and devotion. How comfortable are you when you are being held in someone else's loving gaze? Can you sustain this intensity? Do you shy away in discomfort or spring into nervous action? Peony helps you to hold the intensity of love right in your body when feelings of shame and fear threaten to launch your protective scripts.

Pale Corydalis

5th Chakra Essence, Foundation Set

Bitterness. As bitterness moves through the body, it leaves a telltale trace of dryness. Often mistaken for anger, this acidity stems from unspoken feelings of loneliness and grief over missed sweetness and gentle touches. Antidote: let down your defenses and open yourself to appreciation from unexpected sources.

Spiderwort

6th Chakra Essence, Foundation Set

Precision sight. Where the Peony essence helps you as you are held in someone else's gaze, Spiderwort supports you as the gazer. The trick is knowing how and when to look. Beholding does not mean owning. Nor does it mean judging. And its focus comes from an internal beacon that *you* turn on and off. Is your inner eye calibrated to your personal truth or to the prevailing wind?

Herb Robert

7th Chakra Essence, Foundation Set

Abandonment. What a relief it is to drop your guard and abandon yourself to the integrity of your soul. Herb Robert helps you to stand just as you are in any given moment and experience total freedom, safety and support. When you can live in such a liberated way, you will never feel abandoned by the people or the world around you.

Bellflower

8th Chakra Essence, Foundation Set

Refreshment and protection. Bellflower offers light, but impenetrable protection during times of rebirth. Like the laughing Buddha, this essence gives a light touch to the burdens of life, turning them into the delicate seeds of a new season. Protection of these seeds comes from unseen helpers, activated by the power of prayer.

STUDIO SET

Red Yarrow

1st Chakra Essence, Studio Set

Powerful, playful union. A new beginning that is rooted in love, passion and a sense of adventure. Red Yarrow helps you to initiate action, not out of a sense of duty or unconscious need, but from your own pure and free passion.

Vermilion Daylily

2nd Chakra Essence, Studio Set

The sweet caress of inner sight. When faced with a field of unlimited possibilities, it helps to have a personal system for discrimination. How do you know what deserves your attention? Vermilion Daylily helps you to link into your private body-braille library. If you look at something with your whole body, and it is right for you, you will perceive its sweet attraction.

South African Poppy

3rd Chakra, Studio Set

Justice. Exploring our place and purpose in the world we are sometimes the ruthless warrior, sometimes the besieged and sometimes the bystander. Living a fair and just life depends not so much on our ability to do right the first time, but to learn from our actions and the actions of others. True justice is always life enhancing and is built on a foundation of individual integrity.

Smokebush

4th Chakra, Studio Set

Solitary creativity. Remember those imaginary friends we had as children? We played with them not in our minds, but in our hearts. Creativity requires long stretches of solitude, but it need not be lonely.

Allium

5th Chakra, Studio Set

Release. In any creative process there is a fine balance between sticking to our personal beliefs and remaining open to new points of view. Too much "position" and we become stuck; too many new points of views and we lose our center. Allium helps us to consider and actively play with all sorts of possibilities without losing our bearings or our sense of direction.

Red Sedum

6th Chakra, Studio Set

Broaden your horizons. Making a choice requires a consideration of all the facts. However, you cannot consider these facts if you cannot see them. Red Sedum helps you to widen your field of vision so you can see the whole picture. From this perspective, almost anything can look intriguing and full of possibilities.

Scarlet Cosmos

7th Chakra, Studio Set

Opportunities. Sometimes other people know us better than we know ourselves. Their belief in our ability and potential is sometimes flattering, but often uncomfortable. Scarlet Cosmos keeps us from short-circuiting as we consider traveling down unexplored but compelling paths.

Hosta

8th Chakra, Studio Set

Boundaries. An armadillo remains safely in its shell even when a predator is pushing it around. Spiritual boundaries are a lot like armadillo shells. The Hosta essence helps us to keep those boundaries intact without losing our ability to see clearly or move freely.

MARKET SET

White Lily

1st Chakra, Market Set

Lighthearted ruthlessness. When we feel that our soul and our body fit together like a hand in a glove, we don't need to defend our decisions. We just need to be ourselves. Then, without justifying ourselves, we can follow our desires with easy ruthlessness. White Lily is useful if our body and soul are just enough out of alignment that we feel the need to explain ourselves—when “because I feel like it,” would do just fine.

River Moss

2nd Chakra, Market Set

Protection. Like a mother duck that protects and guides her young as they become familiar with their environment, the River Moss essence helps us to remember that we are safe and that we belong. When we feel that kind of protection, we can look openly at the world around us and consider the safest, most rewarding and adventurous ways to be part of the picture.

Mock Orange

3rd Chakra, Market Set

Persistence and timing. Only you know when the time is right to act. You may be afraid to wait; you may be afraid to move. When you are in sync with your internal rhythms, you will move in rational, timely and sometimes surprising ways. Mock Orange helps you to keep step with yourself as you follow your internal clock.

Ox-Eye Daisy

4th Chakra, Market Set

Solitude. Being the square peg in a sea of round holes can feel lonely, frustrating or unfair. However, it can also be a way of recognizing yourself without competition or comparisons. This kind of solitude brings with it an air of simplicity and refreshment that leads to amusing discoveries.

Partridgeberry

6th Chakra, Market Set

Determination. On a long-distance journey, sometimes you must find your way in the dark for a while before you can rely on your vision to guide you. Partridgeberry helps to activate the sensory sites in your body that allow you to confidently follow the truth when you hear it—even if that truth is not heard by others.

Canterbury Bells

6th Chakra, Market Set

Laughing eyes. What do you want? No matter how outrageous or fanciful your desires may seem, give them life, if only in your imagination. The Canterbury Bells essence supports the muscle in your mind that drives the creative process. This muscle needs regular exercise. As the song says, "You've got to have a dream. If you don't have a dream, how are you going to have a dream come true?"

Stargazer Lily

7th Chakra, Market Set

Purpose. Your life is not an accident and you are not infirm. Like an arrow homing in on a target, Stargazer Lily helps you to remain clear and direct as you remember who you are and what you want to accomplish.

Ironwood

8th Chakra, Market Set

Freedom. A strong and open structure can weather any blow. The key to this kind of strength and resiliency is being part of a web of relationships instead of tied to only one source for information and power. When your personal structure is made of self-love and trust, you *will* experience such freedom.



Canyon Sound Organ/Meridian Essences

Like the chakra essences, the organ/meridian essences draw on nature-based healing traditions. While the chakra essences help us to engage in conversations without losing power, the *Canyon Sound Organ/Meridian Essences* help us to follow the growth patterns that govern all of life on earth—from bursts of energy, to steady growth, to editing away the unneeded, to “going with the flow”, to laying fallow. When we recognize the energy with which we need to meet circumstances in our lives, we have power and a certain kind of ease.

These essences are all about the ‘give and take’ that are necessary for a good game. As such, the definitions are divided into the yin and yang meridians of the five elements found in nature. Yin is the receptive/feminine form of the element, while yang is the more active/masculine form. Here are brief notes about the five elements and the two meridians:

Earth: Remembering how to receive and give nourishment.

Water: Trusting the flow of life to carry your precious cargo (you).

Fire: Feeling safe, wise and supported enough to state your desires and to listen, without judgement, to the desires of others.

Wood: Expanding; choosing how to respond to situations, evaluation and discernment based on your life plans and commitments.

Metal: Joining in the web of life; breathing with the world; ruthlessly letting go of what doesn't belong, knowing that nothing is ever lost.

Conception and Governor Vessels: Main dynamic between receptivity and action in the body.



Talent develops in quiet places;
character in the full current of human life.
~ Goethe

ORGAN/MERIDIAN SET: YIN ESSENCES

Conception Vessel

Yin Essence

White Clematis, Jade

Remembering joy in the body. Sometimes we forget what a pleasure it is to be in a body on this earth. Traveling up and down the front of our bodies is our central meridian. The train running on this track contains all of our plans and dreams for this life. When we are disconnected from ourselves and have trouble staying in the present, an afternoon of train watching will do us good.

Spleen Essence

Yin Essence, Earth Element

Phlox subulata, Lavender, Rose quartz

Patience and fluid strength. The ability to stand firm but relaxed in the midst of great turbulence. Like rocks in a streambed, sometimes we need to remain solid and agile, acting as the filter for our own or other people's toxins. When we can stand unrestrained, yet stable, in the presence of tension, we can embrace toxins to understand and transform them, instead of consuming them.

The spleen is one of the cleansing organs in the body, filtering large impurities from the blood. Activated when the body is "under attack," the spleen processes large volumes of "poisons" for eventual elimination from the body.

Kidney Essence

Yin Essence, Water Element

White Pine, Hairy Vetch, Black Locust Tree, Malachite, Herkimer Diamond

Faith and trust in the physical world. Sometimes a strong shock can pull the plug on us, knocking us off our firm footing on the earth. Experiences and beliefs that challenge our feelings of safety can lead us to live in a habitual state of fear. The kidney essence reconnects us with our primary physical connection to nature through the earth. When we feel the permanence of this connection, we *cannot* be ruled by fear.

*Like the earth, our bodies are made up mostly of water. The physical health and function of **everything** on earth is largely dependent on the use and circulation of water. In our bodies, our kidneys serve the same function of "water conservator." The communication link between the kidney and the earth is quite strong.*

Heart Essence

Yin Essence, Fire Element

Bluestem grass, Clear quartz

Rhythm and timing. Hurry up; slow down; follow along; take the lead. Perfect rhythm comes from the inside out, not from outer demands. When you are in accord with your personal rhythm, your pace *will* be in harmony with the people and world around you. However, like any complex piece of music, you may experience some tension before you feel the harmonious rhythm of the whole.

The universe is like an incredible piece of music. The orchestra that plays this music is huge and diverse. Skilled musicians are masters of their individual instruments and proficient with notes and rhythm. In our bodies, our hearts govern our personal instrument while synchronizing our rhythm to the larger orchestra.

Lung Essence

Yin Essence, Metal Element

Wild Rose, Queen Anne's Lace, Malachite

Expansion. Your experiences and desires constantly circulate through your body, encouraging you to reflect on them and grow. What constricts this flow? Shame, judgment and a fear of change. Often, when you think that people and the world around you are telling you that you are on the wrong track, they are actually challenging you to stand up for yourself and state your intentions with confidence and pride.

The lungs carry our spirit. With respiration, we breathe with the spirit of all living things on the earth, communicating non-verbally but intimately about our life experiences. Through the breath, we fine-tune our position in the web of life. Trees act as our teachers in respiration.

Liver Essence

Yin Essence, Wood Element

Milkweed, Indian Pipe, Amber

Anger. Productive anger signals a clear need for change. Unproductive anger is a result of not heeding your internal signals. Anger is a trusted ally when you are housecleaning because it will let you know, with ruthless and accurate honesty, what needs to go. Only when this friend is not heeded will it lurk in the closets, shouting or muttering, "I told you so," every time you trip over those unneeded beliefs and behaviors.

The liver is our personal recycling center. In balance, the liver teaches us about joyful non-attachment to the world around us. When we are free, we can participate deeply, freely and without fear of harm, with the outside environment. Out of balance, we clutch on to everything in sight, in fear that we will one day run out of nourishment, Our livers communicate most intimately with soil.



Even if you're on the right track, you'll get run over if you just sit there.

~ Will Rogers

ORGAN/MERIDIAN SET: YANG ESSENCES

Governor Vessel

Yang Essence

Cedar, Yellow Coreopsis, Malachite

Pressure comes in various forms. There is the gentle pressure you feel on your back when you are being supported and guided by someone who loves and cares for you. There is the friendly shove from behind when you are afraid to dive in. There is also the pressure of fear and anticipation when something new or exciting is about to happen. All of these pressures can be fun when you are not afraid of your own demise. Take a risk. What do you have to lose?

Stomach Essence

Yang Essence, Earth Element

Cilantro, Hemlock, Pink Granite

Recognition and acceptance. The ability to be the good host. Are you able to welcome all of your guests? If the answer is yes, your party will be a smashing success. If the answer is no, you can expect a party hangover. The Stomach Essence stabilizes you when you feel unable to cope with the challenges of diversity.

Like the unified spirit of an ecosystem, our stomachs must accommodate various residents and visitors. When the stomach is able to monitor these relationships clearly, the master plan of the body/soul is plain to see, as is the cooperation between residents and visitors. Without this clarity, the body begins to see allies as enemies and enemies as allies. The stomach is the seat of hope in our bodies.

Bladder Essence

Yang Essence, Water Element

Cedar, Asparagus, Cedar Bark, Mica

Delicate fingers. The hands of a playing child are vibrant, curious and innocent. Without fear of being overpowered or the desire to wield power over anyone or anything, a child is free to explore the wonders of the world. In this receptive exploration, fingers absorb information rather than grasp for it.

Where the kidney helps us to feel safely connected to the earth and to participate in the flow of water on earth, the bladder helps us to monitor the quality of that water through taste. The bladder is like an internal frog, our personal environmental sentinel.

Small Intestine Essence

Yang Essence, Fire Element

Rudbeckia, Sumac

Absorption. We can extract hope, tenderness and meaning from any life experience. These ingredients allow us to grow through life unscathed. The Small Intestine essence helps us to quietly trust our bodies to filter the harsh from the sweet.

The small intestine is like the quiet child in the back of the room who notices everything but remains unnoticed by others. In good health, the small intestine operates quietly and efficiently to develop accurate perceptions about larger matters that are significant to you. Out of balance, the small intestine becomes confused and irritable.

Large Intestine Essence

Yang Essence, Metal Element

Birch bark, Red Cedar bark, Blue Lace Agate

Recreation. We take vacations to relax and recharge our batteries. If we take toddlers along with us on a challenging mountain hike or our heat-hating mother-in-law to Florida in July, we probably will not have a relaxing or rejuvenating experience. The Large Intestine essence puts us back together when we have lost sight of what we need and when we need to get it.

The large intestine must remain open and vulnerable in order to fulfill its function of nutrient absorber in the body, It depends on us to listen to our body's needs for protection and nourishment. When we lose our ability to hear and take care of ourselves, our large intestines can become overloaded with unneeded elements to absorb and release. Through the large intestine, we can learn about sound reception on the earth.

Gallbladder Essence

Yang Essence, Wood Element

Coltsfoot, Amber

Liquid incineration. Flowing quietly in the background of our souls is a small acidic stream that instantly dissolves anything it touches. With efficient dispassion, our souls direct our bodies to toss into this trickle anything that is unnecessary or superfluous. Without this stream, we become confused and cluttered junkyards. Used to excess, this bitter flow becomes an agent of indiscriminate annihilation.

The gallbladder "takes orders" from the liver, When we have a healthy sense of self-determination, the gallbladder can operate like a Zen Master on a busy factory line. When we feel overwhelmed by life's demands, our gallbladders are more like a bitter Lucy Ricardo in that same factory. We can learn about our gallbladders from the roots that bring the first taste of soil to a tree.

The Buddha, Shakyamuni, our teacher, predicted that the next Buddha would be Maitreya, the Buddha of Love... It is possible that the next Buddha will not take the form of an individual. The next Buddha may take the form of a community, a community practicing understanding and loving-kindness, a community practicing mindful living. And the practice can be carried out as a group, as a city, as a nation.

~ Thich Nhat Hanh



Canyon Sound Flower Essences are made from plants in the Thousand Islands region of Canada and New York State.



For centuries, people have used flower essences to balance emotions during times of stress and illness. In addition, they reacquaint us with our natural intelligence, the wise part of us that knows why we are here and what we are meant to do.

Natural intelligence is the bridge between our spiritual purpose and our intellect.

Without it, we rely on the best guesses of our intellects and the impulses of our emotions to choose how we move through life. Without a functioning natural intelligence, we miss out on a lot. And sometimes we create big messes.

Fortunately, *this* is where *Canyon Sound Flower Essences* come into the picture. They help us to calm our overheated thoughts and emotions, so we can hear and follow the wise voice of our natural intelligence.

The result? Our emotions become richer and less frightening. Our intellects become more creative and less judgmental.

Therese Conway is a leader in the field of intuitive communication and natural intelligence, and the developer of the *Canyon Sound Flower Essences*, *EcoLogic Essences*, and *EcoLogic Flower Cards*.



She has worked with professional healers and people from all walks of life for over 25 years, helping her clients to overcome challenges, and build resiliency, by connecting them with their natural intelligence.

Therese's goal is to help you re-discover your natural brilliance during times of stress, to find the world around you more cooperative and creative than you may have noticed, and to live the life you were born to live.

To learn more, contact:

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