

Star Essence

FLOWER & GEMSTONE ESSENCES



2016 Essence Catalogue



2016 Essence Catalogue

Updated: July 14, 2016

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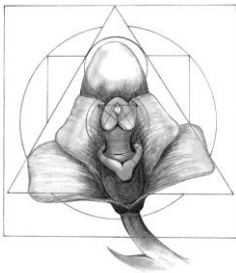
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Andean Orchid Flower Essences of Machu Picchu



Made from orchids in full bloom, found in plenitude and happy in their natural habitat high in the Andes, in the Villcabamba (“sacred place”) mountains in and around Machu Picchu, Peru.

It is said that orchids are the flower of ascension. Their DNA structure is the most evolved of any plant on earth. Because of their complex nature, they synthesize the workings of supreme intelligence. On the evolutionary ladder of the plant world, orchids are comparable to the animal kingdom species of dolphins and humans. The mother essences were placed in the sun at several sacred sites in Peru to gather additional powerful vibrations.



Anchoring Light | *Sobralia dichotoma* Orchid

Grounding; Planetary Light Work

This essence is useful when consciously serving as a divine instrument for anchoring light, connecting ley lines and healing the planetary grids. We are transducers of energy, and this essence helps us remain stable, grounded and loving, adhering to the concept of peace, while doing this very powerful work. Also good to use during Yoga, T'ai Chi, Planetary Acupuncture and all forms of sacred movement. This essence lubricates the pathways so that energy can flow- enabling us to be more effective conductors of the new frequencies entering the planet. Also good when you feel over-energized, for grounding the energy. Use in eye drops - 4 drops of concentrate added to regular bottle of eye drops.

Keywords: angelic connection, centeredness, city life, clear head, crown chakra, eyes, happiness, integration, lightwork, stability, transcendence, vision



Ancient Wisdom | *Lycaste longepetalia* Orchid

Discover Soul Purpose; Truth, Dreams

Enhances awareness and openness to the wisdom of the ancients that is returning. Important dream essence. This essence aids in opening the chakra at the back of the neck to allow information to come in so that we can remember ancient truths and remember who we are... Assists in discovering soul purpose. Awaken to your divine potential. This essence has been found to be useful for areas of awareness in the base of the head. (Use topically on this area, and take it orally.)

Keywords: adolescence, alertness, blood, teeth, bones, ears, zeal point chakra, clarity, base of skull, neck, destiny, direction, dream work, enlightenment, focus, identity, knowledge, learning ability, perspective, purpose, subconscious, truth, understanding, creativity, memory, telepathy, insight



Balance and Stability | *Habenaria* Orchid

Emergency Remedy; Harmony

Helps us feel balanced in our environment. This is a broad spectrum essence. Take it for any kind of stress or emergency situation. Use whenever you feel out of balance. Very fast results! Brings things back into present-time focus immediately. Keep a bottle in your car, your bag. Use as often as necessary. Aligns all of your bodies and gives you inter-dimensional stability. Assists the body in adapting to the new high frequencies pouring onto the planet. Many say this is the most profound essence they have ever experienced. It promotes serenity. Good for children and animals, and chiropractors also report that this essence helps people hold their adjustments. Remember flower essences can be used topically as well as orally.

Keywords: back, balance, ear, diet, calming, car travel, clarity, compulsiveness, control, cramps, death and dying, hospice, orientation, earth healing, emergencies, energy, head, hope, pain, mood, nervousness, reaction, overwhelm, patience, peace, performance, relaxation, responsibility, shock, shyness, stability, strength, stress, tension, trauma, worry, accidents, concentration



Divine Child | *Ponthieva montaña* Orchid

Sensitive Children and Adults

Especially for the very sensitive, very special beings who are being born now, to assist them in staying in balance with their gifts. Also, this essence will help the sensitive child and adult to re-connect with and re-establish gifts that in the past were suppressed or repressed. It is safe now to be sensitive and to stay in the realm of delight and express your divine brilliance. Good to take with Soul Family before and during pregnancy to connect with the soul of the new child. Especially good for the newborn. Put a drop on pulse points and third eye.

Keywords: adolescence, asthma, autism, bedwetting, birth defects, self esteem, emotional blockages, inherited behavior patterns, over reaction, pleasure, playfulness, pregnancy, repressed emotions, sensitivity



Divine Goddess | *Masdevallia veitchianna* Orchid

Intuition; Deep Issues

An aid in birthing, anchoring, attuning to and balancing the Divine Goddess energies. Assists in developing intuition. Quite good for self-esteem. It is useful for both men and women. This is an extremely powerful essence when working on deep issues. On a physical level, this essence has been shown to be useful in shifting PMS and hot flashes.

Keywords: responsibility, deep emotions, deep issues, root chakra, critical, earth healing, emotional cleansing, feminine aspects, goddess energy, intuition, irritability, menstruation, pregnancy, motherhood, weight, power, self esteem, reproductive organs



Eternal Youth | *Epidendrum ibaguense* Orchid

Regeneration; Glow of Life

This is called the *Wiñay Wayna* Orchid- which means "Forever Young" in Quechua. It promotes rejuvenation by retraining our cells to remember the frequency of life, and by raising our frequency into a place beyond disease and aging, into super health and youth-ing. It is also good for regaining our childlike fun qualities. A few drops every day are recommended. Put some in your drinking water. This essence is good to get on the skin. It is especially good in the bath. It is an important ingredient in our Angel Rejuvenation Spray. Addresses homesickness.

Keywords: acne, skin, aging, apathy, aura cleansing, burn-out, joy, enthusiasm, exhaustion, fertility, pain, loneliness, motherhood, playfulness, rejuvenation, stamina, tiredness, vitality, youth, humor



Faith and Courage | *Odontoglossum* Orchid

Protection; Supportive

This protective essence is like having a powerful yet gentle watchdog at the outer edges of your etheric body. Take this essence frequently when you feel vulnerable in order to build up a field of protection, or when you feel you want more faith and courage. Excellent to use in hospitals, court houses, freeways and with all kinds of healing modes, as well as for interdimensional protection.

Keywords: abuse, acceptance, alertness, allergies, anxiety, boundaries, claustrophobia, commitment, confidence, control, courage, cynicism, denial, emotional detachment, family pressure, fear, grief, trust, ulcers, hospital, honesty, hope, inherited behavior pattern, intuition, insecurity, nervousness, optimism, paranoia, protection, safety, shyness, vulnerability



Freedom/Libertad | *Xylobium* Orchid with 24 karat Gold

Manifestation; Ascension

This essence addresses freedom on all levels. Freedom to express yourself. *Freedom to manifest*. It is truth at all levels. It assists in realigning us to our original divine blueprint. It assists our evolution into our multidimensional identities. As you build this frequency, it radiates out to automatically assist anyone who enters your field. It enhances other modalities. The frequency of Gold added to the Xylobium works synergistically and assists in opening dimensional doorways. We are being guided to take this essence several times every day, as a service to others, to the planet and to ourselves, to maintain a frequency beyond mass consciousness - regardless of what other essences we are taking. We are researching this essence in regard to fetal alcohol syndrome and alcoholism. Freedom/Libertad assists in creating truthfulness, telepathy, psychic ability.

Keywords: addiction, anxiety, ascension, bipolar, blood, brain, cosmic consciousness, dependency, determination, enlightenment, evolution, depression, freedom, honesty, identity, passiveness, prosperity, rebelliousness, shyness, transcendence, truth



High Frequency | *Pleurothallis* Orchid

Meditation; Heart and Lungs

Extremely high frequency. Aids in opening channels to the highest dimensions and to the ascension energies. Take a few drops and meditate. Many have profound experiences after taking this essence. Flower essences facilitate your highest conscious and unconscious desires. This essence is also useful with issues around heart, lungs and grief (you can actually move from grief into bliss).

Keywords: angelic connection, ascension, meditation, attunement, broken heartedness, centeredness, depression, sadness, emotional detachment, energy level, heart/lungs, hope, optimism, perspective, self pity, transcendence, attunement to higher realms



Light Codes of Unification | *Ida jamesiorm oakley* Orchid

5th Dimensional Frequencies

Soul Growth. You feel this essence right away in the heart. Helps us to luxuriate in the fifth dimensional frequencies of unconditional love. Truly know that all life is connected- and that in all choices, to consider the whole. We made a contract to become multi-dimensional during this ascension cycle, and we are transitioning into higher levels of our multi-dimensional selves. This essence can give velocity and acceleration to our entrance into the world of the invisible- and enable us to view the transformation taking place so that it is easier to remain calm during this activity. We can claim our 5th dimensional abilities and become aware and in touch with our own inner brilliance and genius. This essence helps us trust the process as we continue to expand. We are able to stay in this potent space of peace and neutrality. We come into alignment with new programs easily. We move beyond duality into Oneness and Unity.

Keywords: ascension, trust, global awareness, change, anxiety, bias, interconnection, heart chakra- 4th chakra and thymus chakra- 8th chakra, polarization, transitions, oneness, expansion, unconditional love, acceptance



Nature Communion | *Trichoceros parviflorum* Orchid

Co-operation; Reverence for Life

This essence enhances your level of consciousness and your connection to the Nature Kingdom. The unseen world becomes palpable. Nature Communion supports your connection to your physical body and is also good for fertility. It is fun to use when working in the garden and when hiking. Use when working with the plant world in any form. Live in reverence and in love with all life. Often this essence shows up to be mixed with other essences to accelerate their energy. Synergistically enhances herbal preparations. It is also useful when you haven't been outside (too much computer...). A hike in a bottle.

Keywords: anemia, animals and animal care, plants, apathy, 3rd eye- 6th chakra, city life, earth healing, fertility, connection, metabolism, oneness, physical awareness, head awareness



One ♥ Heart | *Epidendrum cuscoense* Orchid

Acceptance; Love; Unity

This essence addresses the merging and balancing of male/female including both sides of yourself. It is about oneness, unity, unconditional love. This essence will assist the pioneer relationships that are happening, relationships that defy definition, that are beyond language, by moving us into a frequency to accept the paradigm shift in our perception of relationships, and into the frequency of unconditional love. Revel in the ecstasy of being love, of re-union. An excellent essence to share with groups. It immediately unifies people into the high frequency love space.

Keywords: abandonment, acceptance, compassion, blood pressure, bonding, broken heartedness, caring, heart, heart chakra- 4th chakra, commitment, communication, love, cooperation, humanitarianism, letting go, relationships



Pineal Light Infusion | *Ellianthus capitatus* Orchid

3rd Eye Initiation

This pine cone-shaped flower- this beautiful Orchid inflorescence that blooms in a spiral- addresses the purification of the pineal gland. The pineal is called the third eye. It is a photosensitive organ (activated by light) and represents our inner vision. This super conducting resonator facilitates our connection with the higher planes and can help to give us expanded insights, and a better understanding of our multi-dimensionality. It is a gateway to other dimensions, a stargate, a geometric center of the brain; the connecting link, an energy vortex that couples the soul and body. The pineal also secretes melatonin, which is responsible for our sleep patterns (between our physical and spiritual worlds). A healthy pineal gland can improve our recall of dreams and strengthen our aura.

Nearly every single ancient culture has some representation of the pine cone. The third eye is on the dollar bill. We are in a new dawn of consciousness, and the information and gifts we have been longing for are being revealed. This essence can offer a way to interface the latest energetic components being downloaded with our personal system. It can also help to clean stored mental pollution. Since thinking or having unhealthy thoughts can re-pollute, it is a process. It may take some time. This essence can bring more light into the pineal, so it can become clear and luminous. It can help to initiate our supernatural powers, our vision, our psychic talents.

It feels like once we get the pineal washed up, this essence can create a vibrational resonance that may help to activate some key codes. It holds the potential to help create the appropriate frequencies to actualize our DNA and connect us to our multi-dimensional selves. There can be regeneration of the body and recalibration on a cellular level as the frequencies are adjusted and refined. We can be assisted with acclimating to our expanded reality, and having a conscious level of connectivity.

Keywords: 3rd eye- 6th chakra, psychic abilities, clarity, connection, dreams, pattern shifting, confusion, multi-dimensionality, insomnia, vision, clairvoyance, light sensitivity



Sacred Union | *Maxillaria* Orchid

Oneness; Tantra

Addresses integrated sacred sexuality. It is a vibrational catalyst to move you to a new level of heavenly union, with yourself, with a partner. Rejoice in joyful fulfillment conjoined to make one soul, one body in love, which gives joy to the divine presence. This love in itself is an instrument for peace in the world. Be zealous to enjoy this joy. Very nice to take in conjunction with One Heart.

Keywords: all chakras, commitment, co-dependence, oneness, love, sexuality, self-love/esteem, intimacy, pleasure,

reproductive organs



Higher Chakra Trilogy of Orchids

Useful in supporting, balancing the activation and expansion of the higher chakras.

This enchanting trilogy of Andean Orchid flower essences specifically addresses those chakras and energy bodies that are beyond the 7 energy centers typically discussed, and which are important components of the ascension process / spiritual evolution (read the individual descriptions for more information). Each of these essences has many levels of activity that can reveal themselves, especially when you take them together. Use them alone and in combination; by yourself, and especially in groups. Using all three of them, and doing numeric harmonic sequencing, can be very powerful (the number of drops as well as the order they are used in, all create a specific sacred geometry, and we are all the explorers and scientists in this arena).



Awakened Thymus Chakra | *Erythrodes* Orchid

High Heart; Graciousness

This special essence helps to filter and convert 5th dimensional energy to make it more easily acceptable to the human body. It is useful for telepathy, and connecting the 3rd (solar plexus) and 6th (third eye) chakras. The thymus gland, a small gland located in the chest, and the heart chakra have different locations and are inter-related. The thymus receives spiritual life force energies and transforms them for use in the etheric, subtle body and physical vehicle. It is said to have once been much larger- it is our job to wake it up again to its previous function. The thymus is also called the "High Heart." Being between the heart and the throat, it empowers loving communication. It is useful when healing with voice and sound. On the physical plane, the thymus relates to the immune system. Thymus tapping is a valuable thing to do to stimulate this gland, and the immune system. Take this essence to strengthen and nourish it.

The Awakened Thymus essence was made in the moment of the March Equinox at the site of Wiñay Wayna. The mother essence was energized at a place we call "The Point of No Fear": a triangular-shaped stone jutting out from the window of the ruins that seems to hang in mid-air, thousands of feet above the rainforest. (As such, this essence also resonates with fearlessness, surrender, trust, flight- and may be valuable for those with height phobias.)



Gold + Silver/White Halo Chakra | *Sobralia setigera* Orchid

Balanced Light Body; Peace, Serenity, Harmony

This exquisite orchid essence encompasses 2 chakras. The **Gold Chakra** is like a halo about an arm's length above the head. The wisdom of the Gold is love and acceptance. It is the Christed energy. Taking the *Sobralia Setigera* orchid flower essence while desiring and intending to bring this high vibrational light into your body will help activate this chakra and will also help you stay balanced while this is happening. From the Gold halo, this chakra cascades out to the **Silver/White Chakra**, encompassing the luminescent light body. This chakra essence contains the new energies needed for us to access the space where truth and peace flow out of our ecstatic hearts. When you go into this space you will feel enraptured bliss, peace, serenity and harmony, ride the currents of the universe through your consciousness and feel wisdom, love and acceptance of all that is. Here you have recognition of self. This essence assists your subtle bodies in sustaining balance, tranquility, and peacefulness. Become steeped in divine contentment.



Zeal Point Magenta Chakra | *Epidendrum f. guillemi* Orchid

Mouth of God; Expression Through the Voice

Assists in opening and balancing the zeal point chakra, located at the base of the skull. This area is referred to as the Mouth of God. This essence assists Kundalini energy moving through, and opening one to the next level of initiation in divine harmony. Also helpful when energy collects in the neck. Useful in conjunction with many other essences, especially blends for children. Zeal Point Chakra helps us to speak our truth. The gift of the Zeal Point Chakra is a fully conscious mind to express spiritual power through the voice. It is beneficial to have body work done in conjunction with opening this chakra.



Golden Bach Flower Essence Collection

The California equivalent of flowers whose healing qualities were originally described by Dr. Edward Bach, lovingly and respectfully prepared in a Golden Crystal Bowl.

The Star Golden Bachs honor and expand the original Bach essences into a new Golden Age, in the Golden Bowl. Read the story of how Star was called to make the Goldies, and stay attuned as the Golden Bach Flower Essence Collection grows to include all 38 Bach essences...

About the Golden Bowl (courtesy of Crystal Tones): "A softly gleaming, elegant classic bowl infused with 24-K Gold, the energy of royalty, success and soul expansion. Its mirrored interior reflects a magical golden hologram, a visual doorway into crystalline consciousness that creates a golden sound temple in any setting. The Solid Gold Classic Bowl holds all master conductor frequencies for sonic reconnection patterning, molecularly energizing the body and enriching life experiences –a conscious sonic walk in Light."

We have given only super brief descriptions of these classic essences; there is a plethora of information about the Bach essences on the Internet and numerous books about them that we encourage you to explore.



Aspen

Peace of Mind; Security and Serenity

Trust in a loving Universe, peacefully meeting the unknown with confidence and faith that your highest good is always working. Tranquility, calm within.

Pattern of change: Feeling anxious and not even knowing why or what about



Beech

Loving Acceptance of Others

Tolerance, compassion. Honoring differing attitudes and lifestyles. Reconnection to higher self.

Pattern of change: Criticalness, judgment



Cerato

I Am Confidence

Self-reliance and trust in one's own judgment; confidence in one's intuition and faith to follow it.

Pattern of change: Uncertainty, self-doubt, dependence on others for decision-making

Note that the Golden Bach Cerato essence has replaced I Am Confidence Santa Barbara flower essence.



Clematis

Awake and Aware

Grounded, present and focused. Practical participation. Experiencing magic and meaning in the waking world. Pattern of change: Spacey-ness, daydreaming, avoiding real life



Cherry Plum

Rational and Collected; Facing Fears

Feeling safe to be oneself, sane, and in control of one's experience. Positive, balanced, rational and composed emotional expression. Ability to move forward fearlessly, trusting in a higher path. *One of the gifts of this essence is that it can help us face our fear of moving into our next level of service. Whatever we are doing now, I feel we are all being called to level up a notch. It can help the soul feel the fear and do it anyway. -Star*

Pattern of change: fear of losing control - especially of one's behavior, mind and/or emotions, nervous breakdown, panic attacks, obsessive fears, Post Traumatic Stress Disorder (PTSD), delusions, despair, desperation, rage, PMS, temper tantrums, feeling trapped/suffocated, irrational, mood swings, hypersensitive, uncontrollable impulses



Chicory with Cornflower

Selfless Love; Emotional Security

Ability to nurture others in a balanced, loving way that honors their individuality and respects their personal choices. The addition of Cornflower to this essence gives it a broader spectrum and adds additional relevance for 21st century concerns. While Chicory helps us to release the need to control, change or make others to be what we deem more "perfect," Cornflower helps us to release our idea of what perfection is. Rather than merely adjusting how we respond to the behavior of others, we can actually adjust our perception to the level

of acceptance where there is no "right" or "wrong." We can love unconditionally and truly See others as beautiful, sentient, free spiritual beings.

Pattern of change: Over-investment in the lives of loved ones; attempting to "fix" or control others; emotional neediness



Crabapple

Clean and Pure; Good For Cleansing

Restorative. Purity, physical/emotional/spiritual detoxification, positive self-image.

Pattern of change: Feeling unclean; colds and viruses



Gorse

Bright Future

Faith, hope, optimism, joyful outlook.

Pattern of change: Discouragement, darkness, hopelessness, resignation



Heather

Communion with Life; Safe to Go Within

Being a good listener, and knowing when to listen. Empathetic, compassionate, attentive, willing. Positive solitude: enjoyment of being on one's own, with the divine presence. Gaining access to the conscious mind, the higher self, when quiet. Love yourself enough to value your own company. (Turn off the phone, TV, devices, distractions.) Supportive influence.

Pattern of change: Excessive talking, preoccupied with own concerns, needing attention and validation from others, fear of being alone



Honeysuckle

Presence. Living in the Moment

Embracing here and now, accepting and releasing what has come before. Life gets sweeter all the time.
Pattern of change: Living in the past, homesickness, nostalgia



Impatiens

Profound Patience; Trust in Divine Timing

Live life calmly and gently, with poise. Flow with the pace of life trusting in divine timing, giving space for things to unfold, having faith that things are working out and evolving. This essence can help us to stay conscious of what we are doing and not rush off in our heads to the next thing. Being patient and calm will often accomplish more than erratic running around. For many the message is to slow down... as things are moving quickly around us. It can be easy to spin out by reacting too quickly. Impatiens reminds us to take time and appreciate where we are and to appreciate others. Sometimes it is necessary to take things slowly. Things are evolving at their perfect pace. We can learn to have patience with ourselves, and the time it takes to integrate new energies and frequencies. Useful when going through any type of treatment, change, recovery, healing- or when awaiting manifestation and implementation of dreams, intentions or projects.

Pattern of imbalance: impatience, irritation, tension, intolerance, moving too fast, ungrounded, frustrated, premature... emissions/decisions/actions.



Mimulus

Brave and Capable

Confident and optimistic. Facing and embracing novel experiences with equanimity. Assertive, self-possessed, poised. Luminous conviction and courage.

Pattern of change: Fearful of specific things or experiences, phobias, easily intimidated or overwhelmed, nervous

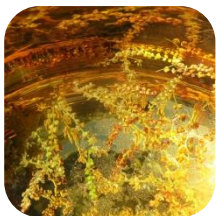


Mustard

I Am Gratitude

Gratitude and joy, emotional equilibrium.

Pattern of change: Depression, gloom



Oak

Healthy Strength

Perseverance and productivity balanced with inner nourishment and sustenance. Far-reaching emotional roots that allow for sustainable activity and vitality. The value of being rather than doing. It can be easy. Share the load.

Pattern of change: Workaholic, over-achiever, caretaker, refusing to bend to own needs, measuring oneself by what they accomplish rather than who they are.



Olive

Energized and Optimized

Vibrant and vivacious; energetic, exhilarated, enthusiastic. Capacity for nourishing, deep rest and rejuvenation.

Pattern of change: Exhausted, fatigued



Pine

Self-Acceptance

Self-love, forgiveness, worthiness. Ability to move forward with head held high and embrace oneself, one's choices and one's future. Pine is also an energetic form of testosterone. The blossoms used were full of pine pollen, a source of natural testosterone.

Pattern of change: Dislike of self, guilt, shame (with or without reason)



Rock Rose

Calm and Composed

Ability and courage to act appropriately in any situation; remain centered, empowered and clear-headed.

Pattern of change: Panic, paralyzing terror



Rock Water

Latitude & Fluidity with Oneself

Free and spontaneous. A healthy inner authority that supports authentic self-care and aspirations based on joy. Enjoying the pleasures of life. Ease, liberation, release. Ride the currents, go with the flow.

Pattern of change: Self-denial, asceticism, setting extreme standards and expectations for oneself, rigidity or stagnancy in any form



Star of Bethlehem

Deep Consolation; Soul Unification

Peace, integration, hope. Healing and recuperation from shocking or traumatic experiences, recent or past. A soothing restorative remedy. Renewed wholeness and spiritual connection. Eases and revitalizes the nervous system.

Pattern of change: shock, grief, Post Traumatic Stress, scars (inner and outer), fright, nightmares

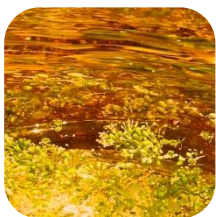


Vervain

Balanced Exuberance

Ignited and grounded enthusiasm. Ability to mitigate and compromise. Relaxed, at ease. Moderation.

Pattern of change: High-strung, hyper-active, overbearing



Vine

Inspirational, Loving Leader

Authentic authority, sourced in Universal good. Recognizing the feelings and value of others.

Pattern of change: Domineering, arrogant, egotistical



Walnut

Supports Change; Freedom to Grow

Assistance, protection during life's transitions and milestones. Forward momentum and willingness to evolve, follow one's unique path.

Pattern of change: Stuck, over-influenced by social expectations



Wild Oat

Clarity of Direction and Life Purpose

Clearly knowing and able to make decisions about life purpose and direction. Manifesting meaningful and fulfilling vocation, service.

Pattern of change: Dissatisfaction, lack of clarity; "survival mode"



Wild Rose

Optimistic Conviction; Rose-colored Glasses

Joyous expectation. Viewing life- and yourself- with optimism and wonder, experiencing new blooms of hope and inspiration. Stop to smell the roses. Believe in miracles and true love again. Skip along the path of life. Faith in facing the unknown or unfamiliar; being a sovereign soul.

Pattern of change: Resignation, apathy; lack of motivation for betterment

Note that the Golden Bach Wild Rose essence has replaced *Love of Life* Santa Barbara flower essence.



Willow

Flexibility; Ability to Adapt

Ability to adapt to one's situation, take responsibility for one's experiences and emotions. Empowered pliability and easy self-adjustment.

Pattern of change: Inflexible, self-pity



Peruvian Flower Essence Collection

From the Peruvian jungles, deserts, mountains and powerful sites around the Sacred Valley of the Incas.

Whereas the Andean Orchid Essences were created from orchids in the environs of Machu Picchu, the Peruvian Flower Essences were made from flowering plant specimens found all over Peru, from Lake Titicaca to the base of Apu Ausangate.



13th Gate | **Cantu** / *Cantua buxifolia*

Open Portals; Door of Brahma; Accessing Spiritual Realms

Facilitates the opening of the gate on the top of the head, and communion with the soul. Useful for integrating the energies of 13 (you have to interpret for yourself what that means). It also carries hummingbird medicine. Can be a very pleasant and peaceful essence, smoothing edges, during these interesting and accelerated times.



About Face | **Dandelion** / *Taraxicum officinale*

All About the Face; Facing Issues

Facilitates growing in the face of adversity, facing things at all levels. About Face can mean "turn around". Helpful for liver balancing and strength and for detoxification. Especially useful when alcohol has been used to numb feelings. Also addresses face issues and problems with your face. Dandelion helps balance and stabilize old feelings, early memories. Face the music, face the facts, lift your face to the sun! Mostly, face yourself and reflect light. Continue to grow. Make a wish every time you take the drops.



Brave Heart | **Penka Penqa** / *Gentiana sedifolia*

Happy Survivor; Courage and Confidence; Move Forward Gracefully

From the base of Apu Ausangate in the High Andes of Peru. Addresses Post Traumatic Stress. Flourish in the face of adversity. Fosters courage, encourages confidence- helpful for those who are shy or timid. Helps to express pent-up Love. Realize happiness. Move forward feeling graceful, gracious, safe.



Bushilla | **Bushilla** / *Inga edulis*

Female Reproduction, Processes and Issues

Helpful with female issues, especially reproduction at any stage. Can balance and heal relationship with feminine energy, both inner and outer- such as with mother figures or partners (for both men and women). This essence will bring you right back into your body if you are "out there."



Doorway to The Heart | **San Pedro Cactus Flower** / *Echinopsis pachanoi*, syn.

Trichocereus pachanoi

Compassionate Purification of the Heart; Ignites Pituitary; Time/No Time

Opens the heart more than you have ever known before in a very sweet, graceful, vibrational way and brings Love to the surface. Assists in moving anything in the way of opening your heart and feeling love; clearing, cleansing. Also helps to ignite the pituitary gland. Also concerns Time/No time. It is about now.



I Am Generosity | **Chijchipa** / *Chijchipa-tagetes multiflora*

Grand Fortune; Magnanimous Flow

This essence is a treasure. It stimulates prosperity consciousness, opulent manifestation, full flavored magnanimous flow, affluence, prosperous abundance. Align with generosity. Share in a universal cornucopia of expanded grand fortune!



I Am Gratitude | **YuYu** / *Draba sp.*

Holy Grace; Magnify a Higher Octave of Love

Magnifies higher octave love energy. This precious essence reminds us of our exquisitely rich rewards, of our holy grace. We are pure channels of divine love, filled with gratitude. Affirm "I am so grateful" three times, as you take these drops. Gratitude ignites hidden sources of energy and light, lifting you to new levels of joy and peace. A grateful heart is the most powerful source in the universe.



Inocencia Coca | **Coca** / *Erythroxylon coca*

Shifting Patterns; Stamina

Promotes increased stamina, reinvigoration. The coca plant is greatly used for ceremony and healing in Peru. This sacramental plant is multifaceted. Balances appetite and metabolism, in addition to assisting with shifting addictive patterns. Helps align the will and intent and breaks non-productive holding patterns. Align with your source of joy and effectiveness. Find your true service.



Integration | **Mutuy** / *Cassia hookeriana*

Open and Clear Mind

Opens and clears the mind. Helps balance your mental and emotional bodies in preparation for emergence into 5th dimensional reality. Addresses Pancreas, self esteem. Useful for integrating shifts, especially during chaotic times. Assimilate, unify and fuse with new information gracefully.



Mango Paradise | **Mango** / *Mangifera indica l.*

Celebration of Life in the Physical Form

Energizes robust sexuality, sensuality, juiciness, jubilation and enthusiasm. It is primal, uncomplicated and earthy, free of belief systems, filled with wind and spirit of the sun. A gift and celebration of life in the physical form. Carries the energy of the pink dolphins that were jumping in front of us while the essence was being made.



Master Teacher | **Chiri Sanango** / *Chiri Sanango*

Perfect Temperature; Expansion

Considered a master plant in the jungle, meaning it teaches you. Inspires expansion. Assists in connecting with the overlighting deva of healing, connecting with one's inner reservoir of healing knowledge. Also addresses temperature regulation (many report "power surges" i.e. hot flashes, have disappeared while using this essence, and on the other side, cold extremities warm up). This essence will direct you and teach you new things.



Purification | **Muña (Andean Mint)** / *Minthostachys flavecens*

Sanctify; Cleanse

Promotes balance, especially during purification, cleansing and clearing (it's in our Crystal Clear Mist). Assists connection with your guides, while passing through the veils of the other dimensions. It grows within the sacred sites in Peru, so one is purified as they walk through. Use this essence to sanctify and purify in multitudes of ways (get creative). Also stimulates positive attitude. Made on Easter Sunday.



Recalibrate and Flourish | **Linseed/Flax** / *Linum usitatissimum*

Graceful, Resilient Body; Awakens Ancient and Multi-Dimensional Memory

The vibrational resonance of Flax brings us new vitality, resilience and grace in our body. When taken over time it awakens ancient and multi-dimensional memory, bringing access to universal wisdom and the hologram of planetary memory. It smoothes pathways and lubricates- it brings a higher resonance to fibromyalgia, arthritis, and joints. There is recalibration, adjustment and refinement, as the body goes back into potent alignment. It accelerates the subatomic renovation. It helps to repair, strengthen and feed, all through the electrical system of the body. Helpful for recovery after surgery. It also works extensively with the heart.



Regal Amaranth ~ RA | **Kiwicha** / *Amaranthus caudatus*

Maximum Potential Expressed

Strong, Versatile and Efficient. Queen of Health. Exhilaration. Regal and supreme. Recognizing and honoring the presence of Spirit. Amaranth was sacred to the Incas. It is deep purple/red with everlasting blooms and grows rapidly. Interestingly, today Amaranth has evolved itself to be resistant to herbicides and genetic manipulation. It represents strength and pure, authentic expression of one's greatest potential, without compromise or fuss. Keep growing/going your own way, even in the face of adversity- inner or outer, past or present.



Strength and Chi | **Fava** / *Vicia fabia*

Well-Being; Vitality

This noble flower essence facilitates all functions of brain activity, including memory, energy and sense of well-being. It is useful for balancing hormones. Addresses ADD/ADHD. Strength, energy and radiant vitality come from being in balance.



Sublime Chocolate | **Cacao** / *Theobroma cacao*

Balance Metabolism; Feed the Channel

Balances metabolism. Improves appetite for healthy food. Energizing after meals. Excellent to use when you crave chocolate. Etheric endorphins. Helpful for remembering dreams. Good for women during their moon time. Stimulates psychic abilities, dreams. Assists in clearing ancient DNA. Assists connection to Maya, Inca (by clearing and feeding the channel). Strengthens the lightbody.



Wild Feminine | **Wild Potato** / *Solanum diploid*

Uninhibited; Spontaneous; Nourishing

The outside is beautiful, the root has profound depth. It is nourishing. Wild Feminine encourages the release of all of our aspects (whether our gender is male or female). Have joyous relationship with everyone. Express our unique diversity as we choose. Remain cohesive yet gloriously individual. Wild Feminine helps to anchor these important feminine aspects of ourselves in a new way. Enliven and awaken sensations with enthusiasm. Savor the rhapsody.



Wilka Mayu (Sacred River) | **Yanali Tree** / *Bocconia pearcei linnaeus*

Flexible, Fluid and Adaptable; Tolerance and Love of Self; Freely Mobile

This important essence reminds us to remain flexible, and to keep moving (like the river). Nurturing, encouraging and empowering. Helps us to flow effortlessly around those rocks that crop up midstream. May address arthritis, fibromyalgia and other joint and mobility concerns. Lubricates and Illuminates.



Santa Barbara Flower Essence Collection

From the beautiful foothills, meadows, forests and orchards of central coast California.

Santa Barbara, California is said to be part of the ancient civilization of Lemuria, a place where vibrational healing techniques have been used before. It is also an excellent place to make flower essences due to specific energies that are anchored here. From the mountains to the ocean and everything in between, Santa Barbara is Heaven on Earth! These essences assist in addressing the current shifts that so many of us are dealing with. Some descriptions are quite short. Read into them. Allow yourself to go deeper. They will tell you more, as they have many gifts, at many levels. They sing and harmonize together.



Adaptability | *Aster / Aster chilensis* **Soul Communion; Enchanting Versatility**

Aster takes its name from the Greek word *astron*, meaning "star". It encourages you to connect with your own star, and to shine your brightest. This essence can facilitate deep communion with the soul and with one's spiritual blueprint, resulting in profound awareness of one's personal path, abilities and direction (and how that relates to the whole). It takes you very deeply and gently into yourself for contemplation, reassessment and revitalization, regardless of outer circumstances. Connect with your dream life- sleeping and waking.

Make changes and choices that are most beneficial for your highest good- embrace new ways! Enjoy inner space and adaptability, and peace of mind in all circumstances. Very good for hospice work and the dying process. Also addresses performance anxiety and self-esteem, and detoxification on every level.



Art of Gentle Communication | *Calendula / Calendula officinalis* **Soothes One's Soul; Reverent Use of Words**

Assists one to have a softer communication, having a more reverent way with words. Positive use of language with both yourself and others- affirming only the good. Soothing, calming and healing effect. Be very gentle with yourself in every way. Receptivity.



Articulate Expression | *Cosmos / Cosmos bipinnatus* **Clear and Coherent Communication**

Easily put thoughts into words and authentically express ideas with the help of this cosmic essence. Addresses eloquent, articulate and effective speech, and the ability to integrate and organize information and convey one's true inspiration. Harmonizes thinking and speaking for comprehensible expression. Brightens soul force and helps introverts shine! May be helpful for stuttering, dyslexia, autism, ADD/ADHD... Any area involving speaking and the desire to express oneself clearly, calmly and confidently. Also good when one feels

"scattered" and has too many areas of focus- helps center in the present moment and focus on one subject at a time. Be Now. You have plenty of time- to think, to speak, to do.



Artistic Inspiration | *Iris / Iris douglasiana* **Ingenious Revelations; Divine Muse**

Soul-filled creativity. This essence is your muse. Cultivate beauty, have ingenious revelations. Express your inventiveness, ingenuity and imagination!



Be Happy | **St. John's Wort** / *Hypericum perforatum*

Helps you choose thoughts that feel good. So Simple. So Important. Be Happy.

This essence reminds us to choose the thoughts that bring joy, happy thoughts. It helps us to release worry and to feel safe and happy. It helps to strengthen and bring more radiant light into your energy field. Good to use when you feel like you are in a fog, or when you are living in fog, when you haven't had enough sun. To counteract SAD: Seasonal Affective Disorder. (Be HAPPY!) Especially good to use in the bath.



Be Nurtured | **White Ceanothus** / *Ceanothus megacarpus*

Mother's Milk; Loving Support

Soothes our soul. Nature refers to this flower as Mother's Milk, as it is filled with the Divine Mother's energy. Feel safe and nurtured. This essence is especially good for children and babies. We are surrounded with an abundance of love from a higher realm. There is plenty of it, it is spilling over. Be nurtured.



Clear Head | **Feverfew** / *Tanacetum parthenium*

Infused with Clarity; Cool and Relaxed

Release tension, especially in the head. Feel refreshed and infused with clarity. Addresses headaches and migraines, fevers, physical and emotional inflammation: keep your cool!



Complete with the Past | **Lilac** / *Syringa vulgaris*

Assimilate Experience; Take It Easy

Balanced connection with your soul and integration with your past. Neurological rejuvenation. Also reminds us to relax and take it easy.



Cooperative Service | **Humboldt Lily** / *Lilium humboldtii*

Harmonious Relations; Moving from Competition to Cooperation

Enthusiastic, positive, peaceful social interaction. Go from competition to cooperation. Excellent for the workplace, the home, the playground. Can help positively shift sibling rivalry dynamics, and children (or adults) or pets who are competing for toys or attention. Inspires teamwork, community, having a common goal and purpose- with room for every unique voice, and plenty for all. King Arthur's roundtable of noble knights. There is no "I" in Earth...



Creation/Focus | **Jacaranda** / *Jacaranda mimosifolia*

Creative Vision; Staying Focused

Assists our ability to hold the energy to dream the new dream. Supports creative vision and staying focused. Stimulates new ideas. Great when working on computers. Helpful for studying.



Cup of Gold | **California Poppy** / *Eschscholzia californica*

Seek the Gold Within; Equilibrium of Heart Forces

Equilibrium of the Heart. Connecting the core of our soul to the center of the Universe. Look inside to find the gold.



Dance | *Bougainvillea* / *Bougainvillea sp.*

Grace; Beauty; Brilliance

This essence gives assistance for flowing through life gracefully. It gets us moving. It is good for all forms of sacred movement, especially dancing. Take it for dancing through life gracefully. Also, use it in relationship, which is a "dance" of harmony and of perfect rhythm. Dance the journey into the self, and then to the source of supreme energy: this is the cosmic dance. Feel good for no particular reason- or any reason!



Deep Breath | *Eucalyptus* / *Eucalyptus sp.*

Divine Inspiration; Inhaling and Exhaling

This essence is about breathing. Take life in and let it out. It is all about inhaling and exhaling (receiving and giving). Open and expand the chest and the lungs, and remember to breathe. Breathing connects all systems in our bodies. Watch for the automatic deep breath, which is God Breathing Us. The breath of God that happens when God breathes us is so yummy. Inspire = to breathe air/life into the soul.



Divine Messenger | *Angel's Trumpet* / *Datura/brugmansia candida*

Opening to the Spiritual World; Surrender

Awareness of spiritual forces and trust in their guidance. Clairaudience, channeling, being a vessel of heavenly communication. The willingness to allow transition in any part of life: an inward surrender.



Early Bloomer | *Oxalis* / *Oxalis pes-caprae*

Family Harmony; Trust

For those who awaken early- to have certainty of self. This essence assists in adapting to accelerated, early growth and maturity. Use our advancement to awaken to our divine potential and become a positive instrument. Great for children and teenagers who are advancing at an accelerated rate. Be alert. Expect, Trust, Know.



Earth is My Heaven | *Sweet Pea* / *Lathyrus odoratus*

Rooted and Connected; Sense of Belonging

Supports one feeling at home on the planet and wherever you are, with a sense of belonging, acceptance and ease. Feel connected, comfortable and rooted in community: be a part of and take part in your world. Helpful for homesickness, children transferring/adjusting to a new school, travel and culture shock. Also good for animals who want to be in on the action when it isn't appropriate, or who dislike being alone (separation anxiety). Make wherever you are the sweetest place.



Echinacea Energy | *Purple Cone Flower* / *Echinacea purpurea*

Strengthens; Protects; Repairs

The Echinacea Energy is like a vaccination that will energetically strengthen and protect us. Denser frequencies cannot affect us when we maintain high frequencies.



Emancipation | *Tobacco flower* / *Nicotiana glauca*

Physical and Emotional Well-Being; Peace; Freedom from Addictions

Liberation. Freedom from anything that has power over us. Release cravings gracefully (especially nicotine and marijuana). Tobacco is grounding and good for traveling between worlds. Emancipation of potentiality. The tobacco flower essence cleans the meridians. If you are choosing to quit smoking, this essence assists with grace and ease.



Endearing Remembrance | Forget-Me-Not / *Myosotis sylvatica*

Enduring Love; Soul Correspondence

Awareness of soul-based relationships here in this dimension as well as heartfelt communion with those in other realms- before birth and after death. Very useful for grief after the loss of a loved one, or after a breakup. Helps us to know that we will always be connected. Sweet soul to soul communication, here and in the hereafter. Can also be supportive in long-distance relationships, or during estrangement- to know we are never apart or estranged in our hearts.



Epic Tolerance | Deerweed / *Lotus scoparius*

Universal Acceptance; Impervious and Empowered

Acceptance on many levels and octaves, from 3D to galactic. Resistance to detractors. Strength to tolerate things that might previously have caused you discomfort.



Expanded Awareness | Cannabis Flower / *Cannabis sativa*

Enhanced Creativity; Mood Elevation; Serenity

Open to the JOY. The Expanded Awareness flower essence has many gifts!! It helps us to perceive broader, wider spectrums of light and sound. It can help to generate ecstatically good cheer, possible hilarity. It increases yin qualities. It enhances creativity, relaxation, focus, and serenity. The Cannabis flower essence can lighten our mood, adjust our attitude. We can see things as funnier- the lighter side. It is also calming. Use in eye-drops. Nice as a meditation enhancer. It brings people closer together at a deeper level. It can be energy giving with a desire to accomplish tasks. It can help with insomnia. Redirect thoughts of pain. See things in a different perspective, encourage positivity. It also has aphrodisiac possibilities.



Fairy Princess | Cecile Brunner Rose / *Rosa 'Cecile Brunner'*

Brilliant Self-Esteem; For Little Girls of All Ages

Be the princess/prince, heroine/hero you've always wanted (even if you haven't remembered it for a really long time). Own your beauty, your wisdom, your authority, your magical powers, your right to wear a tiara (or a crown)! Feel confident and comfortable in your realm, and in the universe at large. Addresses self-esteem, insecurity, adolescent issues- or any time that you feel lost in the woods and need to remember how to use your magic wand to summon a unicorn! Also helps with positive body image and belief in the inherent goodness in others, and the world.



Floral Erotica | Sticky Monkey Flower / *Mimulus aurantiacus*

New Levels of Intimacy; Loving Sexual Connection

Ability to engage intimately and have deep connections in sexual relationships. Graceful expression and communication of love and affection. Experiencing sexuality with a new lens of perception.



For ♥ Giving | Acacia / *Acacia dealbata*

For Giving and Receiving; Worthiness

For giving and for receiving gracefully. This essence reminds us to give and receive from the heart to assist in moving into the frequency of forgiving-ness. For forgiving ourselves and for giving TO ourselves. Know that you are perfect. We have also found Acacia is useful when working with the release of allergies. It can move our vibration into an elevated state of acceptance, giving the ability for giving even more.



Full Moonlight | **Lavender** / *Lavendula sp.*

Full Moon Energy; Sound Sleep

Made in the light of a full moon, the lavender essence is excellent for addressing full moon weirdness or sleeplessness or out-of-sortedness. It helps to balance full moon energy so it can be harnessed and used beneficially. This essence has helped me again and again to use the powerful full moon energy in a creative way.



God/Goddess Unity | **Banana Flower** / *Musa sp.*

Masculine Balance; Gender Healing

For merging of the male and female. There is now unified oneness in our sexuality. This essence assists gender healing at very deep levels, and balances the first chakra. Banana flower essence is useful for dealing with sexual issues in relationship, enabling us to view them from a higher, balanced frequency.



Grace of Creation | **Blue Water Lily (Egyptian Blue Lotus)** / *Nymphaea caerulea*

Exalted Consciousness

An exaltation of energy. Life force. Ignites a flame of spirit within creating a miraculous aura of peace and divine ecstasy. An inner knowing that everything is possible. Opens the path for grace to flow; to identify with what is most holy and noble, and awaken our blissful state. The brain is pulsating light and there is divine perception. Can create a link between the higher, intuitive mind and the analytical mind through its euphoric and aphrodisiac qualities. Enhance meditation and visioning, induce lucid dreaming ("a dream is a wish your heart makes"...). For blessing, anointing, offering. Lovely to use with Initiation of the Heartlight (Pink Lotus), as it is helpful to have the heart open in order to fully ignite the crown chakra.



Graceful Shift | **Fennel** / *Foeniculum vulgare*

Change with Ease; Comfort through Light Influx

This is an excellent essence when you are going through great changes. Useful for balancing physical energy when going through dimensional shifts. Should an influx of light cause discomfort, this essence will address it. Often good in conjunction with Anchoring Light. Excellent for grounding. Fennel addresses nausea, especially when caused by shifting frequencies.



Humility | **Wild California Peony** / *Paeonia californica*

Gracious Power; Integrated Charisma

Powerful, beautiful and humble. Addresses humility on all levels, from being excessively modest to being excessively "out there" with oneself. Can be helpful for those who play small to avoid power struggles, or who fear getting carried away with their power if they let it out. Likewise tendencies toward arrogance or over self-involvement can be harmonized and realigned with authenticity. Cultivate charisma ~ in balance.



I Remember | **Rosemary** / *Rosemary officinalis*

Remembering; Clarity

This essence deals with remembering on all levels. "I remember who I am, I remember my gifts, I remember what I came here to do, I remember how to manifest." Excellent for clarity in all realms. Certainty of self. Creativity, inner peace that creates prosperity, to heal oneself, and to be one with Spirit. It also strengthens the immune system. Awakens the full memory of our own potential. When we remember what we are really supposed to do in life, it can restore our health. When we remember what all of humanity is supposed to do, we can heal the world...



Initiation of the Heartlight | **Pink Lotus** / *Nelumbo nucifera*

Open-Heartedness; Ignite the Three-Fold Flame

Reach a new level of open-heartedness. This essence goes in very, very deep to open the heart. It will help us to recognize any judgment we may still have. A threefold flame resides in our hearts, and the Pink Lotus fans the spark and ignites that flame within us. Sometimes you will feel warmth in your heart after taking the essence. In ancient Egypt, the Lotus is associated with resurrection, rejuvenation, and eternal life. It is said to have mind-altering capabilities. The Pink Lotus is also associated with Lakshmi, the Hindu Goddess of spiritual wealth, spiritual abundance, and spiritual evolution.



Inner Guru | **Purple Sage** / *Salvia leucophylla*

Inner Guidance; Higher Self; Individuality

The Purple Sage essence helps access that part of us that knows the answers; the Sage within. Be our own Guru. Knowingness. Omniscience.



Intimacy | **Poison Oak Flower** / *Toxicodendron diversilobum*

Graceful Vulnerability; Safe to be Close and be Seen

This profound essence brings the gifts of emotional openness and sweet connection. It supports ability to display emotion and to get up close and personal, and make contact with others. Be open to intimacy and experience it with elegance, honesty, willingness and ease. Have courage to be vulnerable and emotionally and spiritually exposed, with gentle and joyous self-acceptance. Helps us to create reasonable boundaries and release inhibitions. For long-term and established relationships, this essence can reveal even deeper levels of understanding, compassion, connection- and forgiveness. Poison Oak also addresses patience, and the release of irritation. If someone or something is "rubbing you the wrong way", this essence can help to soften feelings and adjust perspectives! And of course- this essence can be beneficial in treating physical break-outs of poison oak, and other skin irritations such as rashes, acne, etc.



Let Go and Trust | **Oregano** / *Origanum sp. (vulgare)*

Release with Ease; Creating Space

This essence helps us let go of attachments. Release, with ease, things that no longer serve us. It is good for use during a cleanse. It is excellent for Birthing. It is also like an "etheric colonic." It gets rid of gunk in our auras. Space is created for something new.



Let The Light In | **White Sage** / *Salvia apiana*

Spiritual Protection; Clearing and Purifying

Supports energy clearing, especially thought clearing. Goes into the deepest recesses. Purify and cleanse any density and entity (and protection from same). Apply on the pulse points. Nice to add to cleaning products, room sprays, laundry detergent, bath water... Appropriate for all manner of cleansing rituals and sacred ceremonies. Especially aligned with the solstices and equinoxes.



Light Navigator | **California Pepper Tree** / *Schinus molle*

Inter-Dimensional Journeys

This essence can take us to places where we are connected on the inner planes. It helps us to know our direction. It lights the path, with the radiant light of our God Presence. It is good to use in specific meditations. There is a very strong Grandmother connection with this powerful essence. Inner vision lights the path, and helps us to get where we are going, and to know our direction. This essence assists in time travel, and inter-dimensional travel. Take it, meditate and move forward in time.



Magic Healer | **Plantain** / *Plantago sp.*

Accelerated Healing

This essence is a catalyst for healing the body, especially skin- related issues. It aligns body, mind, and spirit. Use alone or to boost other healing modalities. It works like magic to accelerate healing. Use on plants to balance insect population (put drops in water or a mister).



Majestic Mandala | **Shasta Daisy** / *Chrysanthemum maximum*

Holistic Consciousness; Seeing the Whole Picture

Seeing the big picture. Ability to look at and understand the whole, and also to focus on the individual pieces one at a time. Consciously expanding the spiritual identity/blueprint. Also inspires patience and non-attachment (monks and their exquisite temporary sand mandalas)... The journey, not the destination.



Male Strength | **Agave** / *Agave sp.*

Power; Virility

This essence speaks for itself. Additionally, we have had positive reports back about this essence's effectiveness. It is also useful for women who wish to be more in touch with their masculine aspects. Addresses issues of power and virility.



Mother and Child ReUnion | **Mariposa Lily** / *Calochortus catalinae, clavatus, venustus*

Maternal Bonding, Healing and Mercy; Gaia

Promotes mother-child bonding at any time, any age- while in the womb, throughout life, and after death. Embrace your mother-child relationship with tenderness, trust, unconditional love and gentle mercy. Facilitates deep healing and inner resolution whether the other is estranged, or passed over. Helps heal childhood losses and disappointments. Feel nurtured and supported by feminine energy, personal and universal. Healthy female dynamics within families for all generations (sister, aunt, niece, in-laws, grandmother). Alignment with Gaia/Mother Earth, and Mother Mary.



My Passion | **Passionflower** / *Passiflora sp.*

In The Moment; Compassion

This essence teaches us to be in the moment and love that moment. Focus during anything, and it becomes our passion. (i.e. studying, lovemaking, artistic endeavors...) It brings out the highest aspects of our passion. Expands awareness and ability to recognize magic. Receives, circulates and broadcasts energy. Addresses Soul Purpose, Right Livelihood, and Divine Will.



New Perspective | **Filaree** / *Erodium cicutarium*

Higher Viewpoint; Surrender the Details

See the big picture, and allow attention to detail to be in balance. Harmonize obsessive compulsive behavior.



Open Mind/Future Vision | Mugwort / *Artemesia douglasiana*

Dreams; Visionary

For clairvoyant dreams and divinatory acuity. To increase our visionary capabilities and insights, and to trust them. On a physical level, we are experimenting with using it on the skin as a protection from Poison Oak, bug and spider bites. It is great to take this essence with a partner to envision and co-create your perfect future and dreams. It heightens openness and spiritual perceptions. It is about openness at all levels, including sexuality. Mugwort is a good essence to use on q-tips with acupressure points and meridians. Stimulates and expands our sensibilities. Addresses and aligns with Moon magic, dreams, safety, getting close to others. Works in many dimensions.



Pituitary Master | Stream Orchid / *Epipactis gigantea*

Accelerates Connection to Divine Source

This essence awakens and strengthens the pituitary gland, which can accelerate our connection to the Divine source, and bring this energy into the physical. As we are stimulated with these light frequencies our coping abilities can improve. The pituitary is our main control center. It secretes oxytocin- the hormone of love. Using this Pituitary Master essence can help us to have that feeling of contentment. It can help to create calmness- especially around a mate. This essence may even play a role in autism, as one somehow has more appropriate social behavior. Once the pituitary gland has been activated on a physical level, and the crown chakra has been opened on a psychic level, more psychic and spiritual gifts may unfold. Some of these gifts can be increased intuition, expanded creativity, clairvoyant and empathic abilities developed and/or enhanced. Connect to Source, listen with your heart, observe your mind, own and hold light, know you are a creator and manifestor.



Project Catalyst | Indian Paintbrush / *Castilleja sp.*

Fan the Spark; Motivate for Magic

Make It Happen. Fans the fire of creativity, passion and inspiration. Gets projects moving. Puts chaos into order and helps us to escape boundaries and fully express our creative focus.



Pure and Simple | Rose Mallow / *Lavatera trimestris*

Simplify Life in All Regards; Cut the Clutter

Simplify life, in all regards, especially surroundings. Ease releasing clutter and extraneous things, including unhealthy relationships. Clean. Streamlined. Can also help with a cleaner, greener diet and lifestyle. Purify your temple- body and home. Auspicious Feng Shui.



Pure Joy | Orange Blossom / *Citrus sinensis*

I Am So Joyous! Renewed Enthusiasm

This essence takes us an octave higher than wherever we are. Abounding excitement and enthusiasm. When used in conjunction with other essences, it will give them a boost. Mix Balance and Stability and Pure Joy instead of a cocktail. Great in party punches. Be merry.



Recharge and Nourish | Nettle / *Urtica dioica*

Strength and Sustenance for the Body

Works like a tonic, an energizer. It stimulates digestion and is a blood purifier. Can help lower blood pressure, aid lactation, reduce allergies and stimulate hair growth. Addresses toxicity on every octave, from physical to emotional.



Solar Power | **Sunflower** / *Helianthus sp.*

Heart Opening; Personal Power; Sovereignty

The flower of the Incas. Sunflower calls forth our personal power at its highest level and gives us strength through an open heart. It reminds us to stand up straight and tall (good for the spine). Assists with father and fathering issues. Enjoy the power of the Solar Christ Consciousness.



Soul Family | **Blue Ceanothus** / *Ceanothus spinosus*

Precious Connection; Births and Deaths

This etheric blue flower helps to unify soul groups, or tribes. It assists with connecting to the Soul of an unborn baby. It is good for the people passing over during the death process, and it is good for the ones assisting them. The flower is etheric blue with five tiny petals. The blue pearl, a little focused beam of light, will guide a person out of the crown chakra when the person is ready to leave their body. In this way, the person may go out directly into their soul group at the moment of transition. In the physically healthy person here on Earth, this essence aligns us with our soul collective and/or guides and teachers.



Soul Force Balance | **Aloe Vera** / *Aloe barbadensis*

Balanced Use of Creative Forces and Rest

The soul stays ignited, the generous life force stays in equilibrium. Balanced output and input. Good for workaholics, and nice for busy parents too! Also addresses skin and stomach concerns.



Spicy Vitality | **Nasturtium** / *Topaeolum majus*

Spice Things Up; Have a Heart-Based "Zestival"

Joyful and exuberant involvement. Sparkle and charisma. Emotional zest ~ move from head to heart and have some fun. Addresses physical energy levels and pro-activity, as well as emotional vitality and motivation. Helpful for when one tends to over-intellectualize / procrastinate on projects and inspirations. Ground into your body and let enthusiasm, expression and action flow organically from your center.



Spirited, Audacious and Bold | **Gazania** / *Gazania krebsiana*

Free Feminine Expression; Own Your Power

Speak your truth, especially in relationships- and especially for women who have allowed themselves to be repressed or inhibited. Empowering and liberating. Promotes a new, balanced ability to be saucy, sassy and flirtatious, and endearingly irreverent. Helps shift repressive attitudes toward sex. Luscious and flamboyant. Addresses 1st (root), 2nd (sacral) and 3rd (solar plexus) chakras.



Spunky | **Heart-Leaved Penstemon** / *Keckiella cordifolia*

Persistence, Adventure; Courage to Take Risks

This friendly-feisty essence inspires determination, exuberance and bravery. Be adventurous and willing to take risks, including bodily challenges. Supports stamina/endurance and belief in one's abilities, especially physical. Excellent for marathons, mountain climbing, skydiving, snowboarding and all forms of athletics- everyday to extreme. Also addresses male issues and healthy masculine expression. Helpful for men who might have been emasculated or undermined in maternal, romantic, school or work relationships. Be peacefully powerful and lovingly lion-hearted. A robust restorative.



Stand Tall | Goldenrod / *Solidago californica*

Healthy Sense of Self; Truth in Relating

Supports strength, courage and determination to stand in one's own truth and individuality. Stand up for yourself. (Encourages good posture.) This essence can aid in creating a clear and direct line of communication with the Higher Self. Understand that your relationship with yourself is the most important relationship you will ever have- and effects all your other relationships. A good essence for teens dealing with peer pressure/cliques (or people of any age). Give yourself permission to be you. This essence can also address allergies, and the tendency to want to flee or react negatively to one's surroundings or situation. Stand your ground. Face things with equanimity and confidence.



Strength of Achilles | White Yarrow / *Achillea millefolium*

Any Perceived Areas of Weakness are Strengthened

Assists one to connect with inner power and release any perceived weaknesses, particularly within the auric field. Sensitives and empaths can be helped by this essence to create/repair/strengthen energetic boundaries and maintain distinction between their own energy and that of others, or their environment. White Yarrow has many gifts, and this essence has also shown to strengthen the physical body and support repair of muscles and tendons, including addressing arthritis and symptoms related to repetitive movement. Interpret and embody strength on many octaves.



Sweet New Beginnings | Pink Jasmine / *Jasminum polyanthum*

Clarity and Ease with New Things

This essence is useful for remaining balanced during these new, ever-changing times and energies we are in. It is very helpful to take each time we feel a shift to another octave. Helps us remain clear and connected to the Divine as we expand and adjust easily to the new frequencies and changes. Helps affirm that there is sweetness everywhere. With this essence, we can go through change from a clear vantage point, because it provides clarity.



Telepathic Reception | Clary Sage / *Salvia sclarea*

Receptivity, Clarity, Lightness; Inner and Outer

Support in receiving psychic messages and also the clarity to interpret them: be a Clear Seer! Offers enhanced perspective and assists decision making, looking at a situation clearly (may address physical sight, as well). Ability to see the truth in a lighthearted way; know the future but don't take it or yourself too seriously. Facilitates fun, open, precise and profound intuitive readings, counseling sessions and the like- healing with laughter and connection. Also encourages one generally to be more outgoing, social, ready to celebrate. "Clair-buoyancy"!



The Way I Am | Calla Lily / *Zantedeschia aethiopica*

I Love Myself Just The Way I Am

Rampant and radiant self-love and self-acceptance. Embracing one's gender, and gender preference. Masculine/feminine collaboration. Purity of self and purity of expression of that self. Authenticity at the deepest level, without ego. Mary Magdalene connection.



True Compassion | Woolly Blue Curls / *Trichostema lanatum*

Compassion for Oneself and Others; Serenity

Gentle, unconditional compassion for all, including oneself. We move into the state where nothing offends us. Facilitates building trust in others, and realizing we don't have to do it all alone- as well as the ability to "imagine yourself in their shoes" and understand what's motivating them, and anticipate their needs. It's all about helping each other... family member, friend, neighbor, stranger... and it's the little things that count! Also helpful for feelings of anxiety or tension, and addressing all manner of bladder issues. Release judgment, resentment and fear, and choose compassion, caring and understanding. Realize the other is you.



Violet Flame | **Lupine** / *Lupinus angustifolius*

Quickly Helps Transmute Thoughts

Transmute thoughts, energies and frequencies with the Purifying Violet Flame. Learned emotional reactions of fear, anxiety, or other negative states can be assisted to transform into natural responses of peace and well-being. We can retrain our bodies and minds to align with positivity and joy. Those who tend to operate from base states of materialism and greed may also be helped by this essence. Purification and transmutation occur on many levels, from where ever your frequency currently is. Transform your personal states and energies, transform the collective spiritual experience. We can potentially expand with this essence into even greater levels of purity and service, wherein our very presence transmutes negativity and liberates others.



Wisdom of Bliss | **Hummingbird Sage** / *Salvia spathacea*

Taste the Nectar of Life; Spiritual Reflexes

This sweet essence is about heart wisdom and ability to move in any direction quickly. It promotes adaptability and capacity to learn/integrate new things at a rapid rate. Also reminds us to embrace and enjoy an exquisite and magical experience in everyday things: taste the nectar of life in every moment. Can be helpful with soul purpose/meaningful vocation and all elements of "following your bliss"- including smoothing relations with those who might feel impacted. Know that when we follow our hearts to our bliss, everyone wins. Alignment with fairies, elves and other elemental energies (including hummingbirds of course)- wonderful to use when working with these realms, or in the garden. A 5th dimensional essence.



Wise Body | **Elderberry Flower** / *Sambucus mexicana*

Activating the Perfect Physical Blueprint

Elderberry has been used as an alternative flu vaccine. It is said to disarm and diminish symptoms of colds and flu, and significantly speed recovery. It can boost and enhance immune function, and purify blood. Can be a possible aid for herpes and for sore throats, ear infections. It promotes healing and feeling well.



Zania | **Zinnia** / *Zinnia sp.*

Fun, Playful; Lighten Up, Be Zany

All seriousness aside. This essence helps us relax and open up. We can see things in a brighter, more colorful light. It encourages relaxation and FUN FUN FUN.



Gemstone Essence Collection

Made with the finest quality therapeutic, spherical and rounded gemstones available on the planet. The sphere represents wholeness and love and infinite potential; circles unify energy.

These Gemstone Essences (affectionately nicknamed "Gemnies") carry the color radiance inherent in each stone, which provides color therapy as well as the energetic vibration specific to each gem. They can nourish, purify, strengthen, balance and stabilize our subtle and physical bodies, including the chakras. They have been made co-creatively with the mineral kingdom, in partnership with the guardians of the stones (comparable to the Devas of the flower essences and Nature). Many Angels, Archangels and Ascended Masters have also infused their energy into these essences.

There is much to learn about the infinite gifts from the mineral kingdom. Please refer to the many books and websites on the subject for more extensive information about each stone.

A



Agate, Blue Lace | Throat Chakra

Self-Expression; Graceful Contentment

Calming, flexibility, self-expression. Flight, air, movement, grace. Security in new situations. Strengthens and stimulates positive attitude. Brings forth inner beauty. Contentment with work.

Anatomy keywords: throat, neck and shoulder tension, thyroid, lymph, bones (arthritis), fevers, nervous system, digestive issues, eyes, capillaries, pancreas, brain fluid imbalances



Agate, Botswana | Crown Chakra

Bodily Awareness; Detoxification and Protection

Grounding, earth energy, feminine. Brings energy in through the crown to stimulate all chakras and enhance the physical experience, increasing vitality and sensitivity. Uplifting and optimistic, aligns one with the omnipresent force of Love in the universe and releases inhibitions, especially creative. Helpful for tasks requiring attention to detail, and exploring the subtle nuances of projects, relationships, life in the context of the bigger picture. Addresses detoxification on every level and offers protection from electromagnetic

pollution.

Anatomy keywords: nervous and digestive systems, bones (osteoporosis), teeth, oxygenation, lungs (smoke inhalation), skin, throat, neurological regeneration, lethargy



Agate, Moss | Root & Heart Chakras

Nature's Midwife; Assimilation and Elimination

True to its name and appearance, Moss Agate possesses a powerful Nature connection, including alignment with the elemental and devic realms. Supportive for agriculture, botany, gardening, herbal and essence therapies, and all pursuits relating to growing, living things, including water bodies! Wholesome, grounding, stabilizing. A stone of wealth- representing the nurturing energies of our collective Earth Mother- it can simulate prosperity. Helpful for birthing on any level: addresses fertility, childbirth, creativity, project

completion, healthier lifestyle choices, "turning over a new leaf."

Anatomy keywords: circulation, lymph, immune system (colds, flu), pregnancy, skin (fungal infection), digestive issues, eyes, anti-inflammatory, protein / nutrient assimilation, mental and emotional disorders (depression, anorexia nervosa), weather and environmental sensitivity (allergies)



Agate, Tree | Heart Chakra

Nature's Healer; Physical Purifier

Powerfully cleansing, balancing and restorative. Targets areas of imbalance in the body and clears any debris (emotional, mental, spiritual, physical), allowing for optimal well-being and functionality. As it heals and strengthens the physical systems, Tree Agate can have positive impact on other areas, including increased mental clarity and confidence, and more balanced, peaceful emotions.

Anatomy keywords: heart, kidneys, liver, lymph, respiratory and immune systems, stomach, pancreas, gallbladder, arteries and veins, antibiotic / antiviral / antibacterial (colds, flu), sinus, mucus, teeth, detoxification, seasonal sensitivity



Agate, White | Third Eye Chakra

Purity of Presence

Mild, swanlike. Smooths out the edges and inspires a loving, sensual mood. Allows for turning inwards and becoming fully present in the here and now. Gives a sense of wholeness and promotes a state of equality. Brings clarity to see that everything is as it is. Useful in yoga practice.

Anatomy keywords: digestive system, stomach (gastritis), uterus, pancreas, lymphatic system, eyes, blood vessels, skin



Agate, Yellow | Solar Plexus Chakra

Lighten Things Up; Detox Lymph

Fun loving and lighthearted, like the Nature Spirits it's connected to! Relaxes solar plexus and eases the tensions within. Useful while fasting and with any physical cleansing. Found to be a physical purifier and cleanser of the lymph system. Brings light into the cells and prepares the body for higher frequencies.

Anatomy keywords: digestive system, stomach (gastritis), uterus, pancreas, lymphatic system, eyes, blood vessels, skin



Alexandrite | Sacral Chakra

Interconnectedness; Central Nervous System

A variety of Chrysoberyl. Augments one's ability to experience joy and appreciate the interconnectedness of all of nature. *The Universe is one and we are part of that Universe.* Invokes a feeling of detached peace, beyond life and death... Eternity. Watchful- the spirit of all. Embrace wholeness, unity in diversity. Reinforces self-esteem, opens the hara and the belly into space-less space. Centering and regenerative: aligns the chakras and strengthens the energetic bodies. Addresses central nervous system, creating a more balanced state. Also said

to improve assimilation of protein.

Anatomy keywords: liver, spleen, pancreas, testicles (male reproductive system), neurological tissue regeneration, detoxification, neck tension, leukemia



Amazonite | Thymus Chakra

Confident Expression; Thymus, Thyroid and Heart

Self-confidence. Aligns physical and astral bodies. Brings clarity. Enhances communication concerning love and truth. Project completion. Concentration. Endurance. Strengthens coping abilities. Fully experience all the things you love. Protective against electromagnetic frequencies.

Anatomy keywords: thymus, thyroid, heart, nervous system, muscle spasms, calcium absorption (osteoporosis)

Amethyst | See [Chakra Gemstone Essence Collection](#).



Ametrine | Crown Chakra

Bridging Opposites; Brain and RNA/DNA structure

A blend of Amethyst and Citrine. Higher golden light frequencies of transformation: blend old with new, integrate opposites. Expands oneself with a clearing effect. Enhances universal equilibrium and compatibility. Protective energy against lower frequencies. Light heartedness: creates a feeling of youthfulness. Connects the crown and solar plexus chakras, bridging mental/emotional bodies and bringing light into the body.

Warming and energizing; tension releaser. Opens and relaxes the belly area. Nourishing and balancing to the brain. Stabilizes RNA/DNA structure. See also: [Amethyst](#) and [Citrine](#).

Anatomy keywords: blood cleansing, immune system, oxygenation, ulcers, headaches, lethargy and CFS (Chronic Fatigue Syndrome)



Andesine | Heart Chakra

Authentic Devotion; Nervous System

Also known as red Labradorite. Andesine is about devotion. Devotion to ourselves, to our unique path, to the bigger picture. There is unconditional love, acceptance, trust, and commitment. Through personal devotion, we can come into greater alignment with our higher selves and our purpose here, while bypassing the more mental and ego-based ideas of our role. Andesine can also help us with motivation and initiative, as when we are truly devoted to something passion naturally follows. Andesine is a relatively new gem in the mineral

world, and its discovery was of course Divinely timed to assist humanity in their current stage of spiritual growth. It has much more to reveal and much more to teach us!

Anatomy keywords: nervous system, organs



Andalucite | Root Chakra ★ Lakshmi

Balance Duality; Eyes, AIDS

Also spelled Andalusite. A combination of red and green- making it a very interesting color- and it changes its appearance, depending on the angle and direction you are observing it from... It helps us to see different sides, objectively. This full color range fortifies and nourishes on many levels. It naturally balances duality. It is very good for these times, for integrating the yin/yang- the female/male- for balance of both within one. It is also good for the integration of the high frequencies and vibrational shifts that are occurring for our needed transformation. It uplifts, renews and energizes, and inspires a healthy lifestyle. It is also said to enhance memory and recall, and chivalry! You can use it to bring on cheerfulness, and to assist in manifestation. It will amplify any other tools you are using for manifestation, and increase their effectiveness. It is associated with the Hindu goddess Lakshmi, the goddess of prosperity, wealth, purity and generosity, and the embodiment of beauty, grace and charm.

Anatomy keywords: eyes, water retention, calcium / oxygen / iodine deficiency, AIDS



Apatite, Blue | Throat & Thymus Chakras

Humanitarian Service; Glands and Meridians

Related to service and development of humanitarian pursuits. Teaching, public speaking, group dynamics. Awakens finer, inner self and connects to higher spiritual guidance. Addresses emotional healing, heart and throat.

Anatomy keywords: metabolism, muscular tissue, glands, meridians, organs, kidneys, bones (rickets, brittleness), cartilage, joints (arthritis), calcium / magnesium / vitamin C deficiency



Apatite, Green | Heart Chakra

Acceptance, Love; Muscle Tissue

Acceptance. Ability to love everybody and ability to accept love and love oneself. Reflects the openness of your own heart. Encourages positive dynamics within relationships. Has soothing and calming effect on the nerves, while simultaneously being revitalizing. Supports holding the frequency and attitude of abundance in all endeavors.

Anatomy keywords: metabolism, muscular tissue, glands, meridians, organs, kidneys, bones (rickets, brittleness), cartilage, joints (arthritis), calcium / magnesium / vitamin C deficiency



Apatite, Teal | Thymus Chakra

Calm, Creative, Clear; Jawbones

Unconditional love and acceptance. Creates calm. Clears the brain. Aligns the high heart and mind, balances and connects the mental, emotional and spiritual. Awakens psychic abilities and enhances creativity. Addresses endocrine, adrenals, upper back and chest. It also, interestingly enough, works with the jaw. Addresses stuttering.

Anatomy keywords: metabolism, muscular tissue, glands, meridians, organs, kidneys, bones (rickets, brittleness), cartilage, joints (arthritis), calcium / magnesium / vitamin C deficiency



Apatite, Yellow | Solar Plexus Chakra

Positive Self-Image; Glands and Lymph System

Stimulates intellect and assists concentration. A powerful Light quotient builder and detoxifier, cleansing physically, emotionally and spiritually. Releases stored anger. Works on glands, meridians and organs. An appetite suppresser.

Anatomy keywords: metabolism, muscular tissue, glands, meridians, organs, kidneys, bones (rickets, brittleness), cartilage, joints (arthritis), calcium / magnesium / vitamin C deficiency, CFS (Chronic Fatigue Syndrome), cellulite

Aquamarine | See [Chakra Gemstone Essence Collection](#).



Aventurine, Blue | Third Eye Chakra

Healing, Calming, Inner Child; Neurological Concerns

Activates energy flow in the body. Releases pressure or tightness within the head. Calming. Heals inner child. Brings force of blue within the body. Respiratory system. Brings oxygen into the blood. Addresses neurological and muscle tissues.

Anatomy keywords: thymus, lungs, heart, sinuses, adrenal glands, muscular and urogenital systems, skin, connective tissue, nervous system, inflammation, blood pressure, headache (migraines), allergies



Aventurine, Green | Heart Chakra

Emotional Safety; Harmonizes Cells and Organs

This essence contains two green aventurines: a light and a dark. Has a very uplifting effect on the overall body, filling the bodies and systems with a very physical green light and bringing harmony to all cells of the body. When introduced, positive vibrations can enter into the organs, releasing disharmony and toxins, starting with the weakest. (You may use this for a long time - as it goes from organ to organ and can eventually strengthen/repair the whole body.) Good with [Emerald](#). Addresses eyesight, creative visualization; stabilizes

heart, soothing physical and emotional heart pain. Supports a feeling of emotional security and trust, as well as abundance. Loves adventures!

Anatomy keywords: thymus, lungs, heart, sinuses, adrenal glands, muscular and urogenital systems, skin, connective tissue, nervous system, inflammation, blood pressure, headache (migraines), allergies, nausea



Aventurine, Peach | Sacral Chakra

Fertility, Creativity, Communication; Reproductive Organs

Works with the heart. Inspires new ideas. Amplifies one's leadership qualities. Good communication. Encourages playful sexuality. Promotes gentle, joyful pregnancy. Manifest new life or new art on earth plane. Fertility in all senses. Addresses sacral chakra, as well as solar plexus, heart, thymus and throat.

Anatomy keywords: thymus, lungs, heart, sinuses, adrenal glands, muscular and urogenital systems, skin, connective tissue, nervous system, inflammation, blood pressure, headache (migraines), allergies



Aventurine, Yellow | Solar Plexus Chakra

Inspiration and Independence; Migraines

New inspiration and creativity. Increases independence, calms emotions, assists career change, helps the mind perceive alternative choices, possibilities and solutions. Good during competition, to help maintain motivation and bigger perspective. Brings together the intellect and emotions. Improves speech. Refreshes system. Anti-inflammatory; addresses migraines.

Anatomy keywords: thymus, lungs, heart, sinuses, adrenal glands, muscular and urogenital systems, skin, connective tissue, nervous system, inflammation, blood pressure, headache (migraines), allergies



Azestulite | Crown & Third Eye Chakras

Anchor Celestial Frequencies; Inflammation

Azestulite is a stone of light and carries very high celestial frequencies. It is considered to have one of the purest and most refined vibrations in the mineral world. It can act as an intermediary and catalyst for communicating with beings in other dimensions, especially angels. Its high vibration may also support greater alignment with our higher aspects, including unconditional love. Sense of deep peace, serenity and optimism.

Azestulite resonates with the 3rd eye and crown chakras. Depending on one's current stage of development, it may additionally activate the higher soul star chakra (also known as the silver/white chakra). Kundalini stimulation, interdimensional travel. Taking this essence can help us to anchor more light and love into the planet. A good essence for light bringers, light workers.

Anatomy keywords: cancer, cellular disorders, inflammation



Azurite | Third Eye Chakra

Psychic and Healing Abilities; Brain

Stimulates pursuit of heavenly self. Third eye development along with psychic and intuitive capacity. Natural healing abilities amplified. Calms nervousness. Activates general expansion of consciousness, expanding into inner space of mind. Purifies and detoxifies, aligns both sides of the brain. Good energizer.

Anatomy keywords: throat, thyroid (hypothyroidism), skin tissue, joints (arthritis), bones, teeth, embryo development (conception / pregnancy), gallbladder, liver, spleen, kidneys, spasms / tics, spinal curvature and bone malformations, detoxification, copper / magnesium / phosphorus / zinc



Azurite/Malachite | Third Eye Chakra

Loving Tolerance and Transformation; Spinal Alignment

A blend of Azurite and Malachite. Emotional breakthrough and inner transformation. Works on emotional and mental bodies. Flexibility. Willingness to listen, relate and communicate. Loving tolerance. Assists with holding visualizations. Very balanced. Stay centered while making changes. Stay in the heart space. Spinal alignment. See also: [Azurite](#) and [Malachite](#).

Anatomy keywords: liver, skin, bones, teeth, circulatory system, thymus, muscle cramps, muscular dystrophy, anorexia, stress-related conditions

B



Beryl, White | Third Eye Chakra

Purifying Ascension Flame; Intestinal Tract and Cardiovascular System

The White Beryl represents the fiery white ascension flame. It will purify and prepare you for going to the realms of Ascension in meditation. Very protective. Also addresses receptivity, intestinal tract and cardiovascular system.

Anatomy keywords: liver, heart, stomach, spine, eyes, jaw, throat, pulmonary and circulatory systems, swollen glands, toxin / pollutant resistance, hiccups

Bloodstone | Heart Chakra**Grounding and Fortifying; Blood, Veins and Arteries**

Also known as Heliotrope. Overall strengthener. Stimulates energy flow. Directs healing forces to area of disharmony to restore health. Purifier. Good in baths. Flow of earth energy. Psychic protection. Provides one with a grounding and centering energy in the heart. Fosters self-respect, courage to Be Here Now. Trust, loyalty. Strengthens veins, fortifies blood. Also addresses lungs, rashes. Nice for women during menstruation.

Anatomy keywords: blood purifying / regulating, circulation, bone marrow, spleen, intestines, bladder, kidneys, liver, reproductive system, immune system, infection, stomach pain, leukemia, tumors

Bronzite | Solar Plexus Chakra**Rites of Passage; Iron Absorption**

Protective and stabilizing, Bronzite can shield one from the undesirable energies of others. It assists one in feeling calm, confident and adaptable through a change, transition, phase, milestone, etc... Trust in the growing process. Blends the energies of Earth with those of higher realms, making it wonderful for integrating the spiritual into the physical/material.

Anatomy keywords: blood, skin issues (rashes), nervous system, memory, iron deficiency, ulcers

C

Calcite, Amber | Heart Chakra**Study Aid; Bones, Joints and Calcium Absorption**

Good when studying the arts and sciences. Balancing agent for the assimilation of calcium within the body. Assists in strengthening bones: discs, skeletal repair, bone structure, joints. Can also help improve teeth, hair and fingernails. It is warming and addresses muscle diseases and pain, ulcers, and arthritis.

Anatomy keywords: kidneys, pancreas, spleen, bladder, calcium assimilation, bones (arthritis), skin, immune system, bacterial infection, ligaments, muscles

Calcite, Golden Clear | Crown Chakra**Cleansing, Expansion; Skin and Kidneys**

Assists in moving energy, space clearing. Speeds spiritual growth and development. For meditation and expansive energy. Persistence. Said to increase calcium uptake in bones as well as dissolve calcifications. Apply on skin to warts and wounds. Also addresses neck and breath.

Anatomy keywords: kidneys, pancreas, spleen, bladder, calcium assimilation, bones (arthritis), skin, immune system, bacterial infection, ligaments, muscles

Calcite, Green | Heart Chakra**Lightheartedness; Infections, Lungs and Breasts**

Detox and clear pollution. Addresses allergies to toxic fumes and chemicals in the body and the atmosphere. Good for skin and bones. De-calcification of bone growths. Heart protector. Green Calcite with Emerald and Chrysoprase have been used for addressing breast and lung cancer. Infections: can create a barrier to diminish the effects. Brings lightheartedness and happiness.

Anatomy keywords: kidneys, pancreas, spleen, bladder, calcium assimilation, bones (arthritis), skin, immune system, bacterial infection, ligaments, muscles, inflammation, adrenals

Carnelian | See [Chakra Gemstone Essence Collection](#).



Chalcedony, Blue | Throat Chakra

Generosity, Brotherhood; Veins

Encourages brotherhood and sisterhood among all. Clears out the cobwebs of the past. Benevolence, good will, generosity, receptivity. Addresses veins and circulation.

Anatomy keywords: lungs, respiratory system, immune system, mucus membranes, seasonal illnesses / weather sensitivity, eyes, gall bladder, bones, spleen, lactation- increasing, blood, circulatory system, dementia, senility



Chalcedony, Yellow | Crown Chakra

Ceremonial; Bone Marrow and Heart Tissue

Ceremonial uses. Nurturing, balancing. Increases mental stability and aids positive discrimination. Bone marrow, heart tissue and spleen.

Anatomy keywords: eyes, gall bladder, bones, spleen, lactation- increasing, blood, circulatory system, dementia, senility



Chalcopyrite | Crown & Halo Chakras

Cosmic Destiny; Cellular Memory

Can connect us with our inner mystic. Chalcopyrite radiates a warm, purifying spiritual energy that resonates with Truth and has the potential to melt blockages within our energetic and cellular structure. It is great for meditation and can help us to understand our role here on planet earth. Insights about present life circumstances, especially as they relate to those in past soul experiences, including ancient civilizations. May also help us find things we have lost- objects, identities, abilities... Good for self esteem and belief in ourselves.

Addresses the higher chakras- clearing, stimulating and activating them. It is also a stone for abundance, magnetizing prosperous thoughts and experiences. There is vibrational impetus to birth golden ideas and experiences from within, and to emerge from our shell.

Anatomy keywords: cellular memory, brain, tumors, veins, excretory organs, arthritis, bronchitis, inflammation, fever, antibacterial, hair growth, RNA/DNA healing



Charoite | Crown Chakra

Visionary Gifts and Foresight; Heart, Liver, Pancreas

Invites magic. Promotes a synthesis between the heart and the crown chakras. Links us to source of inspiration. Spiritual grounding. Recognition of oneness. Awakens gifts, especially of vision and visioning. Manifest future technology now. Stimulates the ability to let go. Transformation, spiritual love. Encourages deep sleep, addressing insomnia and nightmares.

Anatomy keywords: eyes, heart, liver (excess alcohol), pancreas (excess sugar), blood pressure, autism, bipolar disorder, hair growth



Chrysoberyl, Green | Heart Chakra

Intuition, Luck; Eyes and Nervous System

Also known as Cat's Eye. Works on the heart and solar plexus chakra. Responsibility. Amplifies luck (synchronicities). Enhances awareness and stimulates intuition. Improves eyes and vision. Great for nervous system. Clears energy fields. Shifts disappointment. Aligns and opens the heart.

Anatomy keywords: eyes, stomach, liver, pancreas, kidneys, cholesterol moderation, adrenaline regulation, infection



Chrysoberyl, Yellow | Solar Plexus Chakra

Alignment with Divine Realms; Eyes and Stomach

Also known as Cat's Eye. Angelic connection. Helps to align with the higher self. Raises the vibration of our solar plexus. Promotes positive thinking. Serenity. Aids in connection with the realm of the Masters.

Anatomy keywords: eyes, stomach, liver, pancreas, kidneys, cholesterol moderation, adrenaline regulation, infection



Chrysocolla | Solar Plexus Chakra

Earth and Female Healing; Sinus, Lungs

Addresses root, sacral and solar plexus chakras. Revitalizes and calms. Increases our capacity to love. Supports inner silence. Resonates with the Earth and helps us hear the Earth. Assists Earth healing. Treasure Mother Earth, female well-being. Brings joy, certainty and peace, inner strength, endurance. Good for purification.

Anatomy keywords: pancreas, digestion, sinus, lungs, throat, muscle spasms and cramps, arthritis, menstrual symptoms (PMS), blood sugar (insulin levels), blood disorders (leukemia), cooling for infections and burns



Chrysoprase | Heart Chakra

Grace, Acceptance, Self-Love; Heart

Emotional balance. Creates a feeling of calm, peace and harmony. Ignites compassion; trust in God/Goddess. It opens and relaxes tensions in the upper chest and around the heart. Loosens the grip of attachment, creating a "letting go". Deepens meditation. Teaches you to love yourself so you will be able to love others.

Anatomy keywords: heart, prostate, testicles, fallopian tubes, ovaries, fertility, sexually transmitted diseases (STDs), eyes, skin, hormones, digestive system, infirmity, vitamin C assimilation

Citrine | See [Chakra Gemstone Essence Collection](#).



Coral, Pink | Heart Chakra

Emotional Balance; Heart and Circulatory system

Stimulates sensitivity. A great emotional balancer. Activates heart chakra and enhances intuitive aspects of love. Heals the emotional powerhouse within. Continuity, structure. Helps to release toxins. Addresses heart and circulatory system.

Anatomy keywords: heart, breasts, stomach, reproductive organs, bones, spine, blood (anemia, hemorrhaging), circulatory system (varicose veins), spleen, thymus, nervous system, tissue regeneration



Coral, Red | Root Chakra

Practicality and Passion; Thyroid

Provides practicality. Balances material and spiritual. Helps one to become in harmony with the natural forces of the universe. Builds the physical powerhouse within. Improves self-worth. Passion, emotional openness, feeling grounded and secure while being open and expressive. Stimulates the metabolism and activates the thyroid. Increases blood circulation.

Anatomy keywords: kidneys, bladder, bones, spine, blood (anemia, hemorrhaging), circulatory system (varicose veins), spleen, thymus, nervous system, tissue regeneration



Coral, White | Crown Chakra

Wholeness, Helping the Whole; Brain and Spine

Affection and expressions of love. Brings a sense of purity, health and wholeness. Opens and clears the crown chakra, bringing forth the information needed to assist humanity. Protects the powerhouse within. Brain, olfactory system, spine.

Anatomy keywords: bones, spine, blood (anemia, hemorrhaging), circulatory system (varicose veins), spleen, thymus, nervous system, tissue regeneration

D



Diamond | Halo Chakra

Virtue, Mental Clarity, Abundance; Cranial Plates and Brain

Gives clarity with alignment to a higher purpose. It reminds one of their spiritual goals and clears the mind. It helps us to see and feel the invisible. It also strengthens the physical eyes. It significantly amplifies light and thought. Resonates with richness, self-satisfaction and healthy discrimination. It builds strength and stamina, stimulates unity and love, and gives courage and confidence. (Wow!) Brilliance of light, acting on many layers and levels. It fills the chakras with light. Use at the base of the spine to stimulate the Kundalini.

Anatomy keywords: eyes and sight (glaucoma), brain, metabolism, allergies



Diopside | Heart Chakra

Stamina and Inner Truth; Heart, Lungs, Kidneys

Diopside addresses endurance and physical strength. It assists in revealing inner truths about you, including pent-up emotions, so you will recognize your own strength. It heals the heart- physically and emotionally. Addresses lungs and kidneys. Also enhances learning. Calming for pets/animals.

Anatomy keywords: heart, lungs, kidneys, muscular spasms and cramps, psychological disorders



Dumortierite, Indigo | Heart Chakra

Self Mastery; Headaches

This essence contains both blue and purple Dumortierite, boosting an already pronounced influence on the throat, third eye and crown chakras. It resonates with empowerment and self mastery, as well as the psychic, spiritual and mental realms. Stimulating to the brain, it can enhance our intellectual abilities and address both mathematical and language-based pursuits (great for studying). Our extrasensory gifts may also be amplified and developed, for example clairvoyance, claircognizance, psychokinesis, channeling and automatic writing. We can experience greater accuracy in hearing and interpreting the voice of the Divine, including guides and angels (especially when using this essence regularly). Dumortierite also relates to willpower and the ability to take control of our own lives. Thus, addictions can be addressed, including insights into the underlying reasons for the addictive behavior. This stone can also be supportive for healing patterns of codependency and other karmic relationship issues. Patience, discernment, wisdom, acceptance.

Anatomy keywords: headaches, nausea/vomiting, cramp, colic, diarrhea, epilepsy, sunburn, hypersensitivity

E

Emerald | See [Chakra Gemstone Essence Collection](#).

F



Fluorite, Blue | Throat & Third Eye Chakras

Clear, Concise Communication; Eyes, Ears and Throat

Brings inner peace. Calm energy. Stimulates communication skills and brings order to the mind. Activates throat chakra. Opens the body up for deep breathing. Brings an overall sense of clarity. Connects mind with guidance of Spirit- helps us to be our true self.

Anatomy keywords: eyes and tear ducts, ears, throat, teeth, bones and joints (arthritis, rheumatism, spinal injury), skin (blemishes and wrinkles), mucus membranes, respiratory tract, sinus (sinusitis), viruses (colds and flu), infections (herpes, ulcers, wounds), tumors, RNA/DNA repair, pain relief, sexual libido



Fluorite, Green | Heart Chakra

Physical and Emotional Wellness; Bone Tissue

Mint-like freshness. Transmutes negativity. Emotional balancer- stimulates gentle emotional release. Renews chakras. While Blue Fluorite works more on the energetic level, the Green Fluorite tends to work more on the physical levels.

Anatomy keywords: stomach and intestinal tract, heartburn, bones and joints (arthritis, rheumatism, spinal injury), teeth, skin (blemishes and wrinkles), mucus membranes, respiratory tract, sinus (sinusitis), viruses (colds and flu), infections (herpes, ulcers, wounds), tumors, RNA/DNA repair, pain relief, sexual libido, cancer, calcium / magnesium / phosphorus / zinc / vitamin K assimilation



Fluorite, Purple Rainbow | Crown Chakra

Clear and Connected; Relieves Congestion

Clarity. Helps with blockages and congestion so your consciousness can expand. Heightens spiritual experiences. Connects mind to spirit instantly. Works on brain waves to open up to new energies descending to earth. Addresses lungs and sinuses, relieves congestion.

Anatomy keywords: bones and joints (arthritis, rheumatism, spinal injury), teeth, skin (blemishes and wrinkles), mucus membranes, respiratory tract, sinus (sinusitis), viruses (colds and flu), infections (herpes, ulcers, wounds), tumors, RNA/DNA repair, pain relief, sexual libido

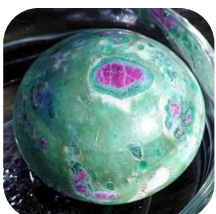


Fluorite, Yellow | Solar Plexus Chakra

Mental Harmony; Brain and Teeth

Activates entire brain- light of higher intelligence. Clears attachments. Heals sub-personalities. Quiets voices. Stimulates and heals the powers of the mind. Improves access to mental grid and to the light body. Good for neuro-linguistic programming and mental re-programming. Think Immortality. Creativity, love.

Anatomy keywords: liver, cholesterol, detoxification, bones and joints (arthritis, rheumatism, spinal injury), teeth, skin (blemishes and wrinkles), mucus membranes, respiratory tract, sinus (sinusitis), viruses (colds and flu), infections (herpes, ulcers, wounds), tumors, RNA/DNA repair, pain relief, sexual libido



Fuchsite/Ruby/Kyanite | Third Eye & Root Chakras

Purity, Balance, Telepathy; Muscles

A very special combination. Fuchsite enters through the emotional aura, Ruby addresses the physical, and Kyanite works on the mental. Warms the heart and balances the emotions. Calms the mind and clears the hara. A feeling of purity and health. Strengthens and relaxes the muscles. Healing and nourishing. Telepathy with pets, spirit guides, angels, extraterrestrials. See also: Ruby and Kyanite.

Anatomy keywords: spine, muscular health, red and white blood cells, repetitive strain injuries (carpal tunnel syndrome), detoxification, fever, throat, circulatory constrictions

G



Garnet, Mandarin | Sacral, Solar Plexus & Throat Chakras

Expanding Grace; Lymphatic System

Nourishing radiance. Saturates the being and cells with higher frequencies, raising and expanding one's overall vibration to allow for greater realization of one's potential. Can help to address root issues inhibiting a strong foundation and steady forward momentum. Optimistic, juicy, nurturing. Ignites and sustains enthusiasm for life.

Anatomy keywords: digestive system, lymph, spleen, endocrine glands



Gold, 24K Yellow | Halo Chakra

Christ Consciousness, Ascension; Heart, Liver and Immune System

A very uplifting, positive feeling. Gold is a good conductor of electricity and it helps align the brain cells so they talk to each other and so they can carry a phenomenal amount of light energy- creating a higher light resonance. Because it is such a good conductor it increases the capacity of the nervous system to carry information. It increases our mental potential and ability to process information. We have more mental acuity- a sharper mind, over time. We can have deeper states of meditation. Our body is a strong and healthy vehicle for our higher purpose, and we are physically resilient. Our receptivity to subtle energy is enhanced, thus all gemstones, vibrational essences and other holistic healing modalities are going to have even more impact after taking the Gold essence for awhile.

There are myriad benefits- for this GOLDEN AGE. Gold can help us to have a greater feeling of well-being, improved sleep, stronger immune system, stronger performance, and- rejuvenation. Everything in the cosmos is shifting, and the Earth is on its golden path of Ascension as it enters the golden light of the cosmic Christ Consciousness- and the Gold can open us to receive the new codes. It is helping to reconnect our 12 strands of DNA.

Anatomy keywords: heart, thymus, endocrine system, multiple sclerosis, gold / magnesium / oxygen / phosphorus / silver / vitamins A, B, D and E absorption

H



Heliodor | Crown Chakra

Light Expansion; Liver, Spleen and Pancreas

A variety of Beryl. Resonates with the Great Central Sun, Helios and Vesta. Builds light. Expands light into cells. Improves communication. Assists in compassionate understanding. Good for delicate issues. Use to purify items. (It beams golden white light). Great tool during meditation. Helps to connect and open crown chakra.

Anatomy keywords: liver, spleen, pancreas, protects against viruses and bacteria



Hessonite | Solar Plexus Chakra

Free-Flowing Creativity, Energy; Abdominal Discomfort

A variety of Garnet. Hessonite can stimulate creativity on all levels. Many creativity blocks originate simply because of a blocked belly area. Once Hessonite's energies have been able to work, one's creativity expands. (In women, in particular the womb is cleared for the brewing of a new inspiration or the birth of a new endeavor.) It encourages courage and productivity. It can be used to encourage self-respect, respect of others, and spiritual growth. Hessonite also allows us to release outworn or unusable ideas, views, agreements, and behavioral patterns. In Vedic astrology, Hessonite gems are considered the rarest of the planetary stones. It is said to bring success, wealth and notoriety in society, increase life span and aid good fortune. It is peaceful to the heart and quiets emotions.

On the physical level, Hessonite is used to regulate hormone production, stimulate metabolism, fortify the immune system, and encourage absorption of nutrients. It is a good balancing essence. It calms the nerves, quiets the mind, and relieves depression. Hessonite is also a great tool for any digestion discomforts. It balances the system. When one is seeking relief from indigestion, acid reflux, diarrhea, constipation, etc, this is the gem. It can also be used in any discomforts related to the feminine sexual organs such as bloating, cramps, etc.

Anatomy keywords: metabolism, olfactory system, blood cleansing, digestive issues, stomach, reproductive organs (fertility, impotence, PMS)



Howlite | Vision Chakra

Discernment and Direction; Teeth, Bones and Tissues

Howlite encourages patience, discernment, ambition, action. A very calming stone, it soothes an angry temper and is helpful in mitigating rage, eliminating emotional triggers and fostering decency and tact in relationships. Its calming energy is also excellent for meditation and sleep issues. It brings new ideas and goals into clear focus and inspires one to action. Also addresses memory of past lives (including between lives) and awareness of other dimensions, as well as astral travel.

Anatomy keywords: teeth, bone structure, soft tissues, calcium regulation, insomnia

I



lolite | Third Eye Chakra

Psychic Development; Immune system

A stone of seers and shamans, Lolite addresses the 3rd eye and crown chakras, stimulating visions and spiritual knowledge. It assists in accuracy within the visioning process, and facilitating an inner "compass" of directional awareness. Good for out of body experiences and astral travel. It also encourages confidence in one's abilities, self-responsibility, and freedom from addictions, including co-dependency and other self-sabotaging patterns (especially beneficial for healing the spiritual, emotional and physical effects of alcohol).

Balances inner dualities and fosters harmonious relationships. Excellent for leadership.

Anatomy keywords: immune system, liver detoxification, sinuses, respiratory system, fatty deposits, migraine headaches, fevers (malaria)

J

**Jade, Imperial** | Heart Chakra**Peace, Truth, Good Fortune; Detox and Rejuvenation**

The energy of this gem simply plunges into the physical, flooding it with rejuvenation and a deep sense of peace (like a trip to the spa). This gem is specifically great for organs, especially the liver for detoxification, the kidneys and the heart for disease and cardiac issues and prevention. The deep sense of peace is not only experienced on the physical but in the mental and emotional as well. It gently eases stress, worry and restores the balance of heart and mind, especially in those mind-driven. On the emotional, it strengthens one's sense of self-esteem / self-worth, turning the focus to one's true purpose rather than the often distorted image created due to unresolved emotional "stuff".

Imperial Jade also unlocks the truth - not only within oneself but in one's actions, situations, environment, etc. Life was designed to be simple; it is "man" who has made it complex. This gem brings back the simplicity of truth leading one to be authentic in all that is done and viewing others and the world for the truth that is. From this perspective, unhindered by the societal rules, conditionings, etc. one can experience a profound sense of freedom and even a euphoric bliss. The natural flow of life gravitates towards those using this gem and universal support on many levels is received the more open one is to it.

- excerpted from the Guardian of Imperial Jade via Sia Marchal (www.tools4transformation.net)

Anatomy keywords: heart, hips, kidneys, spleen, adrenal glands, elimination organs, skin, hair, fertility, childbirth, body fluid and acid/alkaline balance

**Jade, Snow** | Crown Chakra**Inner Stillness; Clear Breathing**

Pure and deep. Quiets the mind and emotions, allowing for a clean slate or blank canvas upon which to create new desires, dreams, beliefs, focuses. Patience, presence, clarity. Wonderful for yoga, tai chi, meditation, and other mindful practices. Alignment with higher self, divine perspective. Softens interactions with others, brings greater understanding.

Anatomy keywords: respiratory system, anxiety, depression

**Jasper, Leopard** | Sacral Chakra**Regulator of Energies; Muscle Cramps, Hiccups**

2nd chakra. Helps access and encode the living library, increases information and light. Helps manifest 12-strand DNA healing. Increases safety and security as one achieves life goals. Aids concentration and ability to focus on one's occupation. Grounding and earthy. Balancing. Clarifies needs. Regulator of energies. Attracts that which is harmonious, like-hearted. Conscious responsibility. Said to alleviate hiccups.

Anatomy keywords: muscle cramps and stiffness, kidney and gall bladder stones, digestive and circulatory systems, mineral regulation, fasting, sexual vitality

**Jasper, Picture** | Third Eye Chakra**Clairvoyance and Creativity; Inner organs**

Stimulates psychic ability, thymus and pituitary. Use directly on these areas. In meditation, helps to recall and evaluate events and to receive clear information for resolution from our higher self. Reevaluation of goals. Inspirational. Aids ability to visualize, opens artist creative pathways, aids drawing and painting. Global awareness. Stimulates brotherhood to work for the good of the planet. God governed, vigilant, creative visualization. Human kindness. Can be helpful in quitting smoking.

Anatomy keywords: immune system, skin, kidneys, elimination organs, neurological tissue, digestive and circulatory systems, mineral regulation, fasting, sexual vitality



Jasper, Polychrome | Sacral Chakra

Balance Assertiveness & Sensitivity; Digestive System

Very nurturing, offering grounding and emotional balance. In particular Polychrome Jasper helps to shed accumulated energies, so is wonderful for empaths, or for anyone desiring cleansing and decompression after trying events, or during times of stress. Tranquility, unification, wholeness. Artistic and creative energies are also stimulated and there is support for prioritizing and acting upon inspirations. Dreaming/dream recall, shamanic journeys, protection. Balancing physical, mental, emotional and integrating with spiritual.

Anatomy keywords: metabolism, digestive and circulatory systems, mineral regulation, fasting, sexual organs



Jasper, Poppy | Sacral Chakra

Animal Communication; Kidney, Gallbladder, Joints

Helps one relate to animals, reduces allergies to animals. Deepens your connection to earth. Supports positive attitude and good humor. Effervescent, invigorating and enlivening. Refreshing. A portal of transcendence, love and humor. Opens pathways as you stretch. Kidney, gallbladder, joints, spinal discs.

Anatomy keywords: digestive and circulatory systems, mineral regulation, fasting, sexual vitality



Jasper, Snake | Crown Chakra

Stability, Stimulates Kundalini; Antibacterial and Antiviral

Safety, protection, a magical gift. Stimulates the rise of the Kundalini, maintains calm around the heart as the Kundalini rises. Apply to the crown chakra and heart chakra. Enhances abilities in geometry, architecture, and construction. Used to grid areas of instability in the soil. Natural antibiotic against virus and bacteria. Brings optimistic energies. Joyful exuberance. Alignment with body and soul.

Anatomy keywords: digestive and circulatory systems, mineral regulation, fasting, sexual vitality



Jasper, Yellow Beige | Crown Chakra

Focus and Presence; Thymus, Pancreas, Hormones

Stimulates tissue regeneration through the endocrine system with focus on the thymus and pancreas. Helps release toxic elements through the skin (specifically petrochemicals). Apply to the thymus; rub in the nose, and third eye. Hormone balancing. Helpful for children and those who feel vulnerable. Aids with focus and agility. Become luminescently present. Good during Detox.

Anatomy keywords: stomach, thymus, pancreas, hormones, ulcers, digestive and circulatory systems, mineral regulation, fasting, sexual vitality

K



Kunzite, Clear/Pink/Yellow | Heart Chakra

Divine Spirit/Heart/Mind Synthesis; Hormones

This essence contains clear, pink, and yellow Kunzite varieties, which work together in supportive synthesis. A very soft yet stable energy. Clarity, strength, connection. Wonderful for meditation, assisting with deep centeredness and Divine Mind, even for those who usually have difficulty achieving/maintaining altered states. This feeling of centeredness and serenity can also be supported in all manner of day-to-day situations as one is gently shielded from disruptive outside energies. Kunzite, in particular the pink variety in this synthesis, carries the pink ray and can bring in profound experiences of unconditional love and heart expansion. (The pink variety also has a strong connection to female well-being and can address issues relating to comfortable feminine expression on the Earth plane- from bodily symptoms to more metaphysical levels of healing- as well as motherhood.) Kunzite has a celestial connection and can be supportive for starseed children and adults alike who feel "homesick" or are having difficulty adjusting to Earth's environment and vibration. A sense of nurturing and cushioning is offered by this synthesis, encouraging confident unification and alignment with one's mission here.

Anatomy keywords: immune system, heart, lungs, circulation, female reproductive system, hormone-related migraines, puberty (girls), PMS, menstrual problems, rashes (chemical allergies), anesthesia recovery, neuralgia, epilepsy, joint pain, EMF protection



Kyanite | Third Eye Chakra

Calm and Centered; Head, Throat, Skin

Kyanite is one of the few gemstones that doesn't accumulate or retain undesirable energy and therefore never requires clearing or cleaning (very protective). It activates third eye opening, is tranquilizing and promotes relaxed awareness. It is excellent for meditation, connection to higher self, sleep, and dream recall- especially for those who have difficulty calming their minds. Hear sounds of silence. Integrates light body into the physical, facilitates body-mind connection. Good for communication with angels, animals and guides. Also aligns the chakras, provides centeredness, uplifts mood, and encourages compassion and display of affection. It links resources to gifts, promotes new ideas and new thinking. Self-expression and inner truth are vitalized.

Anatomy keywords: throat, muscular and urogenital systems, skin, brain (cerebellum), adrenal glands, thyroid and parathyroid, blood pressure lowering, weight loss, pain relief

L



Labradorite | Third Eye & Heart Chakras ★ Raphael

Temple of the Stars; Metabolism, Eyes, Brain

Labradorite is connected to Archangel Raphael, and the qualities of healing and love. It represents the temple of the stars and can help to reveal your spiritual destiny. It also dispels illusions and helps to reveal the truth (sometimes in dreams- where it can be easier for information to enter). Labradorite can strengthen one's feelings of inner worth, self-confidence and self-esteem. It is known to relieve stress and anxiety, especially fears created from past disappointments (and past lives). It also promotes clear thinking and mental acuity, and brings patience. A gemstone for transformation and change, it can stimulate physical activity, enthusiasm, imagination and perseverance- get things moving into action, keep flowing and growing. Ideal for ascension support.

Anatomy keywords: eyes, brain, metabolism regulation, hormone balance, digestive system, menstrual tension, colds, blood pressure lowering, gout, rheumatism



Lapis Lazuli | Throat & Third Eye Chakras

Universal Truth; Throat and Third Eye

A powerful protector and spiritual catalyst, Lapis Lazuli has been a popular adornment for priests and priestesses since ancient times. It enhances Wisdom, Universal Truth, and Total Awareness, including of one's personal strength and authority. (Very empowering for those who may have stayed "small" or silent in the past- time to move into new liberating patterns.) Addresses voice, power of mind, intuition, memory. Releases and heals emotional wounds, encourages bonds of love and friendship. Also quickens reflexes and aids clear

choices, helping to keep a positive outlook. Harmonizes the heart and mind, and is a potent thought amplifier. Good with Amethyst and Rose Quartz to mellow its effects.

Anatomy keywords: throat (tonsillitis), larynx, respiratory and immune systems, thymus, thyroid, bone marrow, lymphatic and nervous systems, blood pressure, RNA/DNA repair, pain relief, migraine headaches, vertigo, insomnia



Larimar | Thymus Chakra

Serenity and Tranquility; Heart

Calm, cool, serene, Larimar is an oasis of tranquility. It assists opening to new dimensions, gently raising and expanding the consciousness. It possesses a strong feminine energy, realigning one with the inner goddess, earth mother, ocean womb... Can facilitate and enhance communication with angels and other evolved beings, especially earth and water guardians. Helpful for counteracting geopathic stress and healing the earth grids.

Induces deep meditation, relaxation. Also supports confidence, alleviates guilt and fear, assists in taking

control of your life. Invokes playfulness and joyfulness, peace, joy, inner strength. Inner child, dolphin, Atlantis / Lemuria connection.

Anatomy keywords: heart, throat, thymus, cartilage, feet, pain relief, blockages in joints / arteries / head / neck / chest, bipolar disorder, schizophrenia



Lavender | Crown Chakra

Expands, Clears; Channeling

Expansion, borderless. Deep clearing. Uplifts perspective and promotes love of service. Clears the channeling column and chakra column. Helps to activate chakras above the crown.



Lepidolite | Crown Chakra

Transition and Transmute; Stress-related Illness

Lepidolite is a great protector and neutralizer. It dissipates negative energy and clears electromagnetic pollution (useful around computers and devices). It is also helpful in alleviating stress, despondency and depression, as well as insomnia. It has an innocent and idealistic quality, transforming lower energies and ideas and insisting on integrity at every level. Fosters acceptance, independence, self-sufficiency. Good during transitions, smoothly restructuring and reorganizing. Also opens one to universal light, facilitates astral travel.

Said to be able to locate areas of dis-ease in the body.

Anatomy keywords: heart, blood flow, nervous and immune systems, skin (wrinkles), connective tissue, allergies, shoulder tension and tightness, leg cramps, RNA/DNA repair, menopause, tendonitis, candida, epilepsy, Alzheimer's disease, anorexia, fatigue, sciatica, neuralgia, schizophrenia

M



Malachite | Heart Chakra

Equalizing and Strengthening; Clears Radiation

Resonates with Earth energy. Connects us to the Earth's energy flow and to information regarding our evolution. Stabilizes weak points. Strengthens memory. Helps to detect toxins within the body. Addresses circulatory system, heart, pineal gland.

Anatomy keywords: joints (swollen, arthritis, fractures), kidneys, pancreas, stomach, spleen, childbirth- facilitating, female reproductive organs, immune system, parathyroid, optic nerve, cramps (including menstrual), tumors, cancer,

sexual issues, asthma, vertigo, dyslexia, epilepsy, autism



Marble, White | Third Eye Chakra

Teacher of Light and Meditation; Brain and Heart

Offers clarity in the state of meditation and access to peak states. Enhances sensitivity and common sense. Teacher of light and meditation. White silence. Nurturing qualities. Great for dream recall. Eases and harmonizes brain. Addresses heart, pancreas, spleen.

Anatomy keywords: pituitary, skin tissue, bone marrow, viral / bacterial infection, sore throat, lower back, flexibility, sickle cell anemia



Moldavite | Root Chakra

Interdimensional, ET Connection; Asthma, Thymus, Epilepsy

Zing. Galactic. Extraterrestrial telepathic qualities enhanced. Facilitates direct interdimensional access; move among the dimensions. Remember your origin, experience of life on other planets. Be more comfortable on the earth. Look through the heart. Facilitates feelings of Brotherhood/Sisterhood, honesty. Access galactic energies. Use on hands as well as internally. Addresses asthma, toxin sensitivity, thymus, emotional sensitivity, and epilepsy. Embrace change.

Anatomy keywords: diagnosis and healing of entire anatomy



Mookaite | Throat Chakra

Protection and Release of energy; Skin, Infection, Mucus

Also referred to as Australian Jasper. Activates energies for the skin, linings surrounding organs and nerve ends. Addresses colds and infections. Eases coughs, sore throat and has been used to relieve mucus held in the forehead, nose and jaw cavities. Also addresses stuttering, shaking, sweating, freezing. Protects against harmful energies and aids in releasing these energies. Useful in balancing desire for chocolate and coffee.

Anatomy keywords: skin, infection, mucus, immune system, throat, blood purification, wounds



Moonstone, Blue Rainbow | Third Eye Chakra

Mystical Insight, Peaceful Cocoon; Head, Throat, Sinuses

A beautiful iridescent moonstone with an intense blue flash. Mystical Insight with clarity- it enhances intuition and give us flashes of insight. It helps make it easier for us to connect with the higher realms. It helps to create balance of the higher frequencies. It helps to create a cocoon of peace around us. The physical benefits occur in the head, throat and sinuses. It especially targets and energizes the pineal and pituitary glands! It is even said to strengthen the teeth. It has a soothing effect on the stomach when there are emotional imbalances

causing stress. Appreciation for change. Good for divination and good for empathy. Can help to bring healing rest, helping one to reach a calm peacefulness, and deep tranquility. Moonstones are always beautiful connections to the goddess and empower our working with the goddess.

Anatomy keywords: abdomen, intestinal tract, digestive system, reproductive organs (especially female), conception / pregnancy / birth / breastfeeding, pineal and pituitary glands, hormones, skin tissue, pelvic concerns, fluid retention, insomnia and sleepwalking, hyperactivity



Moonstone, Clear | Third Eye Chakra

Emotional Balance; Ovaries and Breasts

Raises the vibration of the emotional body and activates it. Balancing and nourishing for emotions. Promotes appreciation of stillness, being at home in our heart. Creates an opening in the belly area. Addresses the ovaries and breasts, skin, eyes.

Anatomy keywords: abdomen, intestinal tract, digestive system, reproductive organs (especially female), conception / pregnancy / birth / breastfeeding, pineal and pituitary glands, hormones, skin tissue, pelvic concerns, fluid retention, insomnia and sleepwalking, hyperactivity



Moonstone, Green | Heart Chakra

Composure and Calm; Abdomen, Pituitary, Intestines

Feminine. Patience. Calms the heart. Good for pregnant women. Softens. Brings healing and mellowness to the physical body. Introspective, reflective, lunar. Enhances positive attributes of creativity and self-expression, as well as perception and discernment. Fulfill Destiny. Arouses tenderness within the self. Promotes health and stimulates confidence and composure. Gracefully acknowledge changing cycles.

Anatomy keywords: abdomen, intestinal tract, digestive system, reproductive organs (especially female), conception / pregnancy / birth / breastfeeding, pineal and pituitary glands, hormones, skin tissue, pelvic concerns, fluid retention, insomnia and sleepwalking, hyperactivity



Morganite | Heart Chakra

Healing Past, Present and Future Relationships; Liver, Vertigo, Hearing

HeartGate: Oceans of cosmic love. Heart chakra stimulator. Helps to open your life to love and assists in maintaining love as it continues to grow. Rekindle past love. Heals pain of separation. Promotes compassion, empathy, and patience. Helps to recognize equality in relationships between sexes and races. Unity consciousness. Enhances leadership qualities. Radiates charm. Activates emotional well-being. Addresses vertigo and hearing. Also promotes ascension as it assists one to consciously align with the soul.

Anatomy keywords: larynx, lungs (asthma, emphysema, tuberculosis), heart, thyroid, parasympathetic nervous system, muscular tissue



Mother of Pearl | Third Eye Chakra

Emotional Nurturing; Lymphatic and Immune Systems

Heals the holes of disappointment. Heals what hasn't been healed due to lack of love or nourishment. Gives the feeling of being in the arms of a loving mother. Helps to soften and heal emotional traumas. Addresses self-love and self-worth, feelings of safety and security.

Anatomy keywords: lymphatic and immune systems

N



Nephrite | Heart Chakra

Balance Male/Female; White Blood Cells

A form of Jade. Harmonizes duality on all levels- good for balancing male/female within oneself, as well as within relationships. Healing and rejuvenation, creativity, calm. Tribes in New Zealand have used Nephrite as a protective talisman against attack and illness, and in ancient China it was used in sacred objects. Believed to bless all it touches.

Anatomy keywords: heart, kidneys, thymus, abdomen, throat, adrenals, metabolism, colic, radiation detoxification

O

**Obsidian, Mahogany** | Root Chakra**Earth Healer's Aid; Allergies and Infection**

Addresses infections, allergies that have their cause in digestive bacteria. Rinse your teeth with it after brushing. Addresses stomach, intestines, muscle tissue. Strengthens sensitivity, sexuality and sensuality; be in touch with touch. Roots life purpose of healing the planet, promotes earth stewardship, activism, environmentalism. Aids with communication to nature Devas. Helps those who work with animals.

Anatomy keywords: circulatory and digestive systems, arteries, joint problems (arthritis), cramps, cold extremities-warming, pain and tension relief

**Obsidian, Rainbow** | Root Chakra**Protection, Grounding, Ceremony; Stomach and Intestinal Tract**

Promotes feeling of safety in any situation. Brings gratification and joy to one's life. Opens perception of one's own spirituality, enlightenment, gratifying relationships. Useful in ceremonies with Mother Earth. Grounding. Addresses Stomach issues.

Anatomy keywords: circulatory and digestive systems, arteries, joint problems (arthritis), cramps, cold extremities-warming, pain relief

**Obsidian, Snowflake** | Root Chakra**Heals Karmic Patterns; Veins and Skeletal Structure**

A stone of purity and balance. Great for the intestinal tract. Allows one to recognize unnecessary patterns. Promotes sensitivity to both love and beauty.

Anatomy keywords: circulatory and digestive systems, arteries, joint problems (arthritis), cramps, cold extremities-warming, pain relief, skin, eyes

**Opal, Andean Blue** | Heart Chakra**Divination and Self-Expression; Water Retention, Thymus**

Facilitates spiritual divination. Calms the nerves. Helps the heart, lungs and thymus. Helps alleviate water retention, and is said to improve iron absorption. Dolphin connection. Offers courage, ingenuity and energy. Improves self-esteem and self-love. Can help one find a confidant. Helps to creatively forge new relationships. Encourages expression. Addresses honest communication and clear thinking, sleep patterns.

Anatomy keywords: blood purification, kidneys, infection, birth, eyes, fever, memory, Parkinson's disease, heart, lungs, thymus, water retention, swelling, spine realignment

**Opal, Clear** | Third Eye Chakra**Spiritual and Emotional Clarity; Spleen, Abdominal Region**

Clarifies and assists one to understand mission. Amplifies one's traits in order to take a closer look at them. Gives us the strength to overcome our lesser attributes. Helps to clear emotions and release emotional ties. Balance chakras.

Anatomy keywords: blood purification, kidneys, infection, birth, eyes, fever, memory, Parkinson's disease

**Opal, Dendrite** | Root Chakra**Higher Aspects of Oneself; Veins, Arteries, Skeletal Structure**

Addresses circulation (veins and arteries) and bones (skeletal structure). Can help facilitate blood flow. Aligns nervous system with physical body. Awakens one to higher aspects of themselves. Useful for enhancing organizational abilities.

Anatomy keywords: blood purification, kidneys, infection, birth, eyes, fever, memory, Parkinson's disease



Opal, Ethiopian | Crown Chakra

You-nique and Be-You-tiful; Circulation

Honors the individual. Brings forth one's true essence, dissolving illusions and restrictions potentially imposed by culture/society/upbringing. Realization and recognition of one's innate talents, skills, beauty, creativity, intuition. Explore all of your facets and love them! Helpful for those feeling stuck or uncertain of their next move- to realign with the infinite flow of divine support and guidance from their higher/inner self.

Anatomy keywords: blood purification, kidneys, infection, birth, eyes, fever, memory, Parkinson's disease, circulatory

system



Opal, Fire | Solar Plexus Chakra

Faith and Resilience; Central Nervous System

Mystery, variety, progress, change, charisma. Helps one to reflect on the many facets of one's life. Strengthens faith in self. Very energetic. Protection around high energy. Physical endurance. Ability to operate powerfully in situations that require action. Clarity with changes.

Anatomy keywords: blood purification, kidneys, infection, birth, eyes, fever, memory, Parkinson's disease, abdomen,

lower back, sexual organs, adrenal glands (burnout), eyesight, central nervous system, emphysema



Opal, Pink | Heart Chakra

Relationship with Self; Testicles and Ovaries

Renews relationship between the self and all that is. Brings in higher inspiration, guidance on the journey. Love, gentleness, deep insights. Spiritual awakening. Activates mechanisms of inner healing. Calms and soothes lungs, spleen, heart and connective tissue. Addresses diabetes and hypoglycemia, as well as autism, dyslexia, neurological discharge imbalances, physical coordination, pancreas. Strengthens abdomen, pituitary, and thymus. Soothes skin when applied topically.

Anatomy keywords: blood purification, kidneys, infection, birth, eyes, fever, memory, Parkinson's disease, lungs, spleen, heart, connective tissues, diabetes, hypoglycemia

P



Pearl ~ Soul Shine | Crown Chakra

Calming, Sincerity, Reflection; Soft Organs and Childbirth

Soul Shine. Useful for self-reflection. Reminds us of our positive qualities. Enhances personal integrity, sincerity, innocence. Pearl will mirror our super inner beauty and pure light of the soul. It will also reflect to us our visions of the future. Helps to provide clear channel for receiving the highest information. Softens behaviors, providing perspective. Pearl's luster will help us see our finest traits. It increases feelings of Love. Also good for calming hyperactive children. Addresses digestion, soft organs, childbirth, fertility. Rub on belly.

Made from 12 exquisite quality undrilled South Sea pearls.

Anatomy keywords: digestive system, abdomen, birth, fertility



Phosphosiderite | Heart Chakra

Stress Relief; Blood Pressure Regulation

This essence works on the heart chakra. It's very calming. (Helps relieve stress.) Brings a sense of comfort and tranquility. Helps bring clear communication when meditating. Good for everyone, and especially elders. It fosters hope.

Anatomy keywords: digestive system, blood pressure regulation, ulcers, hives, rashes, sleeping disorders, heart



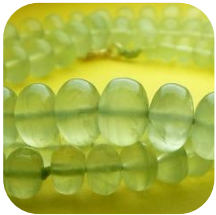
Pietersite | Third Eye Chakra

Ground to Etheric Body; Pituitary Gland Regulation

For pineal gland meditation, grounding the etheric body, through fields of existence. Assists in recognizing the beauty of the soul, promoting loyalty to the self. Helps bring one's potential to perfection. Helps pituitary gland provide proper regulation of the other endocrine glands and produce hormones in the proper quantities. Addresses growth, sex, metabolism, blood pressure, body temperature.

Anatomy keywords: lungs, liver, intestines, metabolism, blood pressure, pineal, pituitary, feet and legs, nutrient

absorption, fatigue



Prehnite | Third Eye Chakra

Divination and Dream Recall; Bladder, Anemia

For protection and for dreaming and remembering. Divine inspiration, enhanced ability to predict. Promotes calmness. Addresses bladder issues, anemia.

Anatomy keywords: kidneys, bladder, thymus, shoulders, chest, lungs, blood disorders, connective tissue, hyperactivity, gout



Pyrite, Silver | Solar Plexus Chakra

Manifestation and Self-Reflection; Inflammation, Spinal Cartilage

Reflective: mirror to look at one's self and recognize gifts. Strengthens self-esteem. Assists the attainment of physical perfection. Enhances memory, concentration. Manifest higher level energies and help to stabilize and assimilate them. Aids ability to manifest on the earth plane (prosperity). Uplifts and grounds simultaneously, repels negativity. Sparks creative thinking, opens one to new ideas. Improves concentration. Positive effect on body fluids. Good for circulation and respiratory function. Harmony between organs and glands. Loosens

blockages. Protects spinal cartilage. Addresses fevers and inflammation.

Anatomy keywords: bones, lungs (bronchitis), fever, inflammation, RNA/DNA repair

Q

Quartz, Clear | See [Chakra Gemstone Essence Collection](#).



Quartz, Rose | Heart Chakra

Unconditional Love and Acceptance; Heart, Lungs, Kidneys

The energy of the Rose Quartz is gentle and it resonates with Love, especially Self-love. Also addresses personal expression, confidence, purification of emotional body, acceptance and forgiveness. Use with Ruby to heal the emotions of the heart. Useful for weight loss - lighten up! Grace, beauty, perfect weight, youthful body and heart. Self-esteem. Regenerates love love love. Endows us with appreciation. Listen to our feelings and create joy. Demonstrate love.

Anatomy keywords: heart, circulatory system, chest and lungs (coughs), thymus, skin (complexion, wrinkles, burns, blisters), kidneys, adrenals, genitals, fertility, vertigo, Alzheimer's and Parkinson's diseases, senile dementia



Quartz, Rutilated | Crown Chakra

Illumination and Integration; Lungs

Also known as Angel Hair. A very high frequency gem, Rutilated Quartz is capable of bringing great quotients of Light into the body and cells while simultaneously having a stabilizing effect. It can bring enhanced clarity, expansion and understanding to the mind, including insight on past lives influencing present experience. Helps to get to the "root" of things. Very protective, filtering and blocking negative energy and other disruptive frequencies, including EMFs. (Especially beneficial for counselors, healers and others who work in close proximity to less than balanced individuals.) Celestial / extraterrestrial connection: angels, ascended masters, other-galaxy teachers and helpers. Enhanced spiritual nourishment through the breath.

Anatomy keywords: respiratory system (bronchitis), thyroid, muscles, blood, intestinal tract, hair growth, impotence/infertility, mercury poisoning, fatigue, anxiety, depression



Quartz, Scepter | Heart Chakra

High Priest/Priestess; Meridians

Empowerment, healing, purification. Scepter Quartz has strong ties to Atlantis and Lemuria and is considered a record-keeper of these ancient civilizations, where it was worn or carried by the High Priest/Priestess. It helps us get right to the "heart" of the matter, bringing beneficial Universal heart energy to ceremonial and healing endeavors and reminding us that Love is where the true power lies. Also assists to clear stagnant emotional energies in the body, stimulate the first three chakras, and foster inner strength and support.

Encourages direction and action.

Anatomy keywords: meridians, heart, hormones, sexual organs, inflammation, entire anatomy



Quartzite, White | Third Eye Chakra

Stability and Integration

Also known as Snow Quartz. Clarity, harmony, positivity. Stabilizes changes. Perfect for integrating shifts. Nice to use on the chakras in meditation. Enhances ability for tact and cooperation.

Anatomy keywords: circulatory and immune systems, kidneys, bladder, digestion, skin (burns, blisters), vertigo

R



Rhodochrosite | Heart Chakra

Shifts Patterns; Kidneys, Pancreas and Spleen

Pushes change. Shifts patterns, cleanses, rebuilds. Creates healthy emotional patterns. Reprograms emotional body to receive joy. New uplifting and harmonious responses to old habits or events. Self-confidence, inner freedom. Beyond imagination. Heals infection, (old) wounds, scars. Heals self-blame. Digestive problems, ulcers.

Anatomy keywords: kidneys, circulatory system, eyesight, respiratory problems (asthma), heart, blood pressure, sexual organs, skin, thyroid, infection, migraine headaches

Rhodolite, Magenta | See [Chakra Gemstone Essence Collection](#).



Rhodonite | Heart Chakra

Elegance, Confidence; Inner Ear

Unconditional love. Energizes heart chakra. Morale booster. Promotes self-worth, self-confidence. Enables one to remain confident, dignified. Encourages generosity of spirit. Emotional harmony. Higher state of consciousness. Strengthens ears. Enhanced sensitivity to mantras.

Anatomy keywords: joints (arthritis, inflammation), lungs (emphysema), congestion, blood flow, ulcers, fertility, hearing, wounds, insect bites, scarring, shock and trauma, multiple sclerosis, autoimmune diseases, acid/alkaline balance



Riverstone ~ Sweet Surrender | Third Eye Chakra

Flexibility, Cycles; Promotes Re-programming

The Riverstone Essence is a very important essence made in Peru during the 2003 Harmonic Concordance. It is about flexibility in all respects. Go with the flow of life. Experience the joy of the present. This essence reminds us of the inevitable cycles: the cyclical nature of the universe, the impermanence of everything, and acceptance of the changes. During cycles things sometimes disintegrate in order to make room for new things. (You can easily recognize this in Nature.) It is about the cycles of water, the cycles of life. This essence helps you allow the present moment to be. Feel that state of grace, ease, lightness, and peacefulness. We can choose any moment to be the best moment ever.

Ruby | See [Chakra Gemstone Essence Collection](#).

S

Sapphire, Blue | See [Chakra Gemstone Essence Collection](#).



Sapphire, Green | Heart Chakra

Loyalty, Good Luck; Physical Vision

Calming, relaxing, rhythmic. Addresses abundance, provides impetus for material manifestation- through lightness. Motivation. Encourages memory of dreams. Fidelity, loyalty. Good for physical sight. Use in eye drops. Eyes, ears, nose, throat.

Anatomy keywords: intestinal tract, stomach, pituitary, eyes and vision, heart, kidneys, gland regulation, blood disorders, bleeding, veins, nutrient assimilation



Sapphire, Pink | Heart Chakra

Love, Feminine Strength, Relationships; Breast Concerns

Enhances the aspect of LOVE. Pink Sapphire can bring passion and joyful play to relationships. Supports the feminine within both genders. It focuses primarily around the heart and chest (including the breast). It is very supportive in breast issues. Nursing women can add more of the love vibration to the milk they are feeding their babies. Allows for more patience. Helps release the past. It generates feelings of love, forgiveness, acceptance and release. This gentle gemstone provides strength in difficult situations. Pink Sapphire allows

one to surrender to another for the good of the all. It allows us to release control of what is happening and to allow another to take charge and trust that they will get the job done better than we can.

Anatomy keywords: intestinal tract, stomach, pituitary, eyes, heart, kidneys, gland regulation, blood disorders, bleeding, veins, nutrient assimilation

Sapphire, Yellow | See [Chakra Gemstone Essence Collection](#).



Sardonyx, Black | Solar Plexus Chakra

Shifting Density; Optimal Body Function

A blend of Chalcedony and Onyx, Sardonyx addresses and enriches one's physical being, experience. It works to dissolve "excess" and whether one has been overfeeding their body, their ego, or their mind, it can help to restore balance on all levels. (Valuable for supporting healthy life style choices and weight loss.) Known as a stone of virtue, it enhances confidence, eloquence, mental discipline and courage. It is also said to banish grief. Use in grid work to help mitigate tension and clear negativity in densely populated areas.

Anatomy keywords: metabolism, circulatory and nervous systems, lungs, larynx, thyroid, medulla oblongata, vitamins B, C and E deficiency



Sardonyx, Red | Root, Sacral & Solar Plexus Chakras

Domestic Warmth; Physical Fire

Like Black Sardonyx, Red Sardonyx addresses and enriches one's physical being, experience. Its warm coloring brings an extra "fire" to the balancing gifts of Sardonyx, burning away stored weight and impurities. Energizing, freeing, flowing. It can also bring more balance and passion to romantic partnerships, said to foster greater happiness and harmony within the home, including the bedroom. (Any "excess" in the relationship- such as ego- may also be treated to Red Sardonyx's cleansing fire.) Also said to banish grief.

Anatomy keywords: metabolism, circulatory and nervous systems, lungs, larynx, thyroid, medulla oblongata, vitamins B, C and E deficiency



Scapolite | Third Eye Chakra

Conscious Growth and Initiative; Eyes

Encourages independence. Provides impetus to change. Take the initiative. Promotes the stamina and clarity required to achieve goals. Addresses eye issues.

Anatomy keywords: eyes (cataracts, glaucoma), bones, veins, shoulders, chest, calcium assimilation, dyslexia, incontinence



Selenite | Above Crown Chakra

Expanded Insights; Spinal Column

Expand awareness of your surroundings. Access possible future lives. Provides energy to promote justice during disputes. Gives strength to decisions. Selenite is brilliant white and partially translucent, and one of the highest vibrations in the mineral kingdom. It intensifies and focuses energy. It allows messages from non-physical planes to enter the third dimension. As Selenite brings in its very high frequency, it brings a connection to Nature as well. It is a catalyst to accelerate the transmissions of light, while it is also calming and

can influence our subtle energy bodies, connecting us with our light bodies. It aids telepathy. Use it with positive intentions. It improves the recall of dreams, and can give us expanded insights and better understanding of our multidimensionality.

Anatomy keywords: spinal column, muscular flexibility, breastfeeding, epilepsy / seizures, cellular regeneration, mercury poisoning, free radicals (cancer, tumors, age spots, wrinkles, light sensitivity)



Sodalite, Opaque Dark Blue | Throat Chakra

Creative Knowing; Central Nervous System

Great purifying agent. Super for healers to use. Activates the hand chakra. Enhances the truthfulness in emotions. Provides direction of purpose with heart. Helps eliminate confusion and inspire creative knowing.

Anatomy keywords: throat (vocal chords, larynx), lymphatic and immune systems, digestion, metabolism, blood pressure, fever, calcium deficiency, fluid absorption, radiation damage, insomnia

Sodalite, Transparent Indigo | See [Chakra Gemstone Essence Collection](#).



Spinel, Blue | Throat & Third Eye Chakras

Release the Unnecessary; Throat Concerns

High frequency love energy. Helpful in letting go of unnecessary things- in one's body, in one's space, in one's life. Also assists with psychic development, inner awareness and conscious expression. Physically, this essence has proven to be very effective in healing sore throats, and bringing balance to the throat area in general.

Stress relieving.

Anatomy keywords: throat, sinus (sinusitis), eyesight, teeth, gums, respiratory and nervous systems, head (headache),

kidneys, bladder



Spinel, Clear | Third Eye Chakra

Clear and Pure; Cells

Helps to create a clear background on the mirror of the mind, and amplifies attention given there to any issue or thought form held. Amati, the hugging Guru, carries this frequency. Clear and pure. Deep silence, pure emptiness. Clears out the vibrations of other gems within the bodies. Synthesis and connection of the energy of all chakras. Visions, mysticism. Furthers communication.

Anatomy keywords: nervous system



Spinel, Green | Heart & Crown Chakras

Optimism and Healing; Organs

Brings light in through crown chakra, aligns and stimulates heart chakra. Compassion, devotion, kindness. Brings light-heartedness, optimistic outlook. Helps in building the light quotient while bringing in energies for physical healing. Works on the gland system. Works also on inner/outer hearing and on the eyes. Protects physical structure during Kundalini movement through the body.

Anatomy keywords: lungs and respiratory system (allergies), sinus, stomach, liver, gall bladder, pancreas, diabetes



Spinel, Orange | Sacral Chakra

Delightful Determination; Circulation

Stimulates Kundalini, fertility, and passion for love. Delight in life. Connect to the source of bliss. Stimulation of mental processes. Encourages further attempts at a difficult task.

Anatomy keywords: circulatory and lymphatic systems, reproductive organs (fertility), sexual libido, spleen, bone marrow, brain, diabetes



Spinel, Pink | Heart Chakra

Devotion to Love; Female Reproductive Organs

Very feminine. Fosters devotion to loved ones and oneself. Brings beauty and freshness to endeavors, along with depth and maturity. Rejuvenating. Encourages positive relationships (especially between women). Heart energy.

Anatomy keywords: female reproductive system, feminine cycles (menstruation, PMS)



Spinel, Purple | Crown Chakra

Protection, Spiritual Enlightenment; Central Nervous System

Immortality, spiritual development, assistance on path to enlightenment. Extraterrestrial connection. Bridges the "generation gap," assisting in communication between different age groups. Protection while doing service.

Anatomy keywords: nervous system, hearing / smell / taste / sight / touch, multiple sclerosis



Spinel, Red | Heart Chakra

Spicy, Vital, Good Luck; Blood

Increases the positive aspects of one's personality. Rejuvenates. Assists in losing the sense of "I" while entering the realms of love. Dissolves borders and limitations around the heart, inspires passion and play.

Anatomy keywords: circulatory and nervous systems, blood, veins, arteries, muscles, stomach, brain



Sugilite, Pink/Purple | Third Eye Chakra

Spiritual and Self-Love; Pineal Gland, Brain

Helps one to believe in oneself and to love the uniqueness. Spiritual love of all that is; facilitates the manifestation of this energy on the earth plane. Stimulates resonant love force-field which can be felt by others. Used during meditation can assist with creating a state of receptivity. Astonishing insights. Balances left and right brain. Pineal gland. Visions. Good with cranial adjustments.

Anatomy keywords: brain, epilepsy, headache, pain relief, lymph and blood purification, schizophrenia



Sugilite, Purple | Crown Chakra

Intuition and Action; Spine, Strokes, Epilepsy

Enhances lucid dreaming. Aids integration of intuition and action. Opens, clears and balances Kundalini channels. Healing, universal joy. Balances left and right hemispheres. Addresses spine and CSF (cerebral spinal fluid), dyslexia, strokes, epilepsy.

Anatomy keywords: brain, epilepsy, headache, pain relief, lymph and blood purification, schizophrenia



Sunstone | Hara Chakra

Increase Vitality; Cartilage, Rheumatism

Spreads the energy of warmth and health quickly. Good for breath and the entire digestive system. Brightens chakras, especially Sacral Chakra. Increases vitality. Helps in finding sexual relationships. Encourages independence. Aids worldly success. Finding a job. Promotes organizational ability, ability to receive ideas. Acts as a candle of hope. Addresses stomach tension, aching feet and spinal alignments. Good for the skin in the sun.

Anatomy keywords: autonomic nervous system, sore throat, ulcers, cartilage, rheumatism, aches and pains, depression and SAD (Seasonal Affective Disorder)

T



Tanzanite | Crown, Third Eye & Throat Chakras

Communicate Visions; Throat and Lungs

Brain blast into love. Expands vision, inspires optimism, exposes eternal truths. Prepares us for the new times. Supports intense moments, helps to express eternal truths. Through the third eye we receive the inner command to go further. Follow your divine guidance and reap the rewards. Clears throat and lungs.

Anatomy keywords: kidneys, head, throat, chest, skin, eyes, hair, coma



Tektite | Root Chakra ★ Ganesh

Inner Strength, Safety; Heals Disease

Breath, grounding. Empty yourself. Clears blockages. Strengthens energy field. Promotes inner strength. Lower temperature (if needed). Addresses diseases of no known origin. Balances feminine and masculine. Clears aura. Promotes safety and security. Connects to Pleiadian healers; Ganesh, the Remover of Obstacles.

Anatomy keywords: capillaries, circulation, disease prevention, fever



Topaz, Blue | Throat Chakra

Mental Clarity; Tissues

Mental body cleanser and purifier. Psychic protector, mental balancer. Harmonizes and aligns the body-mind. Opens for deeper, freer breathing. Enhances channeling abilities.

Anatomy keywords: metabolism, digestion, vision, anorexia, taste, skin eruptions



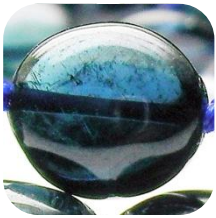
Topaz, Imperial | Above Crown Chakra

Awareness, Manifestation; Lungs

Stimulates sense of taste. Love and joyfulness, success in all endeavors. Promotes the expression of ideas. Individuality and creativity. Catalytic trigger for manifestation activities. Works with law of attraction. Helps in making choices, maintaining clear focus: confidence and trust in one's decisions. Use with Amethyst to produce magic and for transmutation.

Anatomy keywords: metabolism, digestion, vision, anorexia, taste, skin eruptions, liver, gallbladder, endocrine glands, cellular structure, solar plexus

Topaz, White | See [Chakra Gemstone Essence Collection](#).



Tourmaline, Blue | Throat Chakra

Communication, Psychic Awareness; Eyes and Brain

Activates the throat and 3rd eye chakras and facilitates access to higher levels of intuition. Also assists one in relating to others in a loving manner. Brings true impressions. Great for upper part of head, eyes and brain. Releases stress and tensions within the mind, including relief of headaches.

Anatomy keywords: lungs, larynx, thyroid, pulmonary and immune systems, brain, kidneys, bladder, thymus, sore throat, bacterial infection, eyes, congestion, sinusitis, burns, insomnia, night sweats



Tourmaline, Green | Heart Chakra

Plant Kingdom, Father Issues; Heart

Resonates with the physical body and male energies. Recommended for men to assist in strengthening the connection with their heart energy while remaining "masculine", and for anyone desiring to heal issues relating to the father or other male figures. Also connects to the Nature realms and is wonderful for gardening- plants love it! Prosperity.

Anatomy keywords: heart, thymus, eyes, immune and nervous systems, brain, spine- realigning, weight loss, constipation, diarrhea, claustrophobia, panic attacks, hyperactivity, exhaustion and CFS (Chronic Fatigue Syndrome), sleep aid



Tourmaline, Orange | Sacral Chakra

Creativity, Sexuality; Reproductive system

Stimulates energy centers of the body. Balances right and left brain. Stimulates navel chakra. Enhances sexuality, furthering desire with balanced emotions.

Anatomy keywords: reproductive system, fertility, sexual appetite, intestines



Tourmaline, Pink | Heart & Zeal Point Chakras

Nurturing and Protection; Endocrine System

Soothes the emotional body. Gentle, feminine, soft. Powerful for healing old emotional wounds, especially related to childhood. Wonderful also to use with children, having a calming and comforting effect (good for those very sensitive or hyperactive kids). There is very strong protection associated with this stone, which not only deflects negativity but acts as a beacon of love, inspiring more tolerance and tenderness in the person or situation. It can also strengthen the physical heart and hormones are addressed. Assists Kundalini movement, gently and gracefully. Creativity.

Anatomy keywords: heart, lungs, skin, brain, endocrine system



Tourmaline, Purple | Crown Chakra

Channeling and Past Lives; Cerebellum

Opens possibilities for channeling, clairvoyance and other psychic abilities. Dolphin connection. Past memory stimulation (Atlantis). The ultimate stone for the cerebellum.

Anatomy keywords: heart, depression, epilepsy, CFS (Chronic Fatigue Syndrome), Alzheimer's disease, environmental sensitivity



Tourmaline, Yellow | Sacral & Solar Plexus Chakras

Illuminating Intellect; Liver; Stomach

Illumination. Stimulates intellect. Inspiring. Strong on solar plexus, enhances personal power. Activates creativity and initiative.

Anatomy keywords: stomach, liver, spleen, kidneys, gallbladder



Tsavorite | Third Eye Chakra

Green Ray of Healing; Skeletal System

A great physical healer, encasing areas of dis-ease in nourishing green light and speeding recovery. Also stimulates knowledge of inner self and helps one to master one's personal issues: "know thyself". Take control of your destiny. Enhances sensitivity of one's senses: hearing, smell, sight, taste, touch, thought.

Anatomy keywords: skeletal system, joints, ligaments and cartilage (arthritis), bone marrow, teeth and jaws, immune system



Turquoise, Blue | Throat Chakra

Grounding, Protection; Entire Anatomy

Valor. Spiritual attunement as well as grounding. Safety in travel. Protection against environmental pollutants. Improves meditation. Strengthening. Master Healer. Strengthens eyes.

Anatomy keywords: meridians, circulatory and immune systems, eyes (cataracts), tissue regeneration, stomach, gout, rheumatism, viral infection, inflammation, cramps and pain, nutrient assimilation, depression, exhaustion, panic attacks, headache



Turquoise, Green | Throat & Thymus Chakras

Relaxation and Romance; Tissues

Healer of Spirits. Provides soothing energy and a peaceful state of mind. Mental relaxation. Promotes spontaneity and stimulates the initiation of romantic love and connectedness.

Anatomy keywords: meridians, circulatory and immune systems, eyes (cataracts), tissue regeneration, stomach, gout, rheumatism, viral infection, inflammation, cramps and pain, nutrient assimilation, depression, exhaustion, panic attacks, headache

U



Unakite | Solar Plexus Chakra

Re-birthing and Transformation; Balance Acid/Alkaline

Facilitates re-birthing and release, promoting growth. Balances emotions and brings them to a higher place of spirituality. Personal power: Guardian of our own life.

Anatomy keywords: skin tissue, reproductive system, pregnancy, hair growth, healthy weight gain

Z



Zoisite/Ruby | Sacral Chakra

Healer's Diagnostic Aid; Pregnancy and Reproductive organs

Protects genitals: testicles, ovaries, fallopian tubes, uterus, vas deferens. Amplifies sexuality, fertilization and creativity. Positive effect on DNA. Perfect gem combination for pregnancy. Protects the child in the womb. Aligns body and emotion. Stimulates and amplifies psychic abilities. Good for healers: for diagnostic healing and communicating with guides. Physical Vitality. Power stone for servers to stay in balance. A magical

conglomerate! See also: Ruby

Anatomy keywords: reproductive system, heart, spleen, pancreas, lungs, lethargy



Chakra Gemstone Essence Collection

Corresponding to the 12 energy centers of the body, assisting to open, balance and activate these chakras.

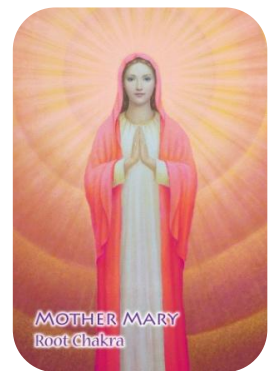
The actual colors of the stones provide the light frequency for each chakra, and the molecular makeup of each gem transmits additional vibrational qualities. Specific Angels, Archangels and Ascended Masters have also infused their energy into these beautiful rays, that were further infused with the energy of the Wesak full moon.



01 - Ruby, Red | Root Chakra ★ Mother Mary Intensifies Life Force Energy; Blood

Ruby opens one to the infinite source of divine love, raises the vibration of the physical body and promotes courage to express our highest potential. Energizes the physical being and emancipates creative energy devoted to our highest aspects. Ruby helps to keep the lower chakras open so energy can move up. May activate Kundalini (in a balanced manner). Mother Mary has infused her energy into this essence, which has a profound effect on the heart, strengthening the spiritual heart. Ruby addresses mastery and love of self. Ruby stabilizes the soul and heart connection, expressing love in action.

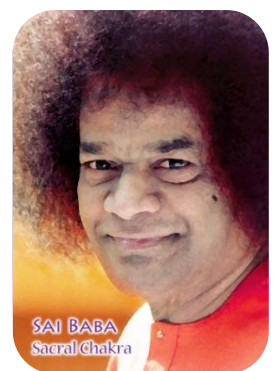
Anatomy keywords: heart, blood and circulatory system, lymph, kidneys, spleen, adrenals, reproductive organs, conception / pregnancy, fever, infectious disease, detoxification, lethargy



02 - Carnelian, Orange | Sacral Chakra ★ Sai Baba Inspires Creativity; Women's Reproductive System; Men's Prostate

Carnelian increases access to prana by clearing energy paths and offers us motivation and vitality. Shakti and Sai Baba came to infuse their energy into this essence, which stimulates and awakens the creative force and helps us focus on our goals. It magnetizes harmonious thoughts. Orange carnelian enhances attunement with the inner self and it grounds energy into the physical.

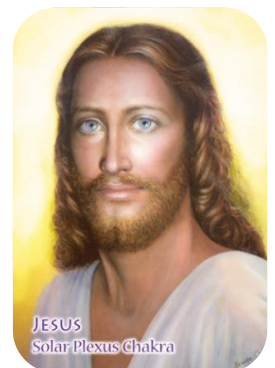
Anatomy keywords: reproductive system (fertility, impotence, frigidity), metabolism, lower back pain, rheumatism, arthritis, neuralgia, blood supply, gall stones, kidney stones, colds, vitamin and mineral absorption



03 - Citrine, Yellow | Solar Plexus Chakra ★ Jesus Clears, Expands; Kidneys; Digestive Issues

Citrine enhances concentration, clears old thought patterns, and is a bridge to access the divine. Jesus came to overlight this essence, to help us prepare for greater spirituality as the citrine opens our inner sight and hearing. Useful for intellectual communication and balancing the rational mind. It resonates with sovereignty, courage, confidence, self esteem. The sunlight it represents is uplifting and helps us recognize beauty and joy.

Anatomy keywords: heart, liver, spleen, pancreas, kidneys, bladder, thymus, thyroid, digestive system (constipation), muscles, blood circulation and detoxification, menstrual / menopausal symptoms, radiation clearing, selenium / zinc / vitamins A, C and E assimilation

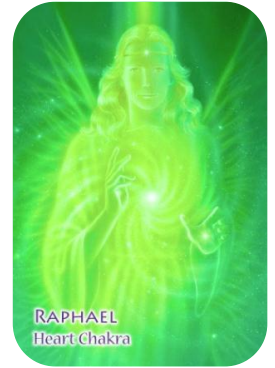




04 - Emerald, Green | Heart Chakra ★ Raphael
Security, Harmony; Physical Strength & Health; Heart

Emerald activates the heart chakra, teaching empathy and unconditional love, facilitating the experience of an expansion of love energy. Overlit by Archangel Raphael (the angel of healing), it works very strongly in the physical field, so it assists with all physical healing. Emerald helps with understanding rhythms and helps with all forms of communication through the heart, and healing with love.

Anatomy keywords: heart, lungs, sinus, skin, spine, kidneys, liver detoxification, pancreas, eyes, circulatory and muscular systems, radiation toxicity, rheumatism, diabetes, epilepsy, infectious illness



RAPHAEL
Heart Chakra



05 - Sapphire, Blue | Throat Chakra ★ Michael
Communication; Authenticity; Thyroid

Speak your Truth. Blue sapphire opens and heals the throat chakra: addressing communication and self expression. It relates to listening as well as speaking, mental discrimination, enlightened intuition and language mastery. Archangel Michael's energy comes into the blue sapphire with his blue shield of protection and blue sword of truth. Blue sapphire aligns our energy with our purpose and

assists one in staying on the spiritual path.

Anatomy keywords: intestinal tract, stomach, pituitary, eyes, heart, kidneys, gland regulation, blood disorders, bleeding, veins, nutrient assimilation, thyroid, throat



MICHAEL
Throat Chakra



06 - Sodalite, Transparent Indigo | Third Eye Chakra

★ Serapis Bey

Truthful emotions; Gland metabolism

Indigo addresses inner vision, paranormal vision. Sodalite enhances intent, focus, telepathy, deep thought calming and clearing of the mind. Clarity of purpose, keenness of perception, enriched experiences of synchronicity. Ascended Master

Serapis Bey infuses his energy into this essence. Through the 3rd eye we receive the inner command to go further. As increased light comes through the 6th chakra, dream your dream and have it come true.

Anatomy keywords: throat (vocal chords, larynx), lymphatic and immune systems, digestion, metabolism, blood pressure, fever, calcium deficiency, fluid absorption, radiation damage, insomnia



SERAPIS BEY
Third Eye Chakra



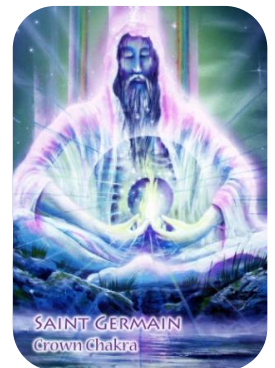
07 - Amethyst, Violet | Crown Chakra ★ St. Germaine

Serenity, Calm; Skin and Teeth

St. Germaine graces this Amethyst essence with his energy, bringing the violet ray of transmutation, alchemy and transformation. A protective essence, it assists with geopathic stress, transmutation of negative energies and cleansing the aura. Opens the crown chakra to receive energy from higher chakras and spiritual insight into highly refined aspects of higher potentials, divine love, mastery of thought and

inspiration. Useful to those in leadership positions. See the divine perfection in all things. A visionary essence.

Anatomy keywords: endocrine system, metabolism, hearing, bruises / injury, blood sugar (diabetes, hypoglycemia), immune system, headaches, insomnia, addiction / alcoholism



SAINT GERMAINE
Crown Chakra



08 - Aquamarine, Blue/Green | Thymus Chakra ★ Aquariel

Shields and Protects; Thymus

Aquamarine opens the spiritual high heart, the thymus chakra, and quiets the mental body to become receptive to transmissions from higher realms. It has humanitarian qualities as well as serenity, peacefulness, balanced emotions and abounding patience. This essence possesses a strong connection to the dolphins. Aquariel, the Archangel of clarity, has infused this Aquamarine essence.

Anatomy keywords: throat, jaw, teeth, eyes and vision, thyroid / pituitary regulation, liver, spleen, kidneys, stomach, autoimmune diseases

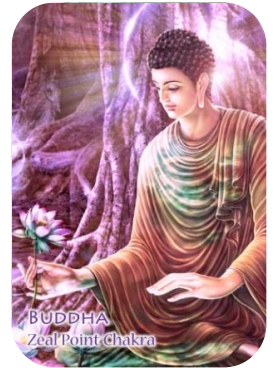


09 - Rhodolite, Magenta | Zeal Point Chakra ★ Buddha

Peace, Understanding; Heart and Lungs; Voice

A variety of Garnet, Rhodolite is a stone of inspiration. It encourages contemplation and intuition in balance with action and intellect. Its gentle, supportive energy also assists with enhanced self-worth and can heal old wounds related to guilt or shame. Own your gifts and share them with the world- define your unique voice and sing it loud and clear! Blessed by the Buddha, the Zeal Point Chakra, or ascension chakra, is opened with this essence. Located in the back of the head at the base of the skull (the *medulla oblongata*), this chakra is also called the Mouth of God. As it is good to have the Zeal Point Chakra open when leaving the earth plane, this essence can be wonderful for hospice work.

Anatomy keywords: heart, lung tissue, skin tissue, metabolism, hips, sexual libido, vitamin A and B-complex assimilation



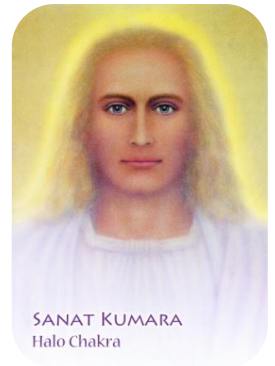
10 - Sapphire, Yellow | Halo Chakra ★ Sanat Kumara

Express Your Life Purpose; Solar plexus; Pituitary

Yellow sapphire brings in the gold light from the halo above the head. It resonates with Cosmic Truth and love for others. It speaks of the wise counselor who brings warmth, nourishment, empathy and inspiration for one's brothers and sisters. Its instinctive nature is of service. Gold is a master teacher, teaching through grace, so that one can express the soul's beauty in words, thoughts and communications.

Love radiates from gold. The band of Kumara Angels infused this yellow sapphire essence with their frequencies of wisdom, exultation, illumination and Christ like qualities.

Anatomy keywords: intestinal tract, stomach, pituitary, eyes, heart, kidneys, gland regulation, blood disorders, bleeding, veins, nutrient assimilation, detoxification, spleen, liver, gallbladder



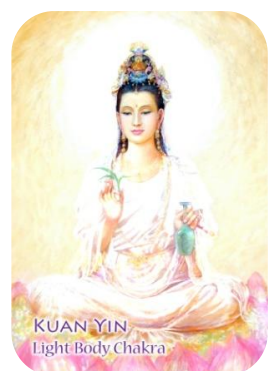
11 - Topaz, White | Light Body Chakra ★ Kuan Yin

Reverse Aging; Skin

White topaz feeds the light body, resonates with the source of universal energy. Rejuvenates the etheric body and aligns it with the physical body. Assists with travel to other realms. A source of strength and great to use on the meridians. Kuan Yin infused her energy into this magnificent white topaz essence. Conscious connection and manifestation of wisdom: turn vision into realities. White topaz also

addresses the reversal of aging.

Anatomy keywords: metabolism, digestion, vision, anorexia, taste, skin eruptions



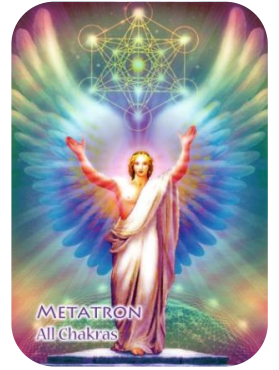


12 - Quartz, Clear - Rainbow | All Chakras ★ Metatron

Protects and Heals; Stomach; Pituitary Gland; Intestinal Tract

The rainbow essence of quartz brings in and radiates light. It attracts life force, brightens and energizes the aura. It awakens the pure light of the soul, promotes mental balance and facilitates positive thinking. The beautiful clear quartz spheres this essence was made from were programmed with all the love in the universe, which many feel right away when they take this essence. Feel the positive energy radiate from within when you take this quartz rainbow essence. It enhances rejuvenation and balances the etheric body. Quartz is also excellent for earth healing. Use the drops directly on the earth. Quartz also activates psychic gifts. This essence can be used to enhance other essences and it is very powerful alone. It is also excellent with other modalities, especially homeopathy. Put 7 drops in a regular bottle of eye drops for quartz eye therapy. Archangel Metatron overlights this essence.

Anatomy keywords: circulatory and immune systems, kidneys, bladder, digestion, skin (burns, blisters), vertigo





Animal Essence Collection

Made in a cosmic act of co-creation with the animals involved, by collecting water from their environment with utmost respect and joyous communion.

The wild animals who gifted their energy to the essences acted as honored ambassadors for their entire species/family, thus the vibration of their whole spiritual collective is included in these very special and sweetly expansive essences.



DolFUN ~ Being Love | Dolphin Pod / *Delphinus capensis*

Love Fest; Healing Waters

The very special dolphin essence works on all of the chakras, and brings us into that space of love. We can love unconditionally, as we remember that oneness and unity with everyone and everything. It also reminds us to play and be light hearted. The powerful dolphin essence is also good for helping to clear and activate waters- of any size, including that water that we ourselves are made up of.



Fly Like an Eagle | Bald Eagle / *Haliaeetus leucocephalus*

Soar Above; Divine Perspective

Eagle essence brings messages, exposes gifts and connects us with our spirit. It is about lofty ideals, vision, and trust- being borne on the winds of the Divine. Eagle energy offers us an invitation to fly higher, to catch the breeze and majestically soar into the heavens in a state of grace, as we connect with the element of air- and the higher mind. We can learn from the eagle to go beyond mental solutions, to spiritual solutions- to know that often the answers are well beyond the intellect. It reminds us of the possibility that exists when we rise and fly above the material, beyond our sense of self, to open ourselves to Source. We have the opportunity to see life differently, from another (higher) perspective, where things are more expanded and patterns are easier to see... We can also see farther, deeper. We may be able to look at old situations with new eyes, piercing through veils that were previously impenetrable. (On the physical level, this essence may address eyesight.) A messenger, eagle also carries the energy of patience. It can teach us to accept gifts from the universe and at the same time be willing to release attachment to them.

The eagle inspires us to release ourselves from comfortable and familiar thought patterns and be brave enough to enter the unknown realms. We can view the bigger picture and broaden our sense of self that is currently visible. We can become more than we can possibly imagine. Fly Like an Eagle, confident and trusting in your abilities!

"Come to the edge, he said.

We are afraid, they said.

Come to the edge, he said.

They came to the edge,

He pushed them and they flew.

Come to the edge, Life said.

They said: We are afraid.

Come to the edge, Life said.

They came. It pushed them...

And they flew."

- Christopher Logue



Otter Delight | **Giant Amazon River Otter** / *Pteronura brasiliensis*
Family Harmony; Joyful Play

This is an essence of the giant river otters of the Amazon. The Otter essence addresses self-love: the holy relationship we have with ourselves which allows us to have abounding love of others. Promotes beautifully strong family bonds, while remaining detached! Freeness of love, complete trust, joyously receptive. Otter is a representative of the Aquarian Age. Embodies play and expression of joy from everyone's accomplishments. Unity of Spirit.



Whale Time | **Grandfather Gray Whale** / *Eschrichtius robustus*
Changing the Past; Record-keeper

This essence, a gift from the grandfather gray whale passing through the Santa Barbara Channel, has many levels of attributes. Whales are record-keepers for all eternity. There are treaties around the world to protect them. Signed by hundreds of countries, even ones that have no water. Humanity knows, on a deep cellular level, that the whales carry a vast amount of knowledge. They are the record-keepers of the earth. Some of the very important knowledge they carry relates to how we can change the past. They can help us recreate our past, to make PEACE in our own hearts and in the heart of the planet. It will be much easier if we change history, and we can. We, being the microcosm of the macrocosm, must have peace and harmony in our own hearts in order to have peace and harmony on the planet. Begin to remember your past differently. You can remember a happy marriage, a happy childhood, etc. From there begin to remember happy, peaceful, harmonious times for others and for the planet, regardless of what you may have been taught to remember in the past. The Whale Time Essence can support you in this activity.

Another quality of the whale essence is to teach us how to save ourselves from extinction (whales have brought themselves back from the brink of extinction twice). The Whale Essence will help us know the destiny that is coded in our DNA. This helps us to know the significance of our life. And it is a navigation tool.

The Whales (as well as the dolphins) know how to work with the new children on earth; the Indigo children, the Crystal children, the children that are here to help guide us into our golden future. They bring the potential for peace and harmony on our planet. This essence will support and promote our connection with these children. It will also support the children in their work, their missions. I'm sure that this is only the beginning of the attributes and gifts of this essence, as with all of the essences.

Dive deeper.

Special Event Essences

These essences relate to celestial events or other unique occasions, and don't fit under the usual flower, gemstone or constellation categories. They have very unique and exceptional gifts to offer.



Chaska | **Hale Bopp Comet**
Cosmic Consciousness; Star Connection; Soar the Cosmic Ethers

This brilliant essence connects us to the galactic matrix and accelerates and assists us in communicating through the heart to our cosmic and galactic brothers and sisters. Chaska Essence embodies the energy of the goddess that was anchored in the valley where this essence was made. This celestial essence is the energy of the spectacular comet Hale Bopp on the Full Moon Lunar Eclipse. We also called in the energy of the elements, the four directions and the sun and the moon. It assists in helping one leave the arena of manifest matter and soar in the cosmic ethers, accessing dimensional doorways, through the heart, especially the etheric temples of regeneration. This is a magnificent essence to use when walking labyrinths and when connecting heaven and earth through the heart as well as for intergalactic communication.



Earth Balancing Trinity of Essences | The Earth is Divine

Chikyuu Rei Oo Soku Kami Nari

The Earth Balancing Trinity of Essences assists in fostering a co-creative union between Nature and ourselves. As we consciously awaken and shift our attention to Mother Earth, the components of the Earth Balancing Trinity can help to deepen our connection (Nature Communion) providing a broad spectrum balancer for peacefulness and grace in transition (Balance and Stability), as well as elements for earth stabilizing and specific grid work (Snake Jasper). Use this Earth Balancing Essence for yourself and for our Planet. Anointing the Earth with this high vibration essence consciously, with divine intent and especially in concert with others, is a very powerful experience both for ourselves and for the Earth. (She appreciates the acknowledgement!) *Earth Balancing Trinity of Essences comes in a 1 oz. concentrate form only. You are encouraged to make lots of dosage dilutions to share with others and with the Earth. 3 drops will make one ounce. Please distribute this essence widely.*

Essences: Balance and Stability (*Habenaria*), Nature Communion (*Trichoceros parviflorum*), and Snake Jasper.

Here are some suggested uses and ceremonies for the Earth Balancing Trinity of Essences:

- ★ Use the powerful structure of 3. The triangle is very stable and strong. Drop the drops in triangles on the earth. Place 3 drops everywhere you are called. (Start with your own home!)
- ★ Using prayer empowers the process. Simply saying: "The Earth is Divine!" (*Chikyuu Rei Oo Soku Kami Nari* in Japanese) as we drop the drops is great. Using the Japanese translation enhances power and momentum around these words. Thousands of people in Japan and around the world make these decrees every day:

Ware Soku Kami Nari means "I Am A Divine Being"

Jinrui Soku Kami Nari means "Humanity is Divine"

Chikyuu Rei Oo Soku Kami Nari means "The Master Spirit Earth is Divine"

Follow your highest guidance. There are many wonderful prayers, from many traditions, honoring the Earth.



Harmonic Concordance | Galaxy of Love

Bringing Hearts Together

November 8th-9th, 2013 marked the 10 year anniversary of the Harmonic Concordance, an extremely rare and spiritually significant astrological event that occurred November 8-9, 2003, and was celebrated world-wide. The Harmonic Concordance Anniversary Essence is a very special blend of flower and gemstone essences (and one comet essence!), synergistically chosen and formulated to honor and enhance this sacred event, and these sacred times. Though the anniversary event has passed, a profound momentum has begun, and this essence continues to be stellar for groups, celebratory gatherings, sacred ceremonies, and community unity of all kinds. Among its many gifts, it supports brother/sister-hood, harmony and understanding, receptivity to divine solutions, personal and global purpose, PEACE ~ and remaining balanced during these transformative times. Build and maintain a beautiful love frequency- within yourself, and with others! *Harmonic Concordance comes in a 1 oz. concentrate form only. You are encouraged to make lots of dosage dilutions to share with others. 7 drops will make one ounce.*

Essences: Anchoring Light (*Sobralia dichotoma*), Balance and Stability (*Habenaria*), Freedom/Libertad (*Xylobium w/24K Gold*), Light Codes of Unification (*Ida jamesiorm oakley*), One Heart (*Epidendrum cuscoense*), Pineal Light Infusion (*Ellianthus capitatus*), Chaska (Hale Bopp Comet), 24K Gold, and Moldavite.



Kidney Formula | Cleansing and Fortifying

Comfort and Support for Kidney and Bladder Concerns; Cleans and Strengthens

My cat Magic Heart had a kidney infection. She had the classic symptoms- blood in her urine, peeing in odd places- so I could notice. Magic didn't want to go to the vet- she told me (yes, she does talk to me occasionally) and she made it clear she could heal with essences. I made her this combination of essences and I put the drops right on Magic Heart's wet food. She lapped it up. I also put it in her water. I also put my hands on her and sent her energy... I'm sure that all contributed to her healing, and- Magic Heart wanted me to make it clear that the essences work! (I'm not suggesting you skip going to the vet. Please use your own intuition and guidance. I am very grateful for vets, and I trust they too will discover the value of essences for all kinds of critters.)

- Star

Essences: Balance and Stability (*Habenaria*), Eternal Youth (*Epidendrum ibaguense*), Let Go and Trust (Oregon), Recharge and Nourish (Nettle), True Compassion (Woolly Blue Curls), Emerald and Poppy Jasper.

Constellation Collection

Liquid affirmations: synergistic blends of flower and gemstone essences, formulated to address specific concerns.

Constellations are a great value as you get multiple essences in one bottle, and they are also broad spectrum healers! Look up individual ingredients to get more specific definitions. (You can also buy concentrates of singular essences and make up your own constellations.) Like all of the Star Essences, Constellations are outcome oriented. Their name reflects the aim, or highest and most transcendent result. If you are focusing on a key issue or challenge, look for a combination that points to the opposite of that issue or challenge. For example, if you feel your weight is less than perfect, try our Constellation **Perfect Weight**. Constellations are another powerful tool for shifting patterns of thought, feeling or behavior by assisting and encouraging our movement towards the positive.

Note: with a couple of exceptions, Constellations only come in 1 oz. dosage.



Attention Formula | Focused and Peaceful

Helps with ADD and ADHD; Assists with Relaxation; Can Improve Concentration

Assists one in staying attentive, focused, relaxed and peaceful. This blend has been reported to be of great value to children and adults diagnosed with Attention Deficit Disorder and Attention Deficit Hyperactive Disorder. Its special base is formulated with Peruvian Rose Salt, which along with the 3 Coral essences in this blend, helps to balance minerals. The Fava flower essence has a connection to L-Dopamine. *A note to parents of children taking medication (i.e. Ritalin): The essences will support change and eventually a balance may be achieved and medication reduced (with doctor's approval/supervision). Many children have been able to stop prescribed medication completely.*

Essences: Balance and Stability (*Habenaria*), Be Nurtured (*White Ceanothus*), Creation/Focus (*Jacaranda*), Divine Child (*Ponthieva montaña*), Inocencia Coca (*Coca*), Strength and Chi (*Fava*), 3 Corals: Pink, Red, and White, Chrysoprase, and Purple Sugilite.

Blue Lotus Temple | Enter the Sacred Heart Shrine

EmBody The Temple

This Holy Sacrament, emanating a high frequency, is a mighty transformer of energy and takes us through a portal to our own temple of knowledge: that temple-shrine that is within our own hearts. The Blue Lotus Temple is that which is most noble and holy in ourselves. To go to the Blue Lotus Temple is to journey to the heart of peace, into a new octave of existence. We become the Blue Lotus Temple. We align with our 5th dimensional selves. We experience true compassion, which is a significant experience of enlightenment. The Blue Lotus Temple is a place where we can go, no matter where we are. The essences in this blend are a vehicle to help us get there. There is a unification and exponential effect when the Blue Lotus (Water Lily) is combined with the Andean Orchids, and transmitted with the Gold. A divine splendor and subtle euphoria emerges. There is a joyful bubbling of creative passion.

We are returning hOMe in Sacred Union, by realizing the Sacred Union with all of life. "Home" is where we receive support and nourishment, it is a place of power and regeneration. When we come hOMe into the Blue Lotus Temple, we step into a sanctuary of empowerment and love. In this infinite dance of light, we are creating a spiral- we return to a place we have been before, on a new octave than we have been before, so we experience it with a whole new level of conscious awareness. In this sacred hOMe, in our illuminated consciousness, the magic happens. We awaken more deeply to the glorious grace raining down on us.

Dive deeply into the Blue Lotus Temple experience. It's beautiful to use this blend ceremonially and in meditation. You can use the drops individually, or in conjunction with the Blue Lotus Temple Spray. Call on the kingdoms of Light when working with Blue Lotus Temple rituals and ceremonies. Tune in to the most sacred visionary experiences ~ to evolutionary perception, as you merge into the Blue Lotus Temple of your heart, our multidimensional hOMe. *Take the drops directly or place them in a vessel of pure water or other sacramental liquid... You can also use as an offering, or to anoint with.*

Essences: Eternal Youth (*Epidendrum ibaguense*), Grace of Creation (Blue Water Lily), One Heart (*Epidendrum cuscoense*), Sacred Union (*Maxillaria*), Golden Rock Water, and Gold-24K.

Brilliant Student | Star Performer**For Studying, Creativity and Alertness; Boosts Confidence for Public Speaking; Eloquence**

Phosphorescence of thought. This blend addresses intellectual and artistic pursuits, as well as general concentration and alertness. Enjoy radiant inspiration and passion, and clear direction. Can assist with keeping your mind interested and the creativity and imagination flowing. Wonderful for public speaking, test taking, presentations, performances, writing, painting, brainstorming, visioning... Revitalizing and refreshing. Access the part of you that knows the answers. Brilliance is divine.

Essences: Ancient Wisdom (*Lycaste longepetalia*), Articulate Expression (Cosmos), Artistic Inspiration (Iris), Creation/Focus (Jacaranda), Faith and Courage (*Odontoglossum*), I Remember (Rosemary), Inner Guru (Purple Sage), Inocencia Coca (Coca), My Passion (Passionflower), Blue Sapphire, and Purple Tourmaline.

Celebration | Sacred Ceremony; Unplanned Jubilation**Fun and Wonderful Party Essence; For Ceremonies of All Kinds; Stellar and Earthly at the Same Time**

A sacramental blessing that infuses encounters with high frequencies of Light. It makes everything happier- and as Dr. Seuss says, "There's fun to be done!" It's a wonderful Happy Birthday party essence. Also perfect for weddings and ceremonies of all kinds, including full moon and new moon events. It's great when everyone takes this essence and plays in the same high frequency! Also enhances dance, Tai Chi, yoga and other forms of movement. Put it in party punches or take the drops directly in the mouth. Excellent in the bath (make your bath a celebration, a ceremony)!

Essences: Anchoring Light (*Sobralia dichotoma*), Balance and Stability (*Habenaria*), Dance (*Bougainvillea*), Eternal Youth (*Epidendrum ibaguense*), One Heart (*Epidendrum cuscoense*), Pure Joy (Orange Blossom), Zania (Zinnia), Otter Delight (Giant River Otters), Clear Quartz, and 24K Gold.

Down to Earth | Grounding; Integration**Graceful Assimilation of Spiritual Energies; Comfortable Physicality; Mind/Body/Spirit Harmony**

This special stabilizing blend supports our connection to our body, and can also foster our relationship with the nature kingdom, re-attuning us to the rhythms of the earth. It can be especially good for spiritual grounding, and becoming centered; it encourages us to be present, and to accept the present. Thus it can be useful for getting into alignment with the intense energies that are pouring forth, and for adapting gracefully to the dimensional shifts occurring. Vibrationally it represents a bridge between spirit and matter, supporting the ability to ground and assimilate spiritual energy into the physical body.

With this blend we can also be supported in harmonizing physical/mental/emotional/spiritual, and filtering out old energies or patterns that aren't in alignment with the incoming new. This cleansing of the emotional fields can be one of the greatest challenges of the Ascension process, as our energetic body can become "split" (like the proverbial straddler with each foot on opposite banks) between old heavy energies and incoming highly refined cosmic frequencies. Symptoms can include feeling scattered, spaced out, disoriented, disengaged with our bodies, flighty, uncomfortable in physicality, out of sorts, off-center... We can also experience clumsiness and find memory recall and retaining information more difficult. This Down to Earth formula is intended to address the smooth integration of these higher frequencies while simultaneously shedding/releasing anything dissonant, so that we can utilize the new energies to their greatest potential. And feel good in the process!

Essences: Anchoring Light (*Sobralia dichotoma*), Balance and Stability (*Habenaria*), Graceful Shift (Fennel), Impatiens, Integration (Mutuy), Star of Bethlehem, Andalucite, Bronzite, and Charoite.

Emancipated Master | Addresses Addictions**Helps Change Patterns; Release Cravings Gracefully; Remain Balanced and Strong**

This blend supports overcoming negative patterns and addictions. It assists changing habits and releasing cravings gracefully. Regain your freedom from anything that has power over you. Focus your intention and be liberated. *For best results take a minimum of 4 times a day, consistently and for a prolonged period of time, or whenever you have cravings.*

Essences: Balance and Stability (*Habenaria*), Emancipation (Tobacco), Freedom/Libertad (*Xylobium w/ 24K Gold*), Inocencia Coca (Coca), Sublime Chocolate (Cacao), Walnut, and Emerald.

Forever Young | Rejuvenation; Regeneration**Promotes Youthfulness; Speeds Recovery Time; Restorative (Great in Skin Products)**

This luminescent blend addresses rejuvenation and the reversal of aging. Tap into your universal energy. Regain your childlike, youthful qualities. Revitalizing on the skin. Use in the bath and in all of your body and beauty products, as well as in your drinking water. Restorative and healing properties.

Essences: Eternal Youth (*Epidendrum ibaguense*), Freedom/Libertad (*Xylobium w/ 24K Gold*), Alexandrite, Ametrine, and White Topaz.

Glorious Menopause | Graceful Change

Fun, Empowering Time of Life; Balance Metabolism/Temperature; Rejoice and Acknowledge Yourself!

Facilitates a fun, gentle, easy, graceful and empowering menopause. Creates a new resonant field to play in. Balances metabolism and temperature and is strengthening. This is a deeply profound, powerful time of life. Rejoice and acknowledge yourself!

Essences: Balance and Stability (*Habenaria*), Divine Goddess (*Masdevallia veitchianna*), Freedom/Libertad (*Xylobium w/ 24K Gold*), Bushilla (Bushilla), Graceful Shift (Fennel), Master Teacher (Chiri Sanango), Strength and Chi (Fava), Sublime Chocolate (Cacao), Wild Feminine (Wild Potato), Clear Moonstone, and Pink Tourmaline.

Graceful Passages | Birth/Rebirth; Transitions

Harmony, Inner Peace; Ease During Life Changes, Cycles and Processes

A beautiful blend for easing and honoring rites of passage, whatever their nature. Can assist parents with acclimating to new roles and connecting with the soul of a baby while in utero, and support a graceful and healthy birth. (Put in a spray bottle and mist the birthing room so everyone involved gets aligned.) Also useful for navigating the adjustments of adolescence, moving, new jobs, relationship shifts, family changes, and so on. This blend can be especially powerful for hospice work and life transitions, and for providing support during the grieving process. Love, courage, adaptability, and sweet divine connection.

Essences: Balance and Stability (*Habenaria*), Divine Child (*Ponthieva montaña*), Endearing Remembrance (Forget-Me-Not), Faith and Courage (*Odontoglossum*), Graceful Shift (Fennel), Let Go and Trust (Oregano), One Heart (*Epidendrum cuscoense*), Soul Family (Blue Ceanothus), Alexandrite, Riverstone~Sweet Surrender, and Pink Tourmaline.

Happy Kid | Precious, Peace-Filled Child

Nurturing, Balancing and Soothing

This gentle, nurturing blend, made especially for children and babies, is an all around balancer and great for injecting calm in challenging situations. Its joyful, loving influence can inspire positive dynamics between siblings and playmates, as well as with parents and other authority figures. Children are especially sensitive to energy and respond quickly to this essence, and to vibrational remedies in general. Nice for inner children too! This essence is preserved with pure vegetable glycerin instead of vodka, and contains no alcohol. Note that the glycerin gives the essence a sweet, candy-like taste. *Use topically (on pulse points, and/or on top of head) and orally; directly in the mouth or in water or juice.*

Essences: Balance and Stability (*Habenaria*), Be Nurtured (White Ceanothus), Divine Child (*Ponthieva montaña*), Faith and Courage (*Odontoglossum*), Early Bloomer (Oxalis), Pure Joy (Orange Blossom), Star of Bethlehem, DolFUN~Being Love (Dolphin Pod), Otter Delight (Giant River Otters), and Mother of Pearl.

Happy Pet | ...and Happy Wild Critters, Too!; Animal First Aid Essence

Calming and Uplifting; For All Sorts of Pet Upsets

Animals (wild and domestic) respond extremely well to vibrational essences. This blend is a great broad spectrum harmonizer, and is especially nice for helping pets adjust to travel or environment changes. (Wonderful for welcoming a new animal family member, especially those with a potentially traumatic past.) Social dynamics, training, and overall temperament and wellbeing have also shown improvement with this blend. It can aid in speeding the recovery process (use on wounds), and can be soothing for pets getting ready to make their transition. *Add to drinking water/food/supplements/shampoo, drop on paws or behind the ears, or rub in hands and pet animal.*

Essences: Balance and Stability (*Habenaria*), Be Nurtured (White Ceanothus), Faith and Courage (*Odontoglossum*), Nature Communion (*Trichoceros parviflorum*), Star of Bethlehem, Whale Time (Grandfather Gray Whale), Kyanite and Clear Quartz.

Illumination | Meditation; Angelic Connection

Quantum Consciousness; A Portal of Transcendence; Pilgrimage to Infinity and Back

Opening and expansion. This profound blend assists you in moving through the energetic octaves, and with bringing light into you gently. Actualizes the opening of the heart and encourages receptive qualities. Inspires heightened intuition and vision. Avail yourself to cosmic energy... Take a pilgrimage to infinity and back! Ideal for your meditation practice.

Essences: Anchoring Light (*Sobralia dichotoma*), Deep Breath (Eucalyptus), Divine Goddess (*Masdevallia veitchianna*), Gold + Silver/White Chakra (*Sobralia setigera*), High Frequency (*Pleurothallis*), Initiation of the Heartlight (Pink Lotus), Yellow Chrysoberyl, Heliodor, Rutilated Quartz, White Marble, and White Topaz.

Loving Thoughts | Positive Perspective

Every Thought Itself is a Prayer; Strengthens Coping Abilities Through an Open Heart

This blend expands you into a frequency that will help quiet the mind and think the thoughts that angels think. Our coping abilities are strengthened through an open heart. Remember we are the divine creator through our thoughts, ideas, beliefs, attitudes and expectations. With intent, energy and action our thoughts (prayers) are very powerful! Remind yourself at any time to have only loving thoughts, and that EVERY situation offers an opportunity to send love (to folks on the freeway, ex-spouses... bless everyone, all the time). Remember you are always praying. Every thought is a prayer itself!

Essences: Beech, Initiation of the Heartlight (Pink Lotus), One Heart (*Epidendrum cuscoense*), True Compassion (Woolly Blue Curls), Aquamarine, Chrysoprase, Rose Quartz, and Yellow Fluorite.

Magnificent Moontime | I Am a Divine Goddess

Honor, Enjoy, Tune into Your Cycles and Rhythms; Flow in a Stream of Love; Graceful Menses

Graceful menses. This blend offers the opportunity to honor, enjoy and tune into your body's cycles and rhythms, with reverence and peace. Mood swings, cramps, bloating, cravings can all be addressed by this supportive feminine blend. Stay balanced during each period. May also be helpful in cases of amenorrhea (absence of menstruation), or excessive bleeding. Nice to add to juice, tea, or bathwater, or use topically on areas of discomfort. Make a soothing mist for yourself by adding this blend to a spray bottle with water and essential oils of your choice. Acts of self-nurturing and quiet reflection align us with our feminine energy and support a gentle, comfortable flow. *Begin taking a few days- or even several days- before moontime begins, and continue throughout your cycle.*

Essences: Balance and Stability (*Habenaria*), Bushilla (Bushilla), Divine Goddess (*Masdevallia veitchiana*), Freedom/Libertad (*Xylobium w/ 24K Gold*), Full Moonlight (Lavender), Nature Communion (*Trichoceros parviflorum*), Strength and Chi (Fava), Sublime Chocolate (Cacao), Bloodstone, and Clear Moonstone.

Man Alive | A Vital, Virile Elixir

Powerful, Invigorating and Energetic Tonic; Increased Motivation and Stamina

Capture the Rapture. This fortifying masculine blend supports enhanced virility and vitality, in the bedroom or in life generally. Excitement, empowerment, robustness and enthusiasm. Some of our most juicy and potent essences contribute to this formula to address all aspects of masculinity, from helping with confidence and impetus to increasing sexual desire and performance. This blend also has the potential to address, balance and release male patterning that isn't in alignment with new directions. Honor and embrace your masculine forces! Dance into the night!

Essences: Balance and Stability (*Habenaria*), Freedom/Libertad (*Xylobium w/ 24K Gold*), Male Strength (Agave), Solar Power (Sunflower), Spunky (Heart-leaved Penstemon), Strength and Chi (Fava), Green Tourmaline, and Malachite.

Peaceful Sleep | Deep Beauty Rest; Lullaby for the Active Mind

Pleasant Slumber

This blend can help to relieve and relax the mental, emotional, and physical bodies, facilitating a sound, restful sleep. You can also use topically on third eye and stomach, or as guided. *Add to tea or water and sip an hour or more prior to bedtime, and also take drops directly before sleeping.*

Essences: Aspen, Balance and Stability (*Habenaria*), Earth Is My Heaven (Sweet Pea), Full Moonlight (Lavender), Charoite, Chrysoprase, Green Moonstone, Howlite, Lapis Lazuli and Lepidolite.

Perfect Weight | Radiant Body

Supports Balanced Appetite, Metabolism, Confidence, and Self-Love

This blend promotes enjoyment of being in your beautiful body. It assists in releasing anything you don't need anymore, whether literal or emotional pounds, and especially thoughts that no longer serve you. Sometimes our body adds weight to ground us or shield us from harsh energy- experiment with using this essence with Shield of Light Spray and Crystal Clear Spray if this resonates with you. Our bodies are miracles that make life on this planet possible and should be honored and revered as the gifts that they are! *This essence is most effective if taken at least 4 times daily, consistently and for a significant period of time, to maintain a frequency of a loved and loving body. Add it to your bath water, laundry water, beauty products, yoga mat, smoothies, food... Play and have fun with your physicality! It can be easy and enjoyable to change patterns.*

Essences: Balance and Stability (*Habenaria*), Freedom/Libertad (*Xylobium w/24K Gold*), Inocencia Coca (Coca), Let Go and Trust (Oregano), Master Teacher (Chiri Sanango), Sublime Chocolate (Cacao), Sacred Union (*Maxillaria*), Red Sardonyx, Rose Quartz, Teal Apatite, and Yellow Apatite.

Prosperity Alchemy | Open and Willing To Receive

Abundance is Our Nature; Receptivity; Wealth from Surprising Sources

This blend is a treasure! It can help propel you into the frequency of prosperity consciousness. Strengthen your feelings of generosity and gratitude... Gratitude ignites hidden sources of energy and light, lifting you to new levels of joy and peace. A grateful heart is the most powerful force in the universe! Expect abundance and wealth from unexpected sources. Your desire, emotion and imagination directly affect your prosperity consciousness. Affirm: Prosperity is natural and lavish abundance is our nature. There is infinite abounding wealth. Financial well-being comes with ease. Abundance is constantly flowing from source. I am wildly optimistic and let good fortune leap all over me! *Use consistently with intent, energy and action.*

Essences: Freedom/Libertad (*Xylobium w/ 24K Gold*), I Am Generosity (Chijchipa), I Am Gratitude (Mustard), I Remember (Rosemary), Citrine, Diamond, and Emerald.

Quintessential Balance | Peace; Emergency Essence

Broad Spectrum Stabilizer; Quickly Return to Equilibrium with Universal Love

This blend is the "Rescue Remedy" for the new millennium. We have taken our broad spectrum anti-stress, stabilizing essence, Balance and Stability, and added Faith and Courage for fortitude and trust, and Star of Bethlehem for emotional support, along with Clear Quartz to amplify the effects with universal love. Use whenever you feel off-center and need rebalancing. Works quickly! Helpful for everyone, including kids, pets, plants, adults and especially teenagers. Keep it handy: in your medicine cabinet, your desk, your purse (if you carry one), and in the car. If you can't decide which essence to take or if you're only going to have one, have this one. *Use as often as needed. Put 7 drops in a glass of water and sip during acute situations.*

Essences: Balance and Stability (*Habenaria*), Faith and Courage (*Odontoglossum*), Star of Bethlehem, and Clear Quartz.

Radiant Sensuality | Love Charm

Be the Love That You Desire; Cherish Yourself and Each Other; Great Love Potion

Enhance your romantic experience with this ecstatic synergistic blend supporting a new paradigm of love and intimacy! Marvelous for magnetizing you to your beloved and especially pleasurable to take with your beloved. (Be clear in your intentions with this potent magical elixir and allow anything- past or present- not in alignment to be released.) It can excite a beautiful range of sexual vitality and sensuality based on trust, affection and authenticity. Be creative; enjoy an essence cocktail. Add 4 droppers-full to your bath and immerse yourself in the sensation of these luscious essences. Love yourself and each other.

Essences: Floral Erotica (Sticky Monkey Flower), Freedom/Libertad (*Xylobium w/ 24K Gold*), Let Go and Trust (Oregano), Male Strength (Agave), Mango Paradise (Mango), My Passion (Passionflower), Open Mind/Future Vision (Mugwort), Sacred Union (*Maxillaria*), Wild Feminine (Wild Potato), Otter Delight (Giant River Otters), Carnelian, and Ruby.

Shield of Light | Safe, Protected, Courageous

Healthy Vibrational Boundaries; Great for the Very Sensitive; Overlit by Archangel Michael

Assists the creation of a harmonic frequency around you so nothing disruptive can enter your field. A valuable formula for healers and other sensitive folks! It can be especially useful before entering hospitals or health care facilities, as well as courthouses, prisons- anywhere with potentially harsh energy where one desires to be of service without being adversely affected. Also helps to filter electromagnetic pollution from electronic devices and high tension wires, or while traveling in big cities, especially in and around airports. Feel confident! Lovely to use on the perimeters of your house, yard, office, etc. (inside and out). Archangel Michael blesses this blend with his protective shield.

Essences: Balance and Stability (*Habenaria*), Faith and Courage (*Odontoglossum*), Freedom/Libertad (*Xylobium w/ 24K Gold*), Gold + Silver/White Chakra (*Sobralia setigera*), Magic Healer (Plantain), Strength of Achilles (White Yarrow), and Blue Sapphire.

Soul Purpose | Dreams, Visions

Assists Choice Making; Live in Love With Life; Discover Your Passion

This blend is about tuning into life's current and allowing spiritual source to flow through; to vibrate in unison with the universe and make clear choices. Take the drops when contemplating questions regarding direction, divine will. Ask yourself what gifts you have for the world and listen for the answers. Pay attention to your feelings: they are signs! Your dreams and curiosity will help uncover your path. Realize the goal that is contained in each step. Be an artist of the sacred, create your life as a work of art. Physical healing often manifests when you discover your soul path, so it is important to embrace what makes your heart and soul sing! Direct and remember your dreams.

Essences: Ancient Wisdom (*Lycaste longepetalia*), Cerato, Inner Guru (Purple Sage), Open Mind/Future Vision (Mugwort), Wild Oat, Wild Rose, Blue Sapphire, Transparent Indigo Sodalite, and White Marble.

Super Immune | Wellness; Purification

Immune Builder; Energetically Purify and Protect

A powerhouse of wellness wonder essences! This blend can activate and fortify the immune system via the electrical system, allowing the body to concentrate full time on the physical and thus potentially speeding recovery time dramatically. Most effective to use for prevention, or at the very first sign of a symptom. Use before entering potentially contagious places (or as soon as possible after). A valuable adjunct to any therapeutic modality as it can enhance and accelerate healing. Also helpful for preventing or mitigating the effects of radiation exposure, and for supporting the body before, during, after a cleanse or detox program. The body says thank you every time you take it. An essence that no medicine cabinet should be without!

Essences: Balance and Stability (*Habenaria*), Crabapple, Echinacea Energy (Purple Cone Flower), Faith and Courage (*Odontoglossum*), Freedom/Libertad (*Xylobium* w/24K Gold), Purification (Muña), Recharge and Nourish (Nettle), Strength and Chi (Fava), Wise Body (Elderberry), 3 Corals: Pink, Red, and White, Emerald, Green Aventurine, and Yellow Agate, with frequency of Peruvian Rose Salt. *Also available in concentrate.*

Travel Solution | Airplanes; Altitude

Great for All Forms of Travel, Including Airplane Issues; Strengthens Coping Abilities

This super blend supports increased adaptability and coping abilities while traveling. It can also soothe flying trepidation and offer protection from electromagnetic radiation in airplanes and airports (passing through security systems, etc.). The special ingredient of Coca flower essence helps to prevent and relieve altitude sickness, motion discomfort and jet lag. (The medicinal coca plant is sacred in Peru and coca tea has been served to travelers upon arrival to ease acclimation.) Journey and explore with confidence! *Begin taking up to a week prior to travel (depending on distance and length you'll be going), and continue throughout your journey as necessary.*

Essences: Balance and Stability (*Habenaria*), Deep Breath (Eucalyptus), Earth Is My Heaven (Sweet Pea), Faith and Courage (*Odontoglossum*), Graceful Shift (Fennel), Inocencia Coca (Coca), Mimulus, Purification (Muña), and Pink Tourmaline.

Vortex of Harmony | Elixir of Light; Radiation Solution

Keeps Frequency Strong and in the Highest Octaves; Balancing and Protective

Supports building a coherent geometric grid and matrix of light within us and around us to keep our vibration aligned with peace, well-being, and the highest good. This solution is about more than just radiation protection, which it does address. We must elevate our thoughts out of fear and negativity. It's about protection from many things that are occurring, and about staying in balance when they are happening. We choose which world we live in. Make conscious choices, focus your time and energy wisely, and align every action with thriving.

Essences: Balance and Stability (*Habenaria*), Faith and Courage (*Odontoglossum*), Recalibrate and Flourish (Linseed/Flax), Regal Amaranth~RA (Kiwicha), Amazonite, Blue Sapphire, 24K Gold, Malachite and Rose Salt with the frequency of Iodine. *Also available in concentrate.*

Mouth Mist Collection

Freshen your breath and your attitude.

Mouth Mists are synergistic blends of flower and gemstone essences infused with pure essential oils in a base of Activated Sacred Healing Water. Spray inside the mouth or the back of the throat, or use as guided.



Angel Breath Mouth Mist | Inspiring Freedom

Liberation and Expansion; Manifestation

Transform your life while you transform your breath! Contains the very special Andean Orchid essence Freedom/Libertad, which resonates with truth, freedom, and alignment with our divine purpose. It assists our evolution on multiple levels, and can radiate out to benefit others we come in contact with. We are encouraged to take it every day, for ourselves and for the collective. Infused with a delightful and invigorating blend of essential oils that support mouth, gum and digestive health, as well as freshen breath! Keep handy and use throughout the day.

Essences: Freedom/Libertad (*Xylobium w/ 24K Gold*). **Essential Oils:** Peppermint, Lemon, Cinnamon, and Clove.

Star Speaker Mouth Mist | Confidence in Communication

Speak Your Truth Through the Voice with Heart; Throat and Neck Balancing

Find the freedom to speak your truth through the voice, with heart, and feel protected from any disruptions. A potent ally for interviews, auditions, talks, presentations, speeches, courtroom situations- or everyday situations where you desire eloquent expression. Throat chakra and Zeal Point chakra are opened; energy and purpose are aligned. This mouth mist also addresses general throat and neck health, and has shown to be effective for relief from sore throats and head/neck/shoulder tension, including headaches centered in the *medulla oblongata* (at the base of the skull). Spray in mouth as well as topically on any areas experiencing discomfort. The energizing essential oils in this blend offer additional gifts: Eucalyptus is anti-inflammatory and beneficial for the respiratory system, while Fennel can aid digestion and is believed to induce courage and protect from negativity.

Essences: Balance and Stability (*Habenaria*), Faith and Courage (*Odontoglossum*), Freedom/Libertad (*Xylobium w/ 24K Gold*), Zeal Point Magenta Chakra (*Epidendrum f. guillemi*), Articulate Expression (Cosmos), Blue Sapphire, and Blue Spinel. **Essential Oils:** Eucalyptus and Fennel.

Yoga Mind Mouth Mist | Luminously Present

Infinite Patience; Balanced Body; Dynamic Stillness; Cosmic Perception

This high-vibing citrusy mouth mist is excellent to use for your yoga/meditation practice, and to hold the vibrational frequencies attained. It supports infinite patience and access to your cosmic perception. Be luminously present within a quiet mind. Feel your centered body, interdimensional stability, clarity, flexibility, acceptance, oneness, unconditional love. All this in one yummy mouth mist!

Essences: Anchoring Light (*Sobralia dichotoma*), Balance and Stability (*Habenaria*), Deep Breath (Eucalyptus), One Heart (*Epidendrum cuscoense*), Initiation of the Heartlight (Pink Lotus), Chrysopraxe, Diamond, and Rose Quartz. **Essential Oils:** Lemon, Orange, and Tangerine.

Spray Collection

The benefits of both vibrational essences and aromatherapy in one bottle.

Sprays are synergistic blends of flower and gemstone essences infused with pure essential oils in a base of Activated Sacred Healing Water. Spray above the head and let it float down... or spray your pillow, your face, your space, or your whole body! (Individual sprays may have additional directions.) Have a bottle in your car, your office, your bedroom and give it often as a much-appreciated gift.



Angel Rejuvenation Spray | Divine Facial and Aura Mist

Cleansing, Antiseptic, Uplifting; Heaven in a Bottle!

A miraculous blend of the Wiñay Wayna Andean Orchid essence, Eternal Youth, and essential oils known for their qualities of being rejuvenating, cleansing, antiseptic and uplifting. Lifts the spirit to a higher vibration, bringing immediate clarity and many smiles. Can open awareness to the angelic realm during meditation. Mostly it feels really good. WOW! Use it generously and often for rejuvenation. Have a bottle in your car, your office, your bedroom and give it often as a much appreciated gift. Angel Spray was the very first Star Essence Spray ever created and remains a best-seller! A favorite for certain. *Spray your face, your pillow, your space.*

Essences: Eternal Youth (*Epidendrum ibaguense*). **Essential Oils:** Frankincense, Lavender and Geranium.

Blue Lotus Temple Spray | Enter the Sacred Heart Shrine

EmBody The Temple

This Holy Sacrament, emanating a high frequency, is a mighty transformer of energy and takes us through a portal to our own temple of knowledge: that temple-shrine that is within our own hearts. The Blue Lotus Temple is that which is most noble and holy in ourselves. To go to the Blue Lotus Temple is to journey to the heart of peace, into a new octave of existence. We become the Blue Lotus Temple. We align with our 5th dimensional selves. We experience true compassion, which is a significant experience of enlightenment.

The Blue Lotus Temple is a place where we can go, no matter where we are. The essences in this blend are a vehicle to help us get there. There is a unification and exponential effect when the Blue Lotus (Water Lily) is combined with the Andean Orchids, and transmitted with the Gold. A divine splendor and subtle euphoria emerges. There is a joyful bubbling of creative passion.

We are returning hOME in Sacred Union, by realizing the Sacred Union with all of life. "Home" is where we receive support and nourishment, it is a place of power and regeneration. When we come hOME into the Blue Lotus Temple, we step into a sanctuary of empowerment and love. In this infinite dance of light, we are creating a spiral- we return to a place we have been before, on a new octave than we have been before, so we experience it with a whole new level of conscious awareness. In this sacred hOME, in our illuminated consciousness, the magic happens. We awaken more deeply to the glorious grace raining down on us.

Dive deeply into the Blue Lotus Temple experience. It's beautiful to use this blend ceremonially and in meditation. Lightly mist over a vessel of pure water or other sacramental liquid, or over ritual objects. You can use the spray individually, or in conjunction with the Blue Lotus Temple Constellation. Call on the kingdoms of Light when working with Blue Lotus Temple rituals and ceremonies. Tune in to the most sacred visionary experiences ~ to evolutionary perception, as you merge into the Blue Lotus Temple of your heart, our multidimensional hOME. *Spray your heart, aura and above your head... Feel the glorious grace raining down on you.*

Essences: Eternal Youth (*Epidendrum ibaguense*), Grace of Creation (Blue Water Lily), One Heart (*Epidendrum cuscoense*), Sacred Union (*Maxillaria*), Golden Rock Water, and 24K Gold. **Essential Oils:** Rose and Black Pepper.

Celebration Blessings Spray | Spray the Bliss

Divine Love and Cosmic Possibilities

A sacramental blessing that infuses encounters with high frequencies of Light. It makes everything happier- and as Dr. Seuss says, "There's fun to be done!" It's a wonderful Happy Birthday party spray. Also perfect for weddings and ceremonies of all kinds, including full moon and new moon events. It's great when everyone sprays and plays in the same high frequency! Also enhances dance, Tai Chi, yoga and other forms of movement. With this elegantly elevating spray, something wonderful is awakened... Blessings, Blessings, Blessings!

Essences: Anchoring Light (*Sobralia dichotoma*), Balance and Stability (*Habenaria*), Dance (Bougainvillea), Eternal Youth (*Epidendrum ibaguense*), One Heart (*Epidendrum cuscoense*), Pure Joy (Orange Blossom), Zania (Zinnia), Otter Delight (Giant River Otters), Clear Quartz, and 24K Gold. **Essential Oils:** Bergamot, Lime, Tangerine, Orange and Lavender.

Cool Flash Spray | Chill Out; Balance Body Temperature

Refresh and Decompress; (Nice to Keep in the Refrigerator)

Promotes balanced metabolism and body temperature. Wonderful for the hot summer months, after exercise, or anytime you desire a refreshing mist. The essential oils are considered to be beauty oils, bacteria busters, hormone regulators and morale boosters. They are excellent for the skin, supporting a youthful appearance, and may induce improved sleep and dream recall. This spray has many gifts above and beyond temperature regulation. It can be soothing for dry or tired eyes (be sure to close them first!), and can also provide relief from menopausal symptoms and other hormonal concerns. Whatever your gender or time of life: be cool! *Spray your face, your temples, your pulse points, or your whole body!*

Essences: Balance and Stability (*Habenaria*), Divine Goddess (*Masdevallia veitchiana*), Freedom/Libertad (*Xylobium w/ 24K Gold*), Graceful Shift (Fennel), Master Teacher (Chiri Sanango), Strength and Chi (Fava), Sublime Chocolate (Cacao), Wild Feminine (Wild Potato), Clear Moonstone, and Pink Tourmaline. **Essential Oils:** Clary Sage, Lemon and Geranium.

Crystal Clear Spray | Clear Energy; Anchor Light Body

A Healer's Favorite; Great Before/After Treatment

This revitalizing cleansing spray filters through the aura, leaving it radiant with pure golden light. It is excellent for space clearing as well as personal clearing. It can disperse residual energy in treatment/therapy rooms, crystals, hands, and other sacred tools after doing healing work. Recommended for practitioners of any healing modality, and for anyone prone to absorbing the energies of others or their environment. (Nice to use in conjunction with Shield of Light Spray.) This spray can also facilitate alignment with the light body and prepare the way for anchoring one's higher self into the physical. The sacred Peruvian Rose Salt is grounding, fortifying and purifying, while the flower and gem essences support balanced expansion into states of higher awareness and connection. *Spray your face, your crystals, your space.*

Using Crystal Clear Spray with Infants: *The purpose for this is anchoring the light body of the new baby, as well as clearing any undesired residual energies from a hospital or difficult birth (if relevant). This works on many octaves. The Peruvian Rose Salt also helps them to keep their soul memory. Shortly after they are born (starting anytime from 3 days to 1 month old- earlier the better), spray the Crystal Clear Spray over their head. Hold 12-18 inches above head and spray one pump. (Use 3 pumps on yourself- spraying on your face and right above your head.) Use 3x a day, until the bottle is empty, and that should be good- unless you get guidance to use another bottle. When the bottle is finished we recommend that you try some of our other Sprays, and use frequently.*

Essences: Balance and Stability (*Habenaria*), Be Nurtured (White Ceanothus), Faith and Courage (*Odontoglossum*), Freedom/Libertad (*Xylobium w/ 24K Gold*), Let The Light In (White Sage), Purification (Muña), Rutilated Quartz, and Scepter Quartz. **Essential Oils:** Frankincense, Lavender and Peppermint.

FAB Spray | Focused, Awake & Brilliant

For Clarity, Alertness and Enthusiasm While Studying, Working, Driving...: I Am a Creative Genius

Feel fabulous with this invigorating blend of stimulating essential oils and essences that support focus, inspiration, motivation, and stamina. Wonderful for enhanced concentration while studying, working, or any activity that requires your full attention, or for sustained alertness when driving long distances. "I am a brilliant, wide awake, creative genius." This spray is also helpful for general lethargy and procrastination, or feelings of being scattered and overwhelmed. It can help to define one's area of focus and balance the mental processes, whether there is excessive fogginess or excessive buzziness! Effective in many dimensions. *Mist your face.*

Essences: Ancient Wisdom (*Lycaste longepetalia*), Faith and Courage (*Odontoglossum*), Creation/Focus (Jacaranda), Inner Guru (Purple Sage), Inocencia Coca (Coca), I Remember (Rosemary), My Passion (Passionflower), Project Catalyst (Indian Paintbrush), Spicy Vitality (*Nasturtium*), Kyanite and Purple Tourmaline. **Essential Oils:** Rosemary, Peppermint and Lemongrass.

Happy Kid Spray | Nurturing, Balancing, Soothing

Wonderful in Classrooms; Holy Magnificence

This gentle, nurturing blend, made especially for children and babies, is an all around balancer and great for injecting calm in challenging situations. Its joyful, loving influence can inspire positive dynamics between siblings and playmates, as well as with parents and other authority figures. Lovely to use in playrooms, classrooms, parks, around the dining table, in the car, etc.! Children are especially sensitive to energy and respond quickly to this spray, and to vibrational remedies in general. Nice for inner children too! *Spray their space, their pillow, their toys, or above the head and let it float down.*

Essences: Balance and Stability (*Habenaria*), Be Nurtured (White Ceanothus), Divine Child (*Ponthieva montaña*), Faith and Courage (*Odontoglossum*), Early Bloomer (Oxalis), Pure Joy (Orange Blossom), Star of Bethlehem, DolFUN~Being Love (Dolphin Pod), Otter Delight (Giant River Otters), and Mother of Pearl. **Essential Oils:** Lavender and Tangerine.

Happy Pet Spray | ...And Happy Wild Critters, Too!; Peaceful, Safe Environment

Calming and Uplifting; For All Sorts of Pet Upsets

Animals (wild and domestic) respond extremely well to vibrational essences. This subtle, serene spray is a great broad spectrum harmonizer, and is especially nice for helping pets adjust to travel or environment changes. (Wonderful for welcoming a new animal family member, especially those with a potentially traumatic past.) Social dynamics, training, and overall temperament and well-being have also shown improvement with this blend. It can aid in speeding the recovery process (use on wounds), and can be soothing for pets getting ready to make their transition. This spray contains just a few drops of Palmarosa, an extremely mild essential oil with wonderful antibacterial, antiviral, and uplifting properties that is a common ingredient in natural flea and tick repellents. *Spray animal's bedding/space or spray hands and pet animal.*

Essences: Balance and Stability (*Habenaria*), Be Nurtured (White Ceanothus), Faith and Courage (*Odontoglossum*), Nature Communion (*Trichoceros parviflorum*), Star of Bethlehem, Whale Time (Grandfather Gray Whale), Clear Quartz, and Kyanite. **Essential Oil:** Palmarosa.

Holy Harmony Spray | Peace During Intensity

Serenity, Harmony, Peace; Cosmic Grace; Good for Emergencies; Emotional First Aid Spray

A calming, soothing balm for emergencies and other challenging situations. Brings things back to center. For peace during any kind of intensity- from grief and trauma to mild tension or stress... or just because you want some Holy Harmony! Enjoy the therapeutic properties of relaxing lavender and uplifting fennel essential oils in perfect harmony with a very special blend of some of our most preeminent essences for balance, nurturing, courage, composure, universal connection, and unconditional love.

Essences: Balance and Stability (*Habenaria*), Be Nurtured (White Ceanothus), Faith and Courage (*Odontoglossum*), Nature Communion (*Trichoceros parviflorum*), One Heart (*Epidendrum cuscoense*), Rock Rose, Clear Quartz, and Kyanite. **Essential Oils:** Lavender and Fennel.

Leap of Faith Spray | Spread Your Wings!

Calm and Confident; Bolsters Sense of Certainty, Strength, and Wisdom

Inspires trust and confidence in oneself, and the universe. A wonderful spray for supporting the development of new ideas and dreams, and especially for taking action on them! This blend also supports the release and transmutation of outworn thoughts or patterns that aren't in alignment with your new flight path. Feel courageous, empowered and buoyed with faith as you take the leap... and spread your wings! *Spray your heart, your feet, your face- or spray above the head, letting it sprinkle down over the body.*

Essences: Brave Heart (Penka Penqa), Cerato, Faith and Courage (*Odontoglossum*), Let Go and Trust (Oregano), Strength and Chi (Fava), Violet Flame (Lupine), Mother of Pearl, Rhodonite, and Yellow Aventurine. **Essential Oils:** Clary Sage, Cardamom and Cedarwood.

Love ♥ Lover ♥ Beloved Spray | Beautiful Body Mist

Spread the Love; Injoy; Resplendent Bliss; (Lovely After Bath or Shower)

Aromatically and energetically enchanting and provocative! This intoxicating spray inspires free expression of the heart-full unity within the joys of the physical form. It brings in the frequencies of ecstatic love, remembering we are the beloved. Use in conjunction with Perfect Weight for positive body image, or Radiant Sensuality for romantic encounters. Also enticing to use on bedding or clothes, or as a room spray! The warm, spicy essential oils in this formula make for an earthy and exotic aromatic experience. *Spray Your Luscious Self!*

Essences: Freedom/Libertad (*Xylobium w/ 24K Gold*), God/Goddess Unity (Banana), Mango Paradise (Mango), Open Mind/Future Vision (Mugwort), Sacred Union (*Maxillaria*), Wild Feminine (Wild Potato), Morganite, and Pink Sapphire. **Essential Oils:** Bergamot, Clove, Patchouli, Sandalwood and Vetiver.

Prosperity Alchemy Spray | Feel Prosperous; Open and Willing to Receive

Abundance Is Our Nature; Wealth From Surprising Sources

This combination helps propel you into the frequency of prosperity consciousness. It strengthens your affirmations of generosity and gratitude. Gratitude ignites hidden sources of energy and light, lifting you to new levels of joy and peace. A grateful heart is the most powerful force in the universe. Prosperity is natural and lavish abundance is our nature. There is infinite abounding wealth. Financial well-being comes with ease. Abundance is constantly flowing from source. You are wildly optimistic and let good fortune leap all over you. This essence is a treasure! Expect abundance and wealth from unexpected sources. Use this essence consistently with intent, energy and action. Your desire, emotion and imagination directly affect your prosperity consciousness. *Spray your space, your hands, your money, your aura.*

Essences: Freedom/Libertad (*Xylobium w/ 24K Gold*), I Am Generosity (Chijchipa), I Am Gratitude (Mustard), I Remember (Rosemary), Citrine, Diamond, and Emerald. **Essential Oils:** Bergamot, Clove and Nutmeg.

Sacred Sanctuary Spray | Feng Shui Spray; Create Your Realm of Light and DeLight

Align and Clear Energy; Keep Only What Makes Your ♥ Sing

Create Your Realm of Light and Delight. This sublime sanctifying spray promotes clearing and harmonizing on multiple levels. Flower essences of Dandelion, Oregano and Rose Mallow support decluttering and releasing material items that no longer serve, while White Sage and Muña (Andean Mint) vibrationally cleanse and shift unhelpful energy. Meanwhile the crisp, revitalizing scent of Fir essential oil will leave spaces smelling as clean and fresh as they feel! Wonderful to use during your regular cleaning rituals, or anytime space clearing is desired. (Also lovely to use for sanctifying our body temple.) A particularly valuable ally in expelling undesirable residual energy, including entities, before moving into a new home or workplace (nice to use with Crystal Clear Spray). Makes a wonderful housewarming gift! The addition of Moss Agate to this blend brings the healing gifts of nature indoors and inspires growth and abundance. *Spray yourself and your space.*

Essences: About Face (Dandelion), Anchoring Light (*Sobralia dichotoma*), Balance and Stability (*Habenaria*), Let Go and Trust (Oregano), Let The Light In (White Sage), Pure and Simple (Rose Mallow), Purification (Muña), Clear Quartz, and Moss Agate. **Essential Oils:** Frankincense and Fir.

Shield of Light Spray | Safe, Protected, Courageous

Great for the Very Sensitive; Overlit by Archangel Michael

Healthy Vibrational Boundaries. Assists the creation of a harmonic frequency around you so nothing disruptive can enter your field. A valuable formula for healers and other sensitive folks! It can be especially useful before entering hospitals or health care facilities, as well as courthouses, prisons- anywhere with potentially harsh energy where one desires to be of service without being adversely affected. Also helps to filter electromagnetic pollution from electronic devices and high tension wires, or while traveling in big cities, especially in and around airports. Feel confident! Lovely to use on the perimeters of your house, yard, office, etc. (inside and out). Many have reported that this spray helps them to drift into a pleasant night's sleep, wrapped in its fragrant cocoon of safety and reassurance. Archangel Michael blesses this blend with his protective shield. *Spray your energy field and above your head.*

Essences: Balance and Stability (*Habenaria*), Faith and Courage (*Odontoglossum*), Freedom/Libertad (*Xylobium w/ 24K Gold*), Gold + Silver/White Chakra (*Sobralia setigera*), Magic Healer (Plantain), Strength of Achilles (White Yarrow), and Blue Sapphire. **Essential Oils:** Rosemary, Frankincense and Lemongrass.

Super Immune Spray | Wellness; Purification

Immune Builder; Energetically Purify and Protect

A powerhouse of wellness wonder essences! This blend can activate and fortify the immune system via the electrical system, allowing the body to concentrate full time on the physical and thus potentially speeding recovery time dramatically. Most effective to use for prevention, or at the very first sign of a symptom. Spray liberally around yourself before entering potentially contagious places (or as soon as possible after). A valuable adjunct to any therapeutic modality as it can enhance and accelerate healing. Also helpful for preventing or mitigating the effects of radiation exposure, and for supporting the body before, during and after a cleanse or detox program. The powerful medicinal qualities of Eucalyptus and Oregano essential oils add to the potent cleansing and therapeutic properties of this spray that no medicine cabinet should be without! *Spray your hands, your face, your space.*

Essences: Balance and Stability (*Habenaria*), Crabapple, Echinacea Energy (Purple Cone Flower), Faith and Courage (*Odontoglossum*), Freedom/Libertad (*Xylobium w/ 24K Gold*), Purification (Muña), Recharge and Nourish (Nettle), Strength and Chi (Fava), Wise Body (Elderberry), 3 Corals: Pink, Red, and White, Emerald, Green Aventurine, Yellow Agate, and Peruvian Rose Salt. **Essential Oils:** Eucalyptus and Oregano.

Transcendence Spray | Open to Spiritual Gifts

Go Beyond the Ordinary, into the Realms of the Extraordinary

Become more and more spiritually enLightened and affect the world in wondrous ways. Bring in your highest potential as a brilliant co-creator and Master of Light. Open to receiving your spiritual gifts. A few of these gifts include: increased intuition, expanded creativity, development or enhancement of clairvoyant and empathic abilities. Excellent for meditation. *Spray your crown chakra and be lifted.*

Essences: Awakened Thymus Chakra (*Erythroides*), Gold + Silver/White Chakra (*Sobralia setigera*), Zeal Point Magenta Chakra (*Epidendrum f. guillemi*), High Frequency (*Pleurothallis*), Pineal Light Infusion (*Ellianthus capitatus*), Pituitary Master (*Epipactis gigantea*), 24K Gold and Selenite. **Essential Oils:** Lime, Lemon, Tangerine and Jasmine.

Topical Oil Blends

Light and Fragrantly DeLightful!

These water-based flower and gemstone essence infusions contain twice the amount of essential oils as our Sprays and Mouth Mists. From the medicinal Angel Drops to the ceremonial Anointing Oils, gift your skin and your soul with the benefits of both soothing vibrational essences and therapeutic essential oils.



Angel Drops | To Kiss It and Make It Better

For All Your Boo Boos

The wondrous Angel Drops are useful for minor cuts, itches, burns, scrapes, bruises, bites, pimples... Listed here are the beautiful gifts from each of the ingredients to help with life's little bumps and bruises: **Lavender and Tea Tree Oil** are natural antiseptics. **Balance and Stability** restores balance and harmony during any kind of stress or emergency situation. **Be Nurtured** brings in the divine mother's energy. **Crabapple** promotes purity and a positive self-image. **Freedom/Libertad** realigns us to our original divine blueprint. **Intimacy** releases irritation and calms skin reactions. **Magic Healer** accelerates healing. **Purification** cleanses and stimulates positive attitude. **Sweet New Beginnings** restores clarity and connection to the divine, and eases readjustment. **Emerald** brings empathy and unconditional love, overlit by Raphael (archangel of healing). **Golden Clear Calcite** keeps energy flowing, supports skin health and helps prevent infection. *Apply drops directly to area of awareness.*

Essences: Balance and Stability (*Habenaria*), Be Nurtured (White Ceanothus), Crabapple, Freedom/Libertad (*Xylobium w/ 24K Gold*), Intimacy (Poison Oak Flower), Magic Healer (Plantain), Purification (Muña), Sweet New Beginnings (Pink Jasmine), Emerald, and Golden Clear Calcite. **Essential Oils:** Lavender and Tea Tree.

Angel Anointing Oil | Cleansing, Antiseptic, Uplifting

Heaven in a Bottle!

A miraculous blend of the Wiñay Wayna Andean Orchid essence, Eternal Youth, and essential oils known for their qualities of being rejuvenating, cleansing, antiseptic and uplifting. Lifts the spirit to a higher vibration, bringing immediate clarity and many smiles. Can open awareness to the angelic realm during meditation. Mostly it feels really good. WOW! *Wonderful to use before bodywork or healing sessions (anoint giver's hands and third eye and/or recipient's chakras). Also really nice to anoint yourself or loved ones before bedtime... children especially! You can also anoint kiddos (or yourself!) after bathing, or anytime rejuvenation or calming is desired. (When using with very small children, be sure to apply it where they will not be able to ingest it... head, neck and belly area are best.)*

Essences: Eternal Youth (*Epidendrum ibaguense*). **Essential Oils:** Frankincense, Lavender and Geranium.

Beloved Anointing Oil | Spread the Love

Injoy; Resplendent Bliss; (Lovely After Bath or Shower)

Aromatically and energetically enchanting and provocative! This intoxicating blend inspires free expression of the heart-full unity within the joys of the physical form. It brings in the frequencies of ecstatic love, remembering we are the beloved. The warm, spicy essential oils in this formula make for an earthy and exotic aromatic experience. *Anoint your luscious self; anoint your lover. Dab on pulse points, heart, belly, erogenous zones, or anywhere you desire! (Avoid direct contact with eyes and tender or sensitive areas.)*

Essences: Freedom/Libertad (*Xylobium w/ 24K Gold*), God/Goddess Unity (Banana), Mango Paradise (Mango), Open Mind/Future Vision (Mugwort), Sacred Union (*Maxillaria*), Wild Feminine (Wild Potato), Morganite, and Pink Sapphire. **Essential Oils:** Bergamot, Clove, Patchouli, Sandalwood and Vetiver.

Transcendence Anointing Oil | Open to Spiritual Gifts

Go Beyond the Ordinary, into the Realms of the Extraordinary

Become more and more spiritually enLightened and affect the world in wondrous ways. Bring in your highest potential as a brilliant co-creator and Master of Light. Open to receiving your spiritual gifts. A few of these gifts include: increased intuition, expanded creativity, development or enhancement of clairvoyant and empathic abilities. Excellent for meditation. Anoint yourself prior to yoga, tai chi, dance or other forms of sacred movement- particularly the hands and feet.

Essences: Awakened Thymus Chakra (*Erythroides*), Gold + Silver/White Chakra (*Sobralia setigera*), Zeal Point Magenta Chakra (*Epidendrum f. guillemi*), High Frequency (*Pleurothallis*), Pineal Light Infusion (*Ellianthus capitatus*), Pituitary Master (*Epipactis gigantea*), 24K Gold and Selenite. **Essential Oils:** Lime, Lemon, Tangerine, and Jasmine.

The following blends have been synergistically updated with essences created since their initial formulation, or last reformulation. Product name is followed by new additions, with original recipe below.

Angel Drops: Crabapple, Intimacy (Poison Oak Flower), Magic Healer (Plantain), Golden Clear Calcite

Balance and Stability (Habenaria), Be Nurtured (White Ceanothus), Freedom Libertad (Xylobium with 24K Gold), Purification (Muña), Sweet New Beginnings (Pink Jasmine), Emerald

Brilliant Student Constellation: Articulate Expression (Cosmos), Artistic Inspiration (Iris)

Ancient Wisdom (Lycaste longepetalia), Creation/Focus (Jacaranda), Faith and Courage (Odontoglossum), I Remember (Rosemary), Inner Guru (Purple Sage), Inocencia Coca (Coca), My Passion (Passionflower), Blue Sapphire, Purple Tourmaline

Crystal Clear Spray: Let The Light In (White Sage), Rutilated Quartz, Scepter Quartz

Balance and Stability (Habenaria), Be Nurtured (White Ceanothus), Faith and Courage (Odontoglossum), Freedom/Libertad (Xylobium w/24K Gold), Purification (Muña)

Emancipated Master Constellation: Walnut

Balance and Stability (Habenaria), Emancipation (Tobacco), Freedom/Libertad (Xylobium w/ 24K Gold), Inocencia Coca (Coca), Sublime Chocolate (Cacao), Emerald

FAB Spray: Project Catalyst (Indian Paintbrush), Spicy Vitality (Nasturtium)

Ancient Wisdom (Lycaste longepetalia), Faith and Courage (Odontoglossum), Creation/Focus (Jacaranda), Inner Guru (Purple Sage), Inocencia Coca (Coca), I Remember (Rosemary), My Passion (Passionflower), Kyanite, Purple Tourmaline

Graceful Passages Constellation: Endearing Remembrance (Forget-Me-Not)

Balance and Stability (Habenaria), Divine Child (Ponthieva montañã), Faith and Courage (Odontoglossum), Graceful Shift (Fennel), Let Go and Trust (Oregano), One Heart (Epidendrum cuscoense), Soul Family (Blue Ceanothus), Alexandrite, Riverstone ~ Sweet Surrender, Pink Tourmaline

Happy Kid Constellation / Happy Kid Spray: DoLFUN ~ Being Love (Dolphin Pod), Star of Bethlehem

Balance and Stability (Habenaria), Be Nurtured (White Ceanothus), Divine Child (Ponthieva montañã), Faith and Courage (Odontoglossum), Early Bloomer (Oxalis), Pure Joy (Orange Blossom), Otter Delight (Giant River Otters), Mother of Pearl

Happy Pet Constellation / Happy Pet Spray: Star of Bethlehem

Balance and Stability (Habenaria), Be Nurtured (White Ceanothus), Faith and Courage (Odontoglossum), Nature Communion (Trichoceros parviflorum), Whale Time (Grandfather Gray Whale), Clear Quartz, Kyanite

Holy Harmony Spray: Rock Rose

Balance and Stability (Habenaria), Be Nurtured (White Ceanothus), Faith and Courage (Odontoglossum), Nature Communion (Trichoceros parviflorum), One Heart (Epidendrum cuscoense), Clear Quartz, Kyanite

Illumination Constellation: Rutilated Quartz

Anchoring Light (Sobralia dichotoma), Deep Breath (Eucalyptus), Divine Goddess (Masdevallia veitchiana), Gold + Silver/White Chakra (Sobralia setigera), High Frequency (Pleurothallis), Initiation of the Heartlight (Pink Lotus), Yellow Chrysoberyl (Cat's Eye), Heliodor, White Marble, White Topaz

Leap of Faith Spray: Brave Heart (Penka Penqa), Cerato

Faith and Courage (Odontoglossum), Let Go and Trust (Oregano), Strength and Chi (Fava), Violet Flame (Lupine), Mother of Pearl, Rhodonite, Yellow Aventurine

Love, Lover, Beloved Spray / Beloved Anointing Oil: Pink Sapphire

Freedom/Libertad (Xylobium w/ 24K Gold), God/Goddess Unity (Banana), Mango Paradise (Mango), Open Mind/Future Vision (Mugwort), Sacred Union (Maxillaria), Wild Feminine (Wild Potato), Morganite

Loving Thoughts Constellation: Beech, True Compassion (Woolly Blue Curls)

Initiation of the Heartlight (Pink Lotus), One Heart (Epidendrum cuscoense), Aquamarine, Chrysoprase, Yellow Fluorite, Rose Quartz

The following blends have been synergistically updated with essences created since their initial formulation, or last reformulation. Product name is followed by new additions, with original recipe below.

Man Alive Constellation: Spunky (Heart-Leaved Penstemon)

Balance and Stability (Habenaria), Freedom/Libertad (Xylobium w/24K Gold), Male Strength (Agave), Solar Power (Sunflower), Strength and Chi (Fava), Malachite, Green Tourmaline

Peaceful Sleep Constellation: Aspen, Earth Is My Heaven (Sweet Pea), Green Moonstone

Balance and Stability (Habenaria), Full Moonlight (Lavender), Charoite, Chrysoprase, Howlite, Lapis Lazuli, Lepidolite

Perfect Weight Constellation: Sardonyx-Red

Balance and Stability (Habenaria), Freedom/Libertad (Xylobium w/24K Gold), Inocencia Coca (Coca), Let Go and Trust (Oregano), Master Teacher (Chiri Sanango), Sublime Chocolate (Cacao), Sacred Union (Maxillaria), Teal Apatite, Yellow Apatite, Rose Quartz

Prosperity Alchemy Constellation / Prosperity Alchemy Spray: Diamond

Freedom/Libertad (Xylobium w/24K Gold), I Am Generosity (Chijchipa), I Am Gratitude (Mustard), I Remember (Rosemary), Citrine, Emerald

Quintessential Balance Constellation: Star of Bethlehem

Balance and Stability (Habenaria), Faith and Courage (Odontoglossum), Clear Quartz

Radiant Sensuality Constellation: Floral Erotica (Sticky Monkey Flower)

Freedom/Libertad (Xylobium w/24K Gold), Let Go and Trust (Oregano), Male Strength (Agave), Mango Paradise (Mango), My Passion (Passionflower), Open Mind/Future Vision (Mugwort), Sacred Union (Maxillaria), Wild Feminine (Wild Potato), Otter Delight (Giant River Otters), Carnelian, Ruby

Sacred Sanctuary Spray: Let The Light In (White Sage), Pure and Simple (Rose Mallow), Moss Agate

About Face (Dandelion), Anchoring Light (Sobralia dichotoma), Balance and Stability (Habenaria), Let Go and Trust (Oregano), Purification (Muña), Clear Quartz

Shield of Light Constellation / Shield of Light Spray: Strength of Achilles (White Yarrow)

Balance and Stability (Habenaria), Faith and Courage (Odontoglossum), Freedom/Libertad (Xylobium w/24K Gold), Gold + Silver/White Chakra (Sobralia setigera), Magic Healer (Plantain), Blue Sapphire

Soul Purpose Constellation: Cerato, Wild Oat, Wild Rose

Ancient Wisdom (Lycaste longepetalia), Inner Guru (Purple Sage), Open Mind/Future Vision (Mugwort), Blue Sapphire, Transparent Indigo Sodalite, White Marble

Star Speaker Mouth Mist: Articulate Expression (Cosmos), Blue Spinel

Balance and Stability (Habenaria), Faith and Courage (Odontoglossum), Freedom/Libertad (Xylobium w/24K Gold), Zeal Point Magenta Chakra (Epidendrum f. guillemi), Blue Sapphire

Super Immune Constellation / Super Immune Spray: Crabapple

Balance and Stability (Habenaria), Echinacea Energy (Purple Cone Flower), Faith and Courage (Odontoglossum), Freedom/Libertad (Xylobium w/24K Gold), Purification (Muña), Recharge and Nourish (Nettle), Strength and Chi (Fava), Wise Body (Elderberry), 3 Corals: Pink, Red, and White, Emerald, Green Aventurine, Yellow Agate, Rose Salt

Travel Solution Constellation: Earth Is My Heaven (Sweet Pea), Mimulus

Balance and Stability (Habenaria), Deep Breath (Eucalyptus), Faith and Courage (Odontoglossum), Graceful Shift (Fennel), Inocencia Coca (Coca), Purification (Muña), Pink Tourmaline

Vortex of Harmony Constellation: 24K Yellow Gold

Balance and Stability (Habenaria), Faith and Courage (Odontoglossum), Recalibrate and Flourish (Linseed/Flax), Regal Amaranth ~ RA (Kiwicha), Amazonite, Blue Sapphire, Malachite, Rose Salt with the frequency of Iodine