



## How to Use the Canyon Set

### **Method 1: Regular Support**

If you are experiencing a period of upheaval or change in your life, select any essence in the set by dowsing or following your own intuitive process. Take your chosen essence regularly - 3 drops 2-3x per day for support as you go within. After a week "on," check in with yourself - you may choose to continue taking the same essence or move to a different one. Although you may take more than one essence at a time, we recommend starting with a single essence, as it is easier to follow the effects this way. If you wish to take more than one essence at a time, take 1 drop of each essence 2-3x per day.

### **Method 2: Meditation**

Select any essence in the set by dowsing or following your own intuitive process. Take 1 drop of the essence under your tongue or in a small glass of water. Meditate for 10-15 minutes - focus on your breathing and pay attention to any sensations, emotions, thoughts, images or memories that surface. When you finish meditating, make a note of what you experienced. You might try committing to this exercise for several days or a week and - through journaling - track a progression of experiences with your chosen essence.

### **Method 3: Dreamtime**

Select any essence in the set by dowsing or following your own intuitive process. Take 1 drop before bedtime. Before you fall asleep, formulate a question that you'd like some insight on. Keep a notepad near your bed and record any dreams you may have during the night.

### **Method 4: Shamanic Journey & Ceremony**

Brittlebush, Desert Globe Mallow and Sacred Datura are particularly powerful in journeys and ceremonies; however, you may select any essence in the set by dowsing

or following your own intuitive process. Take 1 drop of your chosen essence before beginning a shamanic journey or ceremony. Invite the energy of the plant into your process and make, if you can, an intuitive connection. It is often helpful to set an intention or ask a question before you begin and perhaps articulate a simple opening/closing prayer of gratitude. Be mindful of any messages, images, thoughts or feelings that enter your experience during your journey or ceremony. We recommend recording your impressions in a journal.

### **Method 5: Retreat/Vision Quest**

If you are planning to unplug from the world for a time to go within and/or embark on a vision quest of any kind (even a day spent alone in nature), choose up to 3 essences in the set by dowsing or following your own intuitive process. These essences will serve as companions as you step into your time of seclusion. If you select a single essence, take 3 drops of that essence 2-3x per day for the duration of your retreat. If you wish to take more than one essence at a time, take 1 drop of each essence 2-3x per day.

If you have questions about this process, please contact us at 603.601.6929 / [info@deltagardens.com](mailto:info@deltagardens.com).