



Canyon Set - Flower Essences for Transformation

The Canyon Set offers a retreat from the world, providing support during times of deep personal transformation. The essences in this collection can be used to enhance shamanic journeys and ceremonies - and can allow us greater access to insight and guidance during a vision quest or period of solitude. One plant communicated the following message during the essence-making process: "If you can't bring the person to the desert, bring the desert to the person."

Dosage ~ During times of introspection and change, take 3 drops 2-3x/day under the tongue or in a small glass of water to regularly access support and insight. Before a meditation, ceremony, shamanic journey or vision quest, take 1 drop under the tongue or in a small glass of water to enhance the experience.

* * * * *

Arizona Four O'Clock : For those who prefer to live and work in solitude; for healing after parting and separations; for rediscovering the self apart from others; use for deeper work on self during periods of forced isolation

Arizona Pea : For purification, preparation, undertaking something important; helps us prepare for a journey or spiritual event

Brittlebush : For uncertainty and ambivalence; for the wavering spirit; helps to develop a sense of purpose; use in ceremony or in a vision quest to develop clarity

Canyon Watercress : For relaxation and restoration; for those who work too hard; for periods of reflection when one wishes to change a driven personality

Crimson Monkeyflower : For hydrophobia and fear of one's watery nature; eases fear and aggression; for fear of the unknown; for those who resist the deeper aspects of the psyche; for fears related to ceremonies and vision quests

Desert Birdbush : Use when soul-searching for power; addresses paradox (subtle/intense, hidden/vibrant, elusive/loud); for those who need to hide their light or be

circumspect about their power; helps us feel solace when we are disconnected from our soul group

Desert Flax : Speaks of gentleness and austerity; balances social and non-social tendencies; use in journeys or ceremonies when working to resolve inner conflicts

Desert Globe Mallow : Supports boldness and daring; reinforces commitment to action against all odds; use in journeys, ceremonies or vision quests when facing major life challenges or passages

Desert Plume : Supports extroversion and fosters a sense of belonging; use in journeys to overcome fears of judgement

Desert Tobacco : Use to support the release of old patterns, memories, trauma; a companion for deep personal work; is both secretive and inviting; brings much to the surface for release and greater insight

Hedgehog Cactus : For connecting the heart to our lower nature; for maintaining a connection to our humanness during spiritual progression; for developing compassion

Mesquite : For welcoming in newness and new phases in life; assists in releasing addictions; use in ceremonies to let go of addictive patterns

Sacred Datura : For specific times in life when important and life-altering decisions require the guidance and wisdom of the sages; ideal for ceremonies, sacred journeys or vision quests

Twining Snapdragon : For perceiving the central issues and most important information; for directing information into form; use when issues seem complex and unsolvable

White-Tufted Evening Primrose : For those who have experienced pregnancy or birth complications; helps those who were traumatized during the birthing process and/or who have ADD; for children who have lost one or both parents; a complement to inner child work; use in ceremonies to release early trauma

Yellow Bladderpod : For lightness and gentle cleansing; helps to lift winter depression; for those who are weighed down with troubles; use in journeys around depression

Delta Gardens makes no claims that essences can alleviate or heal any disease or condition. Essences should not be used as a substitute for professional medical evaluation and care.

For more information about the Canyon Set, contact us at: info@deltagardens.com / 603.601.6929.

Visit us online and order our essences at: deltagardens.com
83 Lafayette Road | Hampton Falls, NH 03844
DELTAGARDENS.COM