



Daisy Set - Flower Essences for Fears & Change

The Daisy Set addresses a stage in the transformation process when the ego or identity shifts to accommodate new behaviors. Each daisy essence also addresses a specific type of fear that inhibits personal growth or limits the full expression of the personality. There are two types of daisies - those with petals and those without petals. Daisies with petals help with integration and identity development. Daisies without petals help the identity release something that is no longer needed. The two varieties should not be used simultaneously.

Standard dosage ~ 3 drops 3x/day

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Black-Eyed Susan (petals) : Helps the personality bring in and assemble previously suppressed or edited-out information due to childhood punishments; supports recovery from strict, harsh or unconscious indoctrination, such as when a child only receives love when acting in certain ways; good for adults or children who fear doing the wrong thing or making mistakes; helps the personality lose fear and shame orientations and accept the rhythms of life and humanness

Chamomile (petals) : Helps us identify more easily with happiness and feeling good; eases grumpiness, negativity, low expectations and fears that things will go wrong; eases fear of the dark

Chinese Moxa (no petals) : Helps release general and specific fears, trauma, ideas and attitudes that block the flow of energy in the system; ideal for conscious work on a specific issue; may release deep, unconscious blocks in the system, initiating a period of depression, chaos or violent dreams followed by clarity and increased energy

Costmary (no petals) : Helps release regrets and sadness about loss; eases life transitions (the end of child-rearing days, retirement, moving away from a long-term home); lessens self-destructive examinations of past mistakes and lightens deep wishes that everything was different; helps with fear of change, aging and death

Echinacea (petals) : Useful in therapy when there are deep inner conflicts or when we are ready to integrate diverse aspects of the personality; speeds the resolution of conflicts by keeping all issues conscious; prevents the suppression of conflict or the splitting of the personality; helps with fears of losing control

Feverfew (petals) : Helps integrate practical information into the personality; useful for artists, dreamers, philosophers and anyone who has trouble with the day-to-day matters of life; eases fears of losing our identity in groups or systems

Fleabane (petals) : Helps release fears of our delicate or feminine nature; helps reassemble our feminine side after damage or suppression; addresses gender-related prejudices and homophobia; helps those who are considering careers in the arts and struggling with fears that accompany this type of decision

Gloriosa Daisy (petals) : Helps us choose, align with and persist in all matters of soul growth; helps the soul locate resonant people, activities, places and careers while clearing thoughts that lessen the joy of soul-aligned experiences; supports feelings of satisfaction and accomplishment; eases fears and mental wavering when we are selecting a life direction

Hawkweed (petals) : For fear of being lost; promotes tribal identity and supports a spirit of belonging

Ligularia (petals) : For fear of emotions; promotes the development of emotional intelligence and the feminine side

Ox-Eye (petals) : For fear of not having a purpose; promotes single-mindedness and task completion

Red Echinacea (petals) : For fear of losing our identity; gives strength to the inner self - the person within the personality

Shasta Daisy (petals) : Supports an overloaded or overworked mental body; clears confusion and mental fatigue; enhances the mind's ability to collect and sort information; ideal for educators, intellectuals and other professionals who are constantly thinking; helps with panic attacks that occur when subconscious fears surface and the mind cannot effectively rationalize or control the situation

Sunflower (petals) : Enhances our ability to project energy outward; strengthens will force and the ability to take action; increases confidence and removes blocks to

success (delay, procrastination, lateness, forgetfulness); for fear of success and fear of failure

Sweet Annie (no petals) : Helps release blocks and trauma related to our feminine side; especially useful for people whose families disrespected or mistreated women; addresses fears related to sexuality

Yellow Echinacea (petals) : For fear of internal changes; for those who feel out of step with their bodies and emotions; for those who feel lost in fears, turbulence or drama

Delta Gardens makes no claims that the essences in the Daisy Set can affect any physical, mental or emotional healing. Essences should not be used as a substitute for professional medical evaluation and care.

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

Visit us online and order our essences at: deltagardens.com
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