



Gila Mountain Set - Essences From New Mexico

The Gila Mountain Set contains 16 mineral, tree, plant and sacred place essences from the mountains and deserts of New Mexico. The collection carries the imprint of the land and provides access to deep grounding and courage that allows you to take action in your life.

* * * * *

Alligator Juniper : For fear of new beginnings and for those who are ready to “take off;” helps to transform anxiety to excitement; connects the root to the solar plexus; provides energetic support for the kidneys

Arrowhead Obsidian : Helps us gather wisdom from the past and provides connection to ancestors; for those who repeat mistakes; links the base of the spine to the clavicle; provides energetic support to the spine

Barite : Supports strength, courage and stoutheartedness; helps energy flow from the heart to the arms and hands

Cholla : Helps us bring dreams into form; stabilizes wishful thinking and escapism; for those who cannot think concretely; connects the solar plexus to the brow and provides energetic support to the eyes

Continental Divide : Stimulates magnetic and electrical systems; for use on acupressure points to alleviate blocked energy; provides a connection to specific earth grids and supports astral travel

Fulgurite : Stimulates flashes of insight; for use in solving difficult problems; augments ligaments and strengthens neurological tissues; provides energetic support for the central nervous system

Gila Cliff Dwellings : Connects us to star energy, stimulating etheric pictures related to the immediate or distant past; for use in shamanic journeys, ancestral or past-life work

Limonite : Facilitates communication and eases frustration; useful in language learning and development; stimulates the throat, jaw and chin

Moonlight Mistletoe : Uplifts heavy-heartedness and enhances our relationship and communication with trees; helps us find joy in serving others

One-Sided Juniper : For developing certainty and overcoming inertia; helps those who hesitate and doubt themselves cultivate a steadfast nature; connects the root to the solar plexus and provides energetic support to the kidneys

Piñon Pine : Enhances sacred ceremonies and opens doorways to other dimensions; for use in shamanic Native American practices

Red Sandstone : A detox essence that helps us develop ease and flexibility; supports the skin and promotes tissue elasticity; connects the pelvis to the crown

Smoky Chert : Enhances our inner warning system that senses danger; for sexual dysfunction; balances pelvic energies

Staurolite : Strengthens our outer energy shields and provides an infusion of warrior energy; enhances a sense of duty and purpose; use to ground and protect

Twin Needle Piñon : Quickens thought and response time; helps athletes and runners increase their speed and endurance; augments our ability to draw energy from nature

Volcanic Ash : Provides grounding for those who are hypersensitive; strengthens circulation and warms the third chakra; enhances communication with birds

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 Gila Mountain 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