



Hawaii Set - Flower Essences for Transforming Pain

The essences in the Hawaii Set help us understand and explore the connections between trauma and aspects of personality. Each flower speaks to the relationship between past pain and current physical, emotional and mental patterns. Use this set to help transform the effects of the past in your present life. These essences will deepen work with the self and with clients.

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Allamanda : An essence for joy, uplift and openheartedness; helps lessen depression, loneliness, shyness and worry

Awopuhi Ginger : Aligns with the heart chakra and supports purity of thought; for those who seek celibacy out of fear of not being able to create healthy relationships with the self and others; for those who fear intimacy and choose to be aloof; relieves resentment of others' success in relationships

Banyan Tree : Provides powerful grounding and protection to the physical body during expansion experiences; carries strong elephant energy; helpful for dementia; promotes ancestral healing; strengthens bones and joints

Blue Ginger : Calming and warming; for cold, distant and aloof personalities; for those who were not nurtured as children or who have learned to be distant to feel safe; uplifts chakra 2; an essence for anxiety and for those who are overly analytical

Blue Thunbergia : Creates movement in the heart center; use when undernourishment and abandonment in childhood result in the following personality imbalances - a chip on the shoulder, cruelty, selfishness, despair, heavy-heartedness; for those who were taught not to cry and those who were bullied as children

Blue Vervain : For those who have repressed or ignored emotional stress for years, leaving the physical body weak and susceptible to infection; eases repression and denial; helps those who gossip and meddle in others' affairs as a distraction from their own issues; promotes letting go and relaxation

Datura : For experiencing the sacredness of all life; helps us feel blessed and grateful during major transitions or strife; for peace and security during the transition out of the body; for those who fear out-of-body experiences

Green Tea Plant : A tonic for healers who misuse their powers; for those in authority who feel they are above others; for easing the effects of ego-based pride

Haleakala Moon : For journeying into the dark side of the self; for deep transformational work in groups and deep inner self-confrontation aimed at change; helps us accept and respect differences of opinion; for those who hide in groups or fear showing themselves to others

Hau : Carries an archetypal mother energy and helps us develop deep love, compassion and caring; for mothers who doubt their ability to care for their children and mothers who are constantly judgmental, short-tempered or angry with their children; for women who had poor mother role models; supports abandoned children and adults doing inner mother work; for mothers who carry guilt regarding the behavior of their children

Heliconia : For those who cannot forgive; a powerful cleanser for the liver and heart; helps with high blood pressure; eases criticism, perfectionism, stoicism, rigidity and coldness; for those who tend to be calculating and manipulative; encourages risk-taking

Ilima : Balances the energy system, condensing a scattered, diffuse field or bringing airiness and expansion to a denser field; a restorative tonic for those who are physically depleted or yin-deficient; lightens people who tend to be more compressed by drawing energy from the lower chakras towards the crown; resonant with the second, fourth and sixth chakras

Jade Vine : Sweet, soft and uplifting; an essence to ease depression

Laua'e Fern : Stimulates the throat chakra; good for those who experience jealousy, unresolved anger or resentments; helps us understand how these conditions were created; eases sinusitis, allergies and itchy skin that are the byproducts of this type of anger; assists with breath work

Lokelani Rose : Carries the energy of Hawaii and a vibration of expanding love for the earth, nature and the cosmos; transmits a Lemurian-type energy that helps move old,

stuck or heavy emotional blockages lodged in the heart area and encourages positive heart connections to all people and things; also called Maui Rose

Mamaki Nettle : Calms an overly active mind that generates maladies; for nervous, fidgety, fear-based personalities; strengthens the nervous system and immune system when they are depleted due to nervousness

Maui Begonia : Relaxes the personality and helps lighten feelings of heaviness or burden; eases the tendency to judge and softens black and white perceptions; teaches lessons of laughter as the best medicine for those who are too serious; helpful for those who have created an arduous spiritual life; a soothing tonic for the liver

Maui Orchid : For transforming pain into wisdom and serenity; for changing traumatic life events into positive experiences; for developing joy as a way of life; opens channels of happiness and awareness of inner gains; allows us to see beyond the limitations of the material; helps develop clairvoyance

Night Hibiscus : An essence connecting the subconscious to the heart; brings an energetic connection to the deepest loves of our lives; for past-life relationship work; for dreamwork with ancestors and loved ones who have passed on; for connecting to soulmate energy

Noni : For humility over self-aggrandizement; for those whose security and judgement of others rests in titles and degrees; helps those who separate themselves from other people because of pride; enables seers and visionaries to look into the future; helps us feel a divine connection to our true self and to others; supports chakra and vertebrae alignment

Ohia Lehua : For those who too easily absorb the energies of others, causing harm to their own systems; for water retention; allows for deep rest during sleep; energizes cells; helps with stroke recovery

Pink Ginger : Helps us learn that unconditional love is a balance between unconditional giving and unconditional receiving; for those who become tired or critical of others due to over-giving; for those who feel unloved and angry

Pink Hibiscus : Relieves spiritual pride; for those who fabricate false spiritual experiences; for those who will not admit the truth, own their mistakes or apologize to others; teaches lessons of vulnerability as a spiritual path; stimulates the brow and heart chakras to ease rigidity in solar plexus

Pink Mimosa : Helps us trust that everything we experience in life is part of a plan; promotes ease when we are depleted; offers encouragement when we feel frustrated or forsaken; produces a calming effect so nerves are fed and invigorated; encourages us to be

Purple Water Lily : Assists in many imbalances in giving and receiving; addresses the type of anxiety we feel when true love has not manifested and loneliness as well as unworthiness set in; helps us learn how to self-nurture; helps with the resentment that sets when we give love to others while ignoring our own needs

Red Hibiscus : Connects the base and solar plexus chakras with the crown; awakens a spirit of generosity; for those who are lost in the pursuit of money and power or those who take but cannot give; for teeth clenching and general stiffness; addresses lung problems due to contraction and anxiety

Red Ti : Connects the heart and the throat; for singers, storytellers, teachers and writers; helps the speaker stay in touch with the essential realities of the message; creates restfulness; helps a busy person find ease and enjoyment in duty; helps those who do not feel creative

Red Tower Ginger : Helps us recognize the inner cause and effect in healing disease; for seeing the deep soul lessons underlying illness; for those who feel sorry for themselves or blame others or outside forces for their problems; enables us to see the root of a problem; promotes understanding, acceptance and compassion

Silversword : A restorative for shamans and those who work to heal others; a high vibration for all apprentices to white magic; for inner father work; helps men who are afraid of having children; helps head, neck and shoulder pain that come from carrying father issues; helps with deeper rest and strengthens the constitution and boundaries; supports the heart and liver

Staghorn Fern : Grounds, stabilizes and strengthens the heart; beneficial before and after open-heart surgery; helps us let go of old, long-standing grudges that weaken the heart; also supportive of the liver and kidneys; releases sadness, anger and fear; supports laughter as the best medicine for those who are too serious; helpful for those who have created an arduous spiritual life

Starfish Stinkhorn Mushroom : Deeply cleanses and strengthens the lungs, heart and liver; balances yin and yang energies, especially in the face, shoulders and chest; an

immune booster and cell cleanser; good for those who have lost ambition or who are ready to give up

Water Snowflake : Links the heart chakra and the crown chakra; helps the soul reach higher levels of spirituality; teaches humility especially to those in authority; helps us see unity in all rather than separation; connects us to the inner Buddha

White Hibiscus : For serenity and relaxation; eases the tendency to hurry; helps excitable children focus; a tonic for the immune system, adrenals and nervous system; for those who identify overly with doing rather than being

Willow Primrose : Helps us on the path of self discovery; for lack of clarity or discernment leading to fears related to empowerment; for those afraid to explore their own power; for fear of discovering the authentic self; eases fear of change; creates a connection and movement between the heart, solar plexus and throat, releasing fear and blocks

Yellow Ginger : Offers angelic-like energy that lifts, grounds and penetrates; eases heavy feelings in the solar plexus; promotes emotional release and imparts a feeling of sweetness and stability; provides a sense of balance to the elderly; helps with dizziness, fear of heights, agoraphobia; soothes children who cannot sit still

Yellow Hibiscus : An essence for those who are too serious about life; helps "parentified" children regain joy and ease; for inner child work; especially for adults who were dominated and controlled as children; for those who rebel against authority

Delta Gardens makes no claims that the essences in the Hawaii 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 Hawaii Set, contact us at: info@deltagardens.com / 603.601.6929.

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