



Honduras Set - Essences to Overcome Struggle

This collection carries the energy of Honduras' diverse climate and topography - from mountains to jungles to shorelines. The essences in this set are imprinted with the land's history of social unrest as well as its deep reverence for the spiritual. These essences will help you move through struggle, conflict and pain - and experience the spiritual transformation that is waiting on the other side of life's difficulties.

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Achimenes : For those who fear being seen; helps to relieve self-directed anger; provides energetic support for throat irritations and viral rashes

Allamanda : Aligns passion and reason; for disconnected feelings and impulsiveness

Arundina : Helps us learn how to extract goodness from difficulty and find the gift in all situations; for healing past relationship trauma

Ascabadia : Helps us access a spiritual mystery center and access truths about our incarnation purpose

Banana : Addresses fears that cause hardness and intensity in the personality; provides energetic support for skin imbalances caused by difficulties digesting natural and refined sugars

Blue Morpho : For those who connect with their real or more authentic selves late at night; useful as a companion in solitude; provides both protective and transformational energy

Bulbophyllum : Awakens latent psychic gifts especially scrying, gazing and psychometry

Cactus Thistle : For increased protection from hostility, especially within the family; helps us negotiate safe spaces

Chysis : Increases awareness of cosmic citizenship; awakens a connection to extra-planetary life

Corundum : Blue sapphire sparkles held in a matrix stone; from the ancient Mayan ruins at Copan; supports the neurological system in its ability to recognize and hold higher vibrations

Encyclia : Brings poise and grace to those who are clumsy, accident-prone or out of balance with their lives and schedules; helps dancers or those practicing conscious movement disciplines increase skill and sensitivity

Epidendrum Radicans : Provides a connection to fire beings who assist with social and spiritual inspiration and action

Guarianthe : The national flower of Honduras; eases wounds and trauma from strife, hunger, war and pestilence; restores faith, the will to live, vitality and the willingness to participate

Gurania Makoyana : Helps shy and inward people develop self-confidence and the ability to express themselves

Hibiscus Schizopetalus : For exploring deep imbalances in the feminine psyche that result in illness; helps spiritual and intellectual types strengthen positive commitment

Honduras Obsidian : Alleviates tension and anxiety; helps to energetically restore and balance the intestinal tract

Irlbachia Alata : Helps restore our ideals and our energy; for those who have lost touch with priorities; helps us remember the important things in life

Laelia : For those who are afraid of happiness; for changing attitudes about duty

Maize : For feelings of disconnection from ourselves or others; for children who feel very different from their siblings or who do not feel they belong; eases shock and helps us feel grounded

Miconia Lundelliana : A power plant to help us explore inner resistance to people and circumstances that block our path; helps us understand adversity

Mountain Penstemon : Enables us to access courage and the inner resources to take on difficult projects

Notylia : Provides access to higher personalized feminine energy; facilitates communication and assists with spiritual growth issues; take in the evening before bedtime

Oncidium : Ushers in playful, innocent energy; for those who are downcast, somber or overly serious; a remedy for oldest children; helps enhance vacation or down-time

Owl Butterfly : Enhances shamanic work; strengthens insight, intuition and clairvoyance

Prosthechea C : Provides a safe container that allows for deep and honest self reflection; a powerful catalyst for change

Prosthechea V : Helps us overcome insecurities, shame and self-judgements; supports self-compassion

Psychotria Elata : Pollinator for moths, butterflies and hummingbirds; a balm for the senses when repression, overwork or boredom have dulled feelings

Queen Longwing : Helps those who do not trust themselves to make wise decisions; supports discernment and healthy decision-making

Small Postman : Helps us maintain calm and focus while handling many details; improves memory during multitasking

Solandra Maxima : For feeling grounded during expansive experiences; for fears that arise during shamanic journeys; provides protection during dark periods of discouragement and self doubt; guards against suicidal thoughts

Tiger Longwing : Provides assistance in reaching our potential; helps those who wish to delve into mystery

Trigonidium : Helps us access the expansiveness of innocence and see our lives beyond the limitations of our judgmental beliefs

Trimezia Steyermarkii : For changing relationships from power consciousness to heart consciousness; softens suspicious and cynical personalities

White Anthurium : Eases extreme macho-type personalities; helps quick-tempered individuals

White Jade : Encourages altruism and helps us access an ancient connection to the earth; provides energetic support for thyroid imbalances

Wild Onion : For those who cannot move on with their lives; helps those whose psyche remains stuck in a trauma, resentment, hatred, past love, etc.

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 Honduras Set, contact us at: info@deltagardens.com / 603.601.6929.

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83 Lafayette Road | Hampton Falls, NH 03844