



Ireland Set - Essences for Soul & Archetype Work

The flower, gem, animal and environmental essences in the Ireland Set provide us with an ancient link to our deepest selves - uniting us with earth energies and allowing us to work with archetypes and with the blueprint of the soul.

The essences in the Ireland Set were crafted on the Burren, a profoundly magical region of undisturbed wildlife and beautiful limestone on the western coast. The plants in this region do not grow anywhere else in the world because of the alkaline nature of the soil and the temperate climate.

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Bellis Perennis - Eases specific fears including fear of change and fear of pregnancy; eases feelings of dread and foreboding; a first-aid essence for cuts, bruises and trauma to muscle and bones; for etheric uterine health; for post-delivery bleeding

Birdsfoot Trefoil (*Lotus corniculatus*) - Grounded sun energy for those who cannot hold energy; for those who are depleted by others; uplifting and motivating; helps us push through barriers of lethargy, fatigue and depression; use with tantric practices to move sexual energy

Bloody Cranesbill (*Geranium sanguineum*) - Stimulates imagination and enhances creative processes; awakens a thirst to learn, facilitates learning and expands the thinking process; imparts wider perspectives; especially helpful for artists, writers and students; activates an appreciation and deeper understanding of the arts; for working with sacred geometries

Broomrapes (*Orobanche minor*) - For recovery after sickness, misfortune, trauma or disaster; for recovery from still births or miscarriages; renews hope and renews the energy to keep going

Burnet Rose (*Rosa pimpinellifolia*) - Helps us release burdens, woes, cares and worries; for those who tend to hold onto distress; warms, strengthens and lightens the heart to purify the emotional body and discharge toxins; provides support during trials and challenges; use in combination with essences for emotional release

Connemara Granite - For distant and aloof personalities; for detachment, introversion or apathy; for those who are "touchy" and avoid company; helps those who are exhausted after talking with people; eases confusion or irritability; eases social anxiety

Devil's Bit Scabious (*Succisa pratensis*) - For strength against adversity; for learning to speak under pressure; for expressing unpopular beliefs; strengthens centers in the throat and heart; weakens viruses

Dolomite Limestone - An essence to foster belonging; for those who feel out of step with their home or family; for those who do not fit in; for those who watch life and cannot participate

Dún Chonchúir - Ancient megalithic ring fort on the Aran Island of Inishmann; harmonizes the third eye and crown; use with ancestral work, astral and dimensional travel, guide and ET communication, remote healing, prayer and remote viewing

Early Purple Orchid (*Orchis mascula*) - Helps children stay connected to their soul purpose; for special children who do not seem to fit in, who are learning to socialize or who exhibit early signs of depression; for children who demonstrate clairvoyance and psychic sensitivities; for people who supervise play therapy; helps parents connect to their children's soul patterns

Fly Orchid (*Ophrys insectifera*) - Connects to a frequency of goodness, plenty and abundance; for eating addictions and for those who cannot control impulses; eases excesses; brings the source of difficulty to the surface; stimulates ketosis and draws from fatty tissues for physical regeneration; helps to promote a healthy relationship to fat; helps the body become more energy-efficient

Fragrant Orchid (*Gymnadenia conopsea*) - For those who are self-destructive, accident-prone or who attract conflict unknowingly; for periods of bad luck; eases co-dependent care-taking; promotes etheric action on free radicals

Green Man - Connects to the Irish Spirit of Nature; facilitates communication with the plant kingdom; for naturalists who delve deep into the mysteries of nature; for connection in plant-spirit journeys or for guidance when searching for medicinal plants

Hebridean Spotted Orchid (*Dactylorhiza fuchsii* subsp. *hebridensis*) - For those who have a restless spirit and wander; for those who feel that home is somewhere else or

who look outside of their lives for satisfaction; provides angelic support and warmth to the heart

Irish Eyebright (*Euphrasia salisburgensis*) - For clarity and perspective; assists in developing a wider frame of reference; stimulates the pituitary; good for decision-making and for seeing a situation clearly; for those developing clairvoyance, psychometry or scrying

Irish Honeysuckle (*Lonicera periclymenum*) - For ancestral and past-life work; helpful in regressive therapy; for learning difficulties or developing new skills; assists in learning other languages; resonant with tree of life geometries

Irish Rainbow - Offers the promise of peace; for re-instilling hope for peace; for humanitarians who carry the vision of peace; strengthens the heart during times of fear or discouragement from world events

Irish Shale - An essence of protection for those who are empathic or very sensitive; promotes deep understanding of people and issues; develops attitudes of fairness and a desire for harmony; helps ease nightmares; use for many skin conditions topically and internally

Irish Wind - Spirit of change; for purification; helps us prepare for the next phases of life; clears old conceptual frameworks and attitudes; a catalyst for conflict resolution

Kidney Vetch (*Anthyllis vulneraria*) - Purifies the mental body and helps to move stagnant, heavy thought forms; for alertness, focus and clarity; use in purification ceremonies; eases fear, awakens and revitalizes; an etheric tonic for the kidneys; provides a connection to the fairy realm

Lady's Bedstraw (*Galium verum*) - For depression and anxiety; both calming and uplifting; enhances, sleep, rest and relaxation; stimulates dreaming; gives old situations and problems a new outlook; for those who are never satisfied; for balancing mood swings; a compliment to addiction treatment

Mountain Avens (*Dryas octopetala*) - Provides alignment with our soul purpose; for soulful expression; use in ceremonies that welcome self-expression, such as talking stick ceremonies; can be used to process deep emotions; releases sadness; use when major life issues are changing

O'Kelly's Orchid (*Dactylorhiza fuchsii* subsp. *okellyi*) - For those who struggle; for strife and suffering; helps us accept what we cannot change; for seeing the good, the light, the healing, the possibilities in the midst of struggle; eases cynicism and sarcasm

Red Helleborine Orchid (*Epipactis atrorubens*) - Promotes socialization and harmony; for those who retreat from connecting with others; eases fear and shame that underlie a tendency to isolation and secrecy; loosens rigid self-concepts and eases judgement of self and others; promotes strength and endurance; calms restlessness

Rose Lichen (*Aspicilia calcarea*) - A lichen colony forming the imprint of a rose on a granite slab; for working with other species; helps to clarify messages between realms; for communication with plants, minerals and microbes; a transcendent energy for those on a spiritual path; crystalizes the presence of support and guidance

Sea Milkwort (*Lysimachia maritima*) - For the initiation into motherhood; for new mothers and young women entering the child-bearing years; tunes senses to new life; eases fears and stresses during pregnancy; assists in mother-child communication during pregnancy and after

Sea Spurge (*Euphorbia paralias*) - For dreamers; for those who who cannot translate ideas into goals; for fear the ocean; for avoidance of conflict and deep emotions; helpful in shamanic journeys for purification

Spring Gentian (*Gentiana verna*) - Both grounding and uplifting; helps us access hope for the future when the present situation is dark; stimulates gratitude and joy; relieves sadness; for the morose and pessimistic personality; use for later stages of grieving

Stitchwort (*Stellaria holostea*) - An essence of dignity for those who have lost social status or physical functioning due to accident, illness, misfortune or aging; imparts a sense of strength, peace and acceptance; an aid for those who study astronomy or astrology

Twayblade Orchid (*Neottia ovata*) - An essence to promote playfulness; helps us detach from responsibilities; use for very serious people; use in nature celebrations and to connect to the fairy realm; for detoxing arsenic; for withdrawn children

White Comfrey (*Symphytum orientale*) - Opens the subconscious and helps us process deep pain; for exploring the root of addictions that block executive functioning; assists in clinical work with depression and suicidal tendencies; for those in 12-step programs; strengthens resolution to heal mistakes of the past

White Dolomite - Heightens the senses and stimulates the nervous system; for lethargy, indifference or dissociation; awakens a sense of meaning and purpose to life; for truth seekers and those who delve into mystery; for those researching new ideas, processes and modalities; assists in the release of deeply-held low-frequency thought forms

Wild Calendula (*Glebionis segetum*) - For developing the senses to receive higher information; stimulates clairaudient faculties; helps us receive information from nature more easily and hear the voice of the wind; for sensing danger

Wild Irish Thyme (*Thymus polytrichus*) - Helps to release guilt, shame, sadness and anger about events in the past; helps ease conditions and tensions brought about by past lives; a companion to past-life work; use for past life regressions or in shamanic journeys to explore the future

Wild Stoat (*Mustela erminea*) - An essence for courage and facing overwhelming odds; for those who retreat from competition; helps us learn how to maximize skills and resources; enhances goal-directed behavior; for those who fear change or avoid adventure; for the fear of being alone; for shamanic journeys with stoat energy

Yellow Primrose (*Primula vulgaris*) - For those who were separated from their parents at birth or who lost a parent during childhood; for those who did not have a childhood home and for women who cannot have children; instills lightness, hope and connection; for learning self-acceptance and finding a life-path; connects us to a "grandmother" group soul

The information provided here is intended to guide further research. Delta Gardens makes no claims that the essences in the Ireland 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 Ireland 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