



New England Tree Set - Flower Essences for Grounding

Essences made from flowering trees have a profoundly stabilizing effect and can help us better handle challenging emotional states such as fear, anxiety, disorientation, ambivalence or confusion. The tree essences have diverse effects that allow us to move more gracefully through difficult life circumstances and adapt to new situations. They help create a sense of stability that is necessary for any type of growth or change. This set is useful during and after energy sessions that precipitate deep healing, change or transformation.

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Black Cherry : Supports and lightens the heavy-hearted; brings joy, strength and enthusiasm; helps those who are bored, distant and nonchalant

Black Locust : Provides steadiness and balance for those who have wide mood swings or are given to bursts of extraversion and retreat; helps us find the center of our being

Blue Spruce : Gives vitality and nourishment to those who burn out or overuse life force, working intensely to finish projects at the expense of their health; helps to steady, strengthen and distribute life force; helps those who are renegotiating priorities

Catalpa : Promotes the release of old and deep pain that has caused difficulty in the lung and heart area; for processing unresolved grief from childhood or past lives; a complement to breathing therapies

Crusgalli Thorn : Helps those who are overprotective; balances attitudes about freedom and control; eases fear of aloneness

Hickory : Helps those who wish to change but cannot; helps the transformation of ingrained, lifelong beliefs that no longer serve us; eases the hardening of fear that clings to untenable ideas and positions

Linden : Provides angelic relief to deep worry and anxiety; steadies the high-strung or overexcited psyche; helps balance cycles of work, play and rest

Magnolia : For developing insight and understanding of issues we are struggling with; deepens spiritual awareness; helps spiritually-minded people with balance and integrity

Pear : Helps lighten those who are very serious; assists those who are recovering the ability to express joy and playfulness; good for children who are high achievers

Red Cedar : Provides stability to the wandering soul; imparts strength and wisdom to the soul-tested psyche; supports those who have changed jobs, residences or schools; good for children who are leaving home for the first time; eases turbulence in the stomach region

Red Oak: Helps us experience the totality of our being; good for those who feel narrow or fearful of exploring new talents, horizons or aspects of the self; a good complement to many expansive therapies

Red Pine : For those who waver in allegiance or are indecisive; helps with commitment, loyalty and certainty

Redwood : Helps those who resist the things that cannot be changed; helps with a general ease in life; good for fear of change and aging

Washington Hawthorn : For releasing unconscious, self-directed anger; helps us develop equanimity and selfless love

White Birch : Tempers an aggressive personality; gives an overly masculine temperament an appreciation of its female aspects; helpful for adolescents struggling with identity issues

Witch Hazel : Supports those struggling with dilemmas or paradox in their lives; helps us make sense of opposing ideals and integrate practical matters with our ideals

Delta Gardens makes no claims that the essences in the New England Tree 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 New England Tree Set, contact us at:
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Visit us online and order our essences at: deltagardens.com
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