



Peru Set - Flower, Gem & Environmental Essences

The Peru Set was created in the Andes near Machu Picchu and downriver from Iquitos by the headwaters of the Amazon. The flower, gem and environmental essences in this set have a shamanic signature and enhance our connection to nature and to all life. Use this set to deepen shamanic ceremony and healing work.

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Amazon - A nature essence made during a new moon, a few miles downriver from Iquitos; facilitates movement and sense of personal power; an ally during times of confusion or stagnation; both vitalizing and calming; facilitates the link between thought and action; helpful if you are a dreamer; heals the sting of regrets; allows plans to move forward; a supportive essence if you are feeling inflexible or easily frustrated

Shamanic Application - Use this environmental essence as a companion in journeys involving fish, reptiles, water plants and to access the energy of the pink dolphin. This essence offers protection and clarity - and can help you connect to the nature kingdoms of rivers, lakes and streams.

Amethyst - Mined in the Andes; energetically enhances activity of the pituitary, augmenting vision and visionary capacities; for strengthening intuition and past-life recall; supportive if you feel cut off from society and unable to integrate into groups; helps with self esteem issues; especially helpful if you are scientifically-minded and wish expand your point of view into divine realities

Shamanic Application - Take this essence before a journey to explore different dimensions of the divine. This essence is helpful if you are new to shamanic practices and wish to discover new and expanded concepts that you can apply to your daily life.

Andean Bellflower - Made in the foothills of the Andes near Aguas Calientes; activates the lower chakras and makes energy available for both physical activity and spiritual inquiry; can be used to energetically address pelvic issues and past imprints that have blocked sexuality; helpful for lethargy and detachment from life; a supportive essence if you have trouble accessing your opinions or if you avoid conflict and competition; will help you develop a sense of personal power

Shamanic Application - Use this essence to explore past-life imprints that have caused you to accept pain and struggle as a way of life. This energetic remedy will help you disconnect from lower regions of work and slavery and reconnect to realms of beauty and pleasure.

Andean Quartz - From a quartz mine in the upper, remote Andes; for thought projection and amplification; helpful in manifestation practices to enhance the power of your wish or desire; enhances crystalline properties in the body, especially in the nervous system; encourages a synchronized pulse rhythm through the chakras; supportive if you experience emotional extremes; enhances creativity by giving expression to the emotional body

Shamanic Application - If you are a healer, use this essence before a journey to connect to your healing guides. You can also take the essence regularly as a tonic if you are feeling overwhelmed or tired from serving others.

Andean Malachite - From the western Andes Mountains; an essence for detoxification and purification; strengthens the heart chakra and supports manifestation practices; can help you move through periods of self-absorption into altruism; helps to increase a sensitivity to others' problems along with a desire to be of service

Shamanic Application - This essence offers support if you are new to shamanic journeying or feel unable to journey successfully, either from a lack of clarity or from negative beliefs that block the experience.

Bellaco Caspi - A small flowering tree growing along the Amazon with unusual flowers, suggestive of an animal skull; a companion essence for the rehabilitation of drug or alcohol addictions; can enhance a more self-reliant attitude; a helpful essence if you struggle against authority; for secretive children who avoid socialization; offers very individualistic children a sense of belonging

Shamanic Application - This essence offers you access to power animals in the snake and reptile family and can help you journey for wisdom around issues that are dangerous or require tact, stealth or extreme caution.

Blue Mountain Flax - Made on Mount Phutuq K'usi near Machu Picchu, at an elevation of over 8,000 feet; supports you if you tend to overuse or squander your energy; helps you develop practices for acquiring and holding energy; supports you in developing

boundaries with people who take energy; good for empaths who tend to become depleted

Shamanic Application - This essence connects us to a female guide who responds to the name, Anna Maria, but who uses many names and has many guises. You can call on her for advice or healing. She is adept, using both trees and dance in her healing.

Bomarea - A deep red and orange-throated flower, growing in clusters in high altitudes along the Urubamba River in the Andes; amplifies the creation of coincidences as part of an unfolding movement towards the surrender to divine will; will help you grow aware of the presence of an unusual grace supporting movement forward; helps if you are confused or irritated with yourself; eases self-judgement

Shamanic Application - Use this essence in journeys to receive visions regarding your destiny or life purpose. Visions come through the senses as pictures, words, music, smells and kinesthetic changes. It is best to journal your experiences with this essence - see the collection of visions as a puzzle.

Botón De Oro - From the garden of Don Luis, a shaman of the Amazon, who uses the plant for cysts and lung problems; a companion to breathing techniques to take in more energy and a complement to self-esteem work; can offer support if you feel that you've not yet found yourself or that life is passing you by

Shamanic Application - Take this essence to journey to the "Shaman's Garden." Request a healing when you encounter the shaman in traditional dress or in the shape of an animal. You may also take the essence in the morning, during daily planning and again in the evening when reviewing your day to receive clearer insights and inspiration.

Caesari - A large, fragrant tree in the Amazon that expels a sweet fragrance and extends its field to envelop all who sense it; works directly with the breath, drawing us closer; activates the emotional and etheric bodies; ideal for processing stagnant emotions and creating a fluidity from feeling to expression

Shamanic Application - Take this essence before a journey to access past-life information or to heal blocked emotions.

Camu Camu - Found near Santa Teresa in the Andes; a bright pink flower that curls inward, suggesting a sense of self-protection; helps with energetic discernment; ideal

for empaths who lose energy around people or for those who attract drama; provides a deep sense of self and helps to clarify what is needed in each moment

Shamanic Application - Use this essence as a companion on a vision quest or shamanic journey during periods of significant outward change. You can also take this essence for inner explorations during fasting or silent retreats.

Ceiba Tree - The oldest and tallest tree in the Amazon; helps you overcome feelings of isolation or loneliness and manage aloneness and socialization; helps with certainty regarding social needs; imbues a deep feeling of strength and comfort; helps resolve family conflicts between generations

Shamanic Application - Use this essence in journeys to access ancestral grandmother energy. This essence offers protection during journeys to upper or lower worlds and is best taken during the spring full moons.

Epidendrum Obrienianum - A ground orchid growing on a small island in the middle of the Urubamba River near Santa Teresa in the Andes; helps you develop humility and the ability to listen and grow; eases willfulness and pride; provides deeper understanding during periods of conflict and misunderstanding; for developing genuine wisdom

Shamanic Application - Use this essence during new moon rituals for inner change. Add 7 drops to a bowl of water to serve as a witness during your ceremony. Ask the essence intelligence to assist you in perceiving the inner challenges you feel ready to overcome and in your resolution to change.

Epidendrum Secundum - A mountain orchid that can help you learn how to create coincidences by harmonizing your intentions and actions with divine will; energizes the manifestation process; helps you learn to allow life to give, provide and nurture; supportive for Type A personalities; helps to release repeating karmic patterns; offers support if you feel that you struggle against life

Shamanic Application - This essence is companion to manifestation processes and full moon rituals. Take 3 drops at the beginning of your ceremony. Ask for guidance and clarity as you project your desires and goals for the next lunar cycle.

Heliconia - An essence to help you repair or enhance your embodiment and use of masculine energies; addresses difficulties with the father image; helpful for low self-

esteem or a lack of confidence; addresses the fear of power; a remedy for anyone who uses helplessness or anger as a means of control

Shamanic Application - Use this essence to connect with the clarity of hawks, owls, eagles, osprey, falcons and other hunters and to journey with these power animals. Aligned with several bird tribes of shamans, this essence can help you journey for energy and power to complete a project.

Hematite/Quartz - A cluster found in the high altitudes of the Andes; for fear of doing something wrong; for fear of punishment; eases guilt over imagined things; offers support if you fear living out of the norm; helps with low vitality and poor self-esteem

Shamanic Application - This essence is helpful for drummers and can be used in drumming circles, as it allows the rhythm to gently guide the vision or journey. The energy of the stone helps the drummer adjust the tempo to allow higher guidance to enter.

Hematite/Sulphur - Found in the higher regions of the Andes; a supportive essence if you tend to overthink and remain locked your mental body; provides balance to your system if your intellect usually dominates and weakens the body; uplifts thinking and enlivens the physical self

Shamanic Application - Use this essence in a sacred circle to uplift and to offer guidance. Invite each participant to take 3 drops of the essence immediately before the ceremony. Add 5 drops to a bowl of water, and form a circle around the bowl. Visualize the light of fire circulating and warming participants.

Incan Citrine - A mineral from the Andes; helps with the commitment to remain in incarnation during intense struggles or following the death of a loved one; for those who do not feel at home on the earth; for antisocial tendencies; eases over self-reliance and a belief in aloneness

Shamanic Application - This essence enhances energy during ceremonies that focus on group or community healing. Use this essence in prayers to heal family divisiveness and for peace and harmony in your community.

Lazo Lazo - Made at the banks of the Urubamba River in the Sacred Valley near Santa Teresa; for enhancing your relationship with the plant kingdom; for use with houseplants or in farming and gardening; enhances your heart connection to plants; take 3 drops orally and add a drop to each gallon water you use

Shamanic Application - This essence supports plant-spirit journeys. It can enhance your connection to the plant kingdom by clarifying messages coming to you from plants. Take 3 drops before your journey and picture the pea-like flower. Next, begin your journey to communicate with your plant, making certain your questions or intentions are firmly set in your mind. Write down your results immediately after your journey.

Machu Picchu - For individuals or groups who wish to awaken spiritually; gives assistance when energies and enthusiasm wane; for times when you feel stuck, overwhelmed or confused in your spiritual work; transmits energies to support your constitution and increase your ability to move forward

Shamanic Application - Use this environmental essence in ceremonies to expand beyond the borders of earth into the cosmos, tap into specific star energies and explore the potential of extraterrestrial life. Experiment with chanting and different forms of dance and movement to enhance the action of this essence.

Mountain Gloxinia - Made on Mount Phutuq K'usi near Machu Picchu; an essence for empaths; offers support if you lose energy when you spend time around people; strengthens your reflex to hold boundaries against personality types who take energy; supports the self in discerning between healthy and unhealthy personalities; will help you hold healthy boundaries without judgement or self reprisals

Shamanic Application - Use this essence in energy work focused on symptoms, illness and disease. If you are a practitioner, take 3 drops and give your client 3 drops - to enhance your awareness of the shaman group that uses this essence as a doorway. Be clear about your intentions and what you wish to learn about particular symptoms or conditions.

Mountain Pink - Made at the summit of Mount Phutuq K'usi at 8,200 feet with a view of Machu Picchu; helps to generate a feeling of hope when you are experiencing a period of grief or struggle; renews a sense of purpose and gratitude; helps you see the positive possibilities in each situation; offers support if you feel at odds with life; eases feelings of overwhelm and helplessness

Shamanic Application - Take 3 drops of this essence and journey for visions related to your life purpose or destiny. Ask questions regarding your purpose here on earth. You may receive information about immediate steps or pictures of the distant future. Keep

a journal regarding your findings so that information about the future makes sense as you encounter it.

Piñon Braseleyo - From the garden of the shaman, Don Luis, in the Amazon; offers support if you have many ideas that you cannot turn into plans or action due to fear or lack of energy; supports self-esteem to generate energy to the psyche; helps ease the drain of the mental body on the physical

Shamanic Application - Use this essence to journey for clarity and make decisions regarding your life path. This flower remedy is helpful when you are choosing a career or deciding where to live. Take it regularly when you are trying to make major decisions that will affect the direction of your life.

Rainforest Polypore - Helps us accept and see value in life's challenges and feel grateful for them while they are happening; allows us immediate access to growth and learning in the midst of any struggle, pain, loss or illness

Shamanic Application - Use this essence in ceremonies to remove cords or curses. Use the power of forgiveness during your process. You can mix the essence with sand or soil, cover your belly area and petition the angelic realm for assistance.

Rhodochrosite - A pink mineral from the Andes; helps with nighttime fears including a fear of the dark and fear of sleep disturbances; supportive if you are afraid to fall asleep or feel traumatized by repeating nightmares

Shamanic Application - Use this essence when you are learning lucid dreaming or developing out-of-body skills. Take it in the evening just before sleep or put 3 drops in a glass of water near your bed to enhance your dreaming experience.

River Begonia - From the wetlands along the Urubamba River; use when beginning a new project or adventure; helps with fears of the unknown and of new beginnings; opens you to new paradigms and ways of understanding life; allows new energies to circulate through the meridians

Shamanic Application - Use this essence in ceremony at the new moon to wipe away old habits and structures and to pray for openness for what is coming to you. Choose a single habit to change and seek clarity for the energy that will replace it.

Segria - A low shrub growing in the Amazon; for fear of power or fear of entering altered states; offers help for father wounding; provides support if you avoid strong personalities and/or have trouble accepting your own power; for reluctant leaders

Shamanic Application - There is a very strong earth element associated with this plant. It is especially helpful for dance ceremonies or for journeys involving animals, especially in the canine family.

Siparum Jahyanta - A tall tree growing prolifically in the Amazon; helps you understand the presence of karma in your life and how all actions call to nature for a response; offers support if your anger festers into thoughts of revenge; helps you learn to give unconditionally

Shamanic Application - Use this essence in journeys to the upper world forest or rainforest. You can take it to work more deeply with tree energy and to connect to the spirit of the forest for advice or healing.

Sobralia Blanco - A ground orchid growing very close to the river waters near Aguas Calientes; use for downheartedness, discouragement or sadness; helps with processing grief; use for energy loss from emotional upsets; offers hope and encouragement

Shamanic Application - Take this essence during the waxing moon to journey to the shamanic "teachers of the river" and ask for healing for spiritual and emotional issues. This essence can be helpful when you are entering a new era of your life that causes inner and outer turmoil.

Sobralia Dichotoma - A dramatically-colored orchid that grows profusely around Machu Picchu; heralds new life, change and development; offers support if you are eager to transform; assists the constitution to move forward in the face of roadblocks or resistance; helps you develop certainty on your spiritual path

Shamanic Application - Use this essence in prayer and ceremony when you are seeking divine guidance and during times of uncertainty when divine will is not clear. This essence provides passage to the "land of the rainbows."

Stick Ginger - From the jungles of the upper Amazon; use for stamina and steadfastness; helpful when you feel you do not have the energy to continue; offers support if you tend to give up easily; ignites enthusiasm, especially regarding your spiritual path or goals

Shamanic Application - Use this essence in drumming circles to facilitate trance states. It is especially resonant with the spring and will help you connect with the joy present in nature devas at this time of the year.

Torch Ginger - From the jungles of the Amazon region near Iquitos; helpful when you feel a lack of inner progress in psychological or spiritual development; for feeling hopelessly trapped in repeating emotional patterns; offers support when you are attempting to break an addiction; imparts a feeling of hope and confidence

Shamanic Application - Use this essence in fire ceremonies or journeys to recover suppressed feminine aspects and to open the heart space.

White Amber - A pure white stone from the Andes Mountains near Cusco; strengthens the mental body to enhance memory; eases hyperactivity that comes from anxiety; offers general energetic support for the neurological system and the brain

Shamanic Application - This essence assists those who have difficulty allowing themselves to enter the journey state. Combine White Amber with other essences, specific to journeying. You can also take this essence in purification ceremonies, especially when you are distracted by bothersome thoughts.

Wild Mango - From a shaman's gardens in the Amazon region; for healers who become depleted; for general restoration after your resources are exhausted; for drive and stamina when working on long-term goals; can be used as a clearing essence after working with clients

Shamanic Application - Use this essence in journeys to understand the deeper issues behind a chronic condition - or when appealing for help to repel dark energies of unknown origin that are affecting you on physical, mental, emotional or spiritual levels.

Yurac Ttica - A graceful white flower, growing along the river adjacent to Aguas Calientes; for strong-willed personalities and stubbornness; offers support if you do not trust authority and find you are in constant opposition to trends or rules; helpful if you have difficulty with compromise; allows for the efficient use of energy; enhances goal-directed thinking and behavior

Shamanic Application - Use this essence in water ceremonies to journey to the spirit of the water and ask for help in making inner changes. This essence can enhance both new and full moon ceremonies. Add 8 drops to a container of water and place the water at the center of your ceremony.

Zapitito - A bright yellow flower growing near Machu Picchu; offers support if you are feeling directionless or lost in your life; for times when previous goals no longer feel fulfilling; helps you develop either a long-term vision or immediate, short-term goals

Shamanic Application - Use this essence when embarking on a vision quest. Rub a few drops on the soles of your feet at the beginning of the day and ask for clarity and vision. Do the same at the end of the day and ask for a dream vision.

Delta Gardens makes no claims that the essences in the Peru 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 Peru Set, contact us at:
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