



Protection Set - Essences for Energetic Protection

The human energy field has the dual functions of keeping us in incarnation and keeping us safe. We are kept safe by an energy structure around us that, when healthy, repels a variety of harmful vibrations, such as low frequency emotions and types of radiation and negativity. What we feel at any moment comes from both inside of us and from those things we have absorbed from the world around us.

Various kinds of stress can compromise the energy field, leaving us vulnerable to unwanted conditions or experiences, including accidents, illness, anxiety, insomnia, obsessions and energy loss. Very sensitive people have a more porous structure to their energy fields and are likely to feel and hear things that others do not. The essences in the Protection Set each help to repair and/or strengthen the insulating quality of the energy field. They are useful as a daily regimen or during times of stress to keep us healthy and content. The essences can be taken internally or added to mist bottles.

Standard dosage ~ 1-3 drops under the tongue or in a small glass of water

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Angelica : Produces an additional sheath around the field; provides added protection during times of change, processing or stress; a wonderful essence to assist anyone going through periods of rapid change; recommended if you have a compromised energy field due to drug ingestion; a companion essence when journeying into the lower worlds; sealing occurs from outside the energy field

Cinquefoil : Cleanses the energy field of imprints or vulnerabilities that attract dark, negative or depleting energies and/or personalities to us; helpful if you are pursued by stalkers or seem to attract the attention of unhealthy people; for regular nightmares involving being chased by demonic personalities; for generalized fears of wild animals

Garlic : Generates a frequency in the field that is antagonistic to fleas, ticks and parasites; repels parasitic energies that have a tendency to attach to the field; helpful if you have grown up with narcissistic caregivers or teachers or feel depleted by the energy of others; supportive if you regularly encounter "takers" or energy-robbers; helps with some forms of obsession and fear

Pennyroyal : Helps with obsessive thinking or the feeling of being attacked by one's thoughts; prevents thoughts from recycling into the energy field; protects from obsessions and obsessive fears; good for Type A personalities and intellectuals for whom the mind gains a certain velocity and can become bothersome; best when taken regularly as a preventative

Protection Blend : Good for those who work with people and tend to get drained; helps those who have trouble in crowds or are easily over-stimulated; for health professionals to take daily during their work with patients; supportive during travel, eases jet lag; for protection during high-stress situations; helpful for fearful, overly sensitive animals

Rue : Repels negative energies directed towards us by others; an essence to prevent psychic attack or curses; helpful if you tend to feel other people's anger, hatred, jealousy or ill feelings directed toward you; dispels unconscious assaults as well as conscious efforts to cause harm; supportive if you feel blamed or singled out for punishment; add drops to a bowl water and place the water in your living or working area

St. Johnswort : Helpful if you have an over-expanded field and are not quite in incarnation; for dreamers and daydreamers; seals and strengthens the energy field that is weakened from shock, burnout or from an escapist nature; helps with non-specific, generalized fears; protects from dream-time imbalances and eases fears associated with "sleep paralysis"; for light and sound over-sensitivity; sealing action occurs from within the energy field in the area where the field connects to the belly; best taken twice a day, on waking and just before sleep

Yarrow : A blend of white, golden and pink Yarrow; offers protection from EMFs and radiation; helpful if you tend to "pick up" and be overloaded by other people's thoughts and feelings; supportive if you have trouble discerning your own feelings from other people's feelings; offers energetic protection if you live near and feel disturbed by high-tension wires, cell towers or power plants

Delta Gardens makes no claims that the essences in the Protection Set can affect any physical, mental or emotional healing. Flower essences should not be used as a substitute for professional medical evaluation and care. For more information about the Protection Set, contact us at:

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