



Second Chakra Set - Flower & Gem Essences for Trauma

The Second Chakra Set draws from several Delta Gardens essence collections. All of the items in this set have some connection to the second chakra. Use this set to clear and balance energies in the pelvic area that may be affecting a person's physical/emotional wellbeing and ability to function comfortably in relationships. This set is also useful to help restore a sense of trust and safety when memories of past sexual abuse, betrayal or trauma surface.

Standard dosage ~ 3 drops 3x/day under the tongue or in a small glass of water.

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Amethyst Temple : For betrayals that are group or spiritual in nature; use when hurt has been incurred in the name of the divine; helps reopen the heart

Bellis Perennis : Generates a feeling of safety in relationships; for those who subconsciously sabotage friendships and relationships

Blackberry Lily : For unconscious or unresolved problems in the past concerning close relationships; for healing deep fears around sexuality and releasing repressed sexual trauma

Casa Blanca Lily : For later stages of recovery; harmonizes the relationship of chakra two with other chakras; for developing spiritual trust

Castor Bean : For retrieving information from the unconscious that anchors disease in the pelvic area; helps resolve underlying issues related to infertility, miscarriages, breast cancer, fibroid tumors and prostate cancer

Chrysoprase : Addresses issues in the second chakra; provides energetic support for those with fertility issues

Coral Hibiscus : Supports warmth, friendliness and courage to experience vulnerability; for those who are shy, cynical or judgmental

Enchantment Lily : Helps us recover trust when we are betrayed by a partner or close friend; for sexual betrayal; for use in incest recovery or couples therapy

Feminine Soul Link : Opens energies connecting to the deep feminine archetype, the Mother of All; provides a deep, reassuring sense of unconditional love and safety

Gloriosa Lily : For healing the primary wounds of betrayal by father or father figure

Gypsum : Energetically supports those with prostate issues

Indian Pipe : Expands awareness of the presence of universal love; for developing a sensitivity and receptivity to a higher love vibration; helps us see and feel the love in every moment; for stages when we feel unloved

Jewelweed : For fear of closeness and fear of being touched; for fears surrounding sexuality

Lady's Mantle : Supports integrity and certainty in our sense of self; supports clarity of purpose, emotions and thought; for renewal of life purpose

Lily of the Valley : Restores innocence and grace to those who have separated from their feminine sides; for cynicism and disbelief

Men-Feminine : Brings forth the feminine side of the male; supports openness, loving gestures and sensitivity

Men-Masculine : Enhances pure male energy; supports strength, protection and drive

Milk Thistle : For letting go of deep anger, resentment and other held feelings that block the flow of love; helps us forgive those who have hurt us

Missouri Primrose : For developing worthiness or self esteem; helps those who cannot recognize or utilize their own power; for those who will not take in their own value

Motherwort : For strength, assertiveness and setting healthy boundaries; for softening hardened personalities

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

Pokeweed : Use in journeying to access information regarding irregular cell growth in the body - including cysts, tumors and malignant growths

Red Hibiscus : Spiritualizes the masculine soul psyche

Rose of Sharon : Enhances connection to mother; for mothers and children who do not resonate; for children whose mothers were stressed during pregnancy

Smoky Quartz : Provides energetic support to both men and women with pelvic imbalances

Squash : Softens aggression; provides energetic support for those with fertility issues

Sunray Lily : For recovering trust in ourselves; for betrayal that causes damage to self esteem; for enslavement issues when we remain the loyal caretakers of our betrayers

Sweet Annie : Helps release blocks and trauma related to our feminine side; especially useful for people whose families disrespected or mistreated women; addresses fears related to sexuality

Tigridia Lily : For healing the primary wounds of betrayal by mother or mother figures

Turk's Cap Lily : For betrayal during childhood by a parent or adult that results in anger and defensiveness in the personality; for releasing and balancing repressed energies

Water Lily : For those who attract drama; for over reliance on acting out extreme emotional states for control; for emotional ease

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

White Hibiscus : Spiritualizes the feminine soul psyche

Wild Yam : Balances masculine and feminine energies; quiets the need for attention

Wood Lily : For betrayal that has caused a diminished ability to feel and express anger; helps us reconnect with healthy, positive expressions of anger

Yurac Ttica : For developing ease and ending struggle; teaches surrender to the powerful unyielding forces of life

Delta Gardens makes no claims that essences can heal, treat, mitigate or alleviate any illness or disease.

References to organs or physical systems indicate the etheric aspect of the body - the energetic signature of a particular organ or system - rather than the organ, itself, and are intended to guide further inquiry. Essences should not be used as a substitute for professional medical evaluation and care.

For more information about the Second Chakra Set, contact us at:

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

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