



Self-Compassion Set - Essences for Loving the Self

Self-compassion begins with an awareness of a vital energy - a primal Love Force - that lives in us and all around us, that permeates and moves through all of life. Those of us who find it challenging to hold compassion for ourselves can begin to connect with this love energy by giving consciously and heart-fully to others, expecting nothing in return, yet reaping the joy of this expression. This practice helps us get to know the power of this Love Force as a life companion.

This energy has its own momentum, flowing through us to others - and then returning to us. To cultivate self-compassion, we must be able to *recognize and accept* expressions of this energy in the form of people, things, circumstances that come to us.

The essences in the Self-Compassion Set are companions, witnesses and facilitators to the circular progression of love. Giving and accepting - loving and receiving love - are the hallmarks and destinies of each of the essences.

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Blue Lotus : Infuses the heart with higher energies; for spiritualizing the heart chakra and building loving relationships with higher beings and energies; for developing compassion for the self and others; for understanding the energy of devotion

Blue-White Morning Glory : For learning to love more fully; helps those who resist loving and being loved; for those who avoid deeper feelings of caring

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

Red Hibiscus : Brings the love vibration of chakra 4 into chakra 2; softens chakra 2 and allows love to pass into the self; helps chakra 2 receive love energy as an awakening, making it ready for expression

White Bleeding Heart : Supports the containment of higher vibrations in the heart; allows for more caring for the self and others; helps to develop more joy and enthusiasm for life

How to Use the Self-Compassion Set

We recommend taking the essences in the Self-Compassion Set one at a time, each for a period of 2 weeks. Record incidents of recognition and awareness of what expressions of love come to you and how you receive them - and what expressions you consciously direct toward others.

Each essence is slightly different in its core and the way it expresses in us. Read the definitions and select one for the 2-week period and then move to another. Keep us posted regarding your experience and your progress as a pioneer in this frequency.

Delta Gardens makes no claims that essences can alleviate or heal any illness or disease. Essences should not be used as a substitute for professional medical evaluation and care.

For more information about the Self-Compassion Set, contact us at:
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Visit us online and order our essences at: deltagardens.com