



## Uganda Set - Essences For Ancestral Healing

The flower, gem and environmental essences in the Uganda Set can help you address inherited ancestral imprints and karmic patterns. This collection, created at the source of the north-flowing Nile River, will help you process "trauma at the source." Use the essences to release pain passed from one generation to the next, heal damaged family or ancestral ties, access ancestral wisdom and restore a sense of primal safety.

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African Amaryllis : Connects the root to the crown; energetically enhances the immune system

African Clear Quartz : Provides energetic support for the stomach and intestinal tract

African Datura : Ensures the survival of soul strength during harsh circumstances or severe testing

African Nightshade : For a still heart in the face of danger; for courage

Asystasia : Supports our ability to see the truth; connects experience and perception to wisdom

Blue Daze : For those who struggle against things they cannot change; use when desire causes frustration and unhappiness; promotes letting go, acceptance and contentment

Caesalpinia : Cleanses and removes old toxic energies; has energetic antiviral properties

Calliandra : Helps us forgive those who have betrayed us; helps heal karmic cycles of victim/abuser patterns

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

Coral Tree : Promotes the release of hatred and old grudges

Equator : For balance, restraint, making changes; supports resolution and calm

Fire Lily : For endurance; enables us to continue to express higher values during times of challenge

Ginger Tree : Provides a connection to Spirit Parents; for orphans, abandoned or abused children

Golden Cassia : For those who have been mistreated, abused or harmed; restores trust in others; restores our ability to function in the community; addresses karmic lessons in violence

Guizotia : Provides a connection to the Spirit of the Fire; offers a shining light of hope to help us overcome adversity

Hewittia : For those who have witnessed atrocities as children; eases shock and allows for trauma release

Jackfruit Tree : Offers strength and comfort to those who are undernourished, neglected forgotten or abandoned; mends karmic cycles of abandonment and guilt

Kazinga Channel : For animal lovers and advocates; supports telepathic communication with animals; promotes grace, self-love, sensitivity, selflessness

Lady's Earrings : Treats primal fears including fear of the dark, fear of starvation, fear of being overpowered, fear of losing family

Lakeweed : Provides a connection to the Spirit of the Water; for self-acceptance and acceptance of others; helps us embrace a larger sense of family

Lantana : For holding the vision of unity; strengthens leadership abilities

Laverite : Provides energetic support for the immune system; useful for inflammation

Nerium Tree : Connects us to the spirit of self-sufficiency; heals karmic patterns of lack

Nile Source : For life changes and adapting to sudden change; helps us develop readiness and a warrior spirit

Opal : Stabilizes and balances the emotional body; addresses many sexual dysfunctions

Orchid Tree : Regenerates tribal wisdom among those who have lost a connection to roots and the past; fosters leadership

Papyrus : Offers access to lost wisdom; for truth seekers and those who wish to understand deeper meanings

Pink Oleander : Strengthens the heart vibration; for overcoming selfishness, greed or indifference; addresses karmic patterns of material indulgence

Plectranthus : Provides a connection to the Spirit of the Earth; offers a connection to home for those who are lost or misplaced

Podranea : For healing shock or dreaminess; for those whose senses are dulled or numbed

Powderpuff Tree : Provides a connection to the Spirit of the Air; enhances our relationship to nature as a guide

Rwenzori Mint : Cools the head and warms the heart; for those who are headstrong, impulsive and quick to react

Smoky Quartz : Promotes a cleansing and restoration of chakras 1-3 and the associated organs

Yellow Candlebush : Eases despair; for those who can no longer try

Yellow Elder : Helps to heal rifts within families; restores broken patterns in connection; helps us resolve family discord

Yesterday, Today & Tomorrow : Helps with depression; especially good for people who live in the past or who harbor regrets, disappointment, yearnings or melancholy

Delta Gardens makes no claims that essences can alleviate or heal any disease or condition. Essences should not be used as a substitute for professional medical evaluation and care. For more information about the Uganda Set, contact us at: [info@deltagardens.com](mailto:info@deltagardens.com) / 603.601.6929.

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83 Lafayette Road | Hampton Falls, NH 03844