



flower essences

Clinical Catalog

About Delta Gardens



As I spent time exploring a more intuitive connection with plants, I became fascinated with the experience of working with nature and the essences.

David in Pico Bonito, Honduras

Delta Gardens
P. O. Box 201
Hampton Falls, NH 03844
603.601.6929
deltagardens.com

In the early 1980s, my passion for gardening led me to become fascinated with the idea of flower essences. Something that was not visible except to psychic vision or sophisticated technology, but could produce an effect on the body, the mind and the emotions—this got my attention. I was familiar with Dr. Bach’s work with the English essences, but now there were researchers investigating flower essences in the United States. There was new information available both about the clinical possibilities of specific essences and about a deeper relationship with nature. This relationship could directly provide information about flower essences.

As I spent time exploring a more intuitive connection with plants, I became fascinated with the experience of working with nature and the essences. I found more and more information available. As I started collecting data about the results that came from using flower essences, their potential seemed incredibly exciting. This seemed to me an ideal formula—science and nature in partnership, the left and right brain in a marriage, the intuitive and the deductive sharing power.

This part of the story is important because it has become the personality and hallmark of Delta Gardens and forms the basis for the development of all products. All products undergo several years of clinical research before they are sold. All products come from an inspired relationship with flowers, plants and nature.

Delta Gardens has three separate but complementary functions:

1. Working with adults, children and animals with flower essences
2. Research and development of new flower essences
3. Training and education of health professionals in the clinical use of flower essences

We invite and welcome inquiries of all kinds, as well as requests for additional catalogs, educational materials or quarterly newsletters. For more information, visit deltagardens.com.

Best wishes,

A handwritten signature in black ink that reads "David".

David Dalton

Educational Programs

Delta Gardens offers ongoing educational programs for the public and for health practitioners. These programs cover both introductory information and up-to-date research discoveries on the application of flower essences to specific conditions.

Practitioner Certification

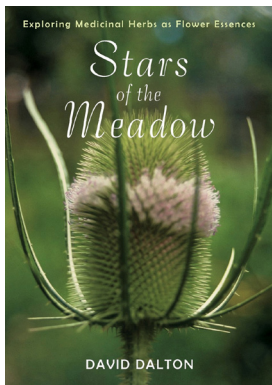
Each year, Delta Gardens offers a Flower Essence Practitioner Certification Program. After classroom studies and field work, participants submit three case studies to complete the certification process. This program is especially designed for health practitioners who would like to enhance their work through the skilled application of flower essences.

Special Topics and Advanced Training

Delta Gardens also offers a variety of special-topic courses, webinars and advanced practitioner trainings for those who wish to further develop their skills. Visit the Delta Gardens website (deltagardens.com) and our Facebook page for a complete listing of upcoming educational programs—or forward your email address to deltagardens@gmail.com to receive our electronic newsletters and updates.

Customized Programs

We love to travel! We create customized workshops for groups across the country and would be delighted to offer a training in your area. Call us at 603-601-6929 for details.



Stars of the Meadow by David Dalton

Stars of the Meadow, published by Steiner Press, is a comprehensive study guide for practitioners and serious flower essence students. It explores the relationship between health and the human personality and includes in-depth explanations of the energetic properties of over 40 medicinal herb flower essences. Each flower essence study includes a description of the plant, itself, as well as indications on how to effectively use the essence with adults, children and animals.



TABLE OF CONTENTS

- 6 WHAT ARE FLOWER ESSENCES?**
Flower essences are liquid, energetic remedies derived from living flowers.
 - Taking Flower Essences
 - Selecting Flower Essences

- 8 FLOWER ESSENCE SETS**
These seven flower essence sets are the core of Delta Gardens' clinical product line.

- 8 Medicinal Herb Set**
- 17 New England Tree Set**
- 20 Protection Set**
- 22 Betrayal Lily Set**
- 24 Daisy Set**
- 27 Rose Set**
- 30 Aster Set**

- 32 GEM ESSENCE SET**
Gem essences are liquid, energetic remedies derived from precious and semi-precious stones.

- 37 SPRAYS**
The sprays are a blend of flower and gem essences in a base of essential oils or flower-scented waters.

- 38 VIBRATIONAL AMULETS**
The vibrational amulets contain flower essences, gems, essential oils and other natural materials.

- 40 WHOLESALE - HOME USE SET**
The Home Use Set functions as an energetic first aid kit.

What Are Flower Essences?

Flower essences are liquid, energetic remedies derived from living flowers. They bring the natural, dynamic energy of the plant directly into the human system, supporting movements towards greater health and balance. Because of their energetic and living quality, flower essences are able to interface directly and deeply with the emotional system, assisting in the release of early wounding and trauma. The suppression of emotional imprints is today considered a contributing factor in the formation of disease.

Flower essences are prepared by exposing a water-flower infusion to direct sunlight or moonlight for a specific period of time. The water holds a vibration generated by the interplay of light and flowers. This solution is then mixed with a high quality brandy or vinegar that acts as both a preservative and stabilizer. The resulting mother essence is diluted and “potentized” in dropper bottles to form stock essences. Known for their effectiveness, reliability and versatility, Delta Gardens flower essences are all sold at the stock level.

Taking Flower Essences

Flower essences are usually taken orally—typically three drops under the tongue from a dropper bottle a few times each day. Essences can also be rubbed onto the skin, added to drinking water or sprayed into the air from a misting bottle. Because flower essences are vibrational in nature, they are absorbed immediately into the system. Each person responds to flower essences in a slightly different way. For some, the results are immediate and quite dramatic; for others, the shift is subtle and gradual.

Selecting Flower Essences

Although a thorough assessment by a skilled, certified practitioner is the ideal way to determine which flower essences to take, many people successfully select their own flower essences by referring to the essence definitions, following intuitive guidance or practicing forms of kinesiology or dowsing.

It is sometimes helpful to combine several stock essences in a single bottle. This one-ounce “dosage bottle” should include a dropper for easy dosing and contain pure water, a tablespoon of brandy or vinegar and three to four drops from each selected stock bottle. The dosage bottle should be shaken well after all of the stock essences are added.



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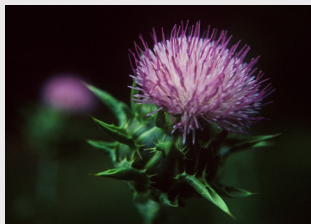
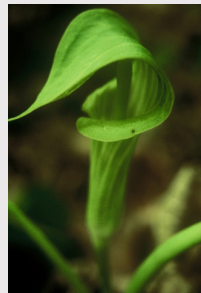
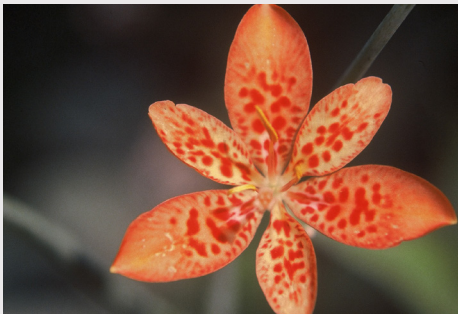
Although many people in this work differ in opinion regarding the optimal number of essences to use in dosage bottles, we suggest keeping the number to no more than three at first. The fewer the essences, the more precise the balancing action will be.

Flower essences are safe, natural and non-toxic and may be used with children and animals. They are a perfect complement to many of today's health practices, enhancing the effects of energy work, physical therapy, acupuncture, psychotherapy, cranial sacral therapy, massage and aromatherapy.

Delta Gardens makes no claims that flower essences can treat any emotional or physical illness. Flower essences should not be used as a substitute for professional medical evaluation and care.

Medicinal Herb Set

The Medicinal Herb Set is the cornerstone of the Delta Gardens product line. **These essences are made in our lush, protected gardens and in pristine wild habitats** using the sun infusion method, pioneered by Dr. Edward Bach in the 1930s. The following essence definitions are a culmination of “plant attunements” and data collected over years of case research. Many of the 72 essences in this set are explored in greater depth in David Dalton’s book, *Stars of the Meadow*.



Clockwise from top:
 Blackberry Lily (*Belamcanda chinensis*);
 Jack-in-the-Pulpit (*Arisaema triphyllum*);
 Milk Thistle (*Carduus marianus*); Lilac
 (*Syringa vulgaris*)

Each essence entry below includes the plant’s scientific name, flower color, elemental signature and area of influence.

Arnica (*Arnica montana*) - yellow, air/earth/fire
 Provides stability and grounding for those who are in shock or have incurred recent trauma; resonant with bones and joints

Astragalus (*Astragalus membranaceus*) - yellow, air/earth/fire
 Provides protection and support during times of trial, challenge or intense activity; seals and reinforces the personality during assault

Bellflower (*Campanula americana*) - blue, air/earth
 Helps us trust ourselves and our inner guidance and intuition; helps develop certainty in our inner life

Blackberry Lily (*Belamcanda chinensis*) - orange and red, air/fire
 For unconscious or unresolved problems in the past concerning close relationships; for healing deep fears around sexuality and releasing repressed sexual trauma

Black Cohosh (*Cimicifuga racemosa*) - white, air/earth
 Eases fears of violence; relieves fears of strong personalities and of being hurt

Black Currant (*Ribes nigrum*) - yellow, air
 For deep fears related to identity shifts and crises; for the fear of non-existence or losing the ego; for fears related to abandonment

Blessed Thistle (*Carduus benedictus*) - red and yellow, fire
 Eases fears of life and moving with life; soothes guilt and fear of punishment; enhances feelings of enjoying life; relaxes stress in the stomach area; alleviates fear of forces beyond our control

Bluebell (*Mertensia virginica*) - blue, air/earth
 Provides access to more positive aspects of the personality; for those who dwell in the negative and cannot cycle out of cynicism; for grumpiness, withdrawal or aloofness

Blueberry (*Vaccinium cyanococcus*) - white, air/earth
 Provides the concentration necessary for challenging tasks and situations; resonant with the back of the neck and the third eye

MEDICINAL HERB SET

Blue Vervain (*Verbena hastata*) - blue, air/earth

For leaders, role models or providers; for Type A personalities or lifestyles; for workaholics and very busy, responsible people who have difficulty relaxing

Boneset (*Eupatorium perfoliatum*) - white, air/earth

Addresses fear of loss, fear of aging and nostalgia; warrior spirit develops

Borage (*Borago officinalis*) - blue, air/earth/fire

Gives peace, lightness and courage; brings relief to burden, depression, melancholy or fatalism

Bull Thistle (*Cirsium vulgare*) - purple, air/earth/fire

Strengthens anchoring forces and releases fears of being trapped in places or situations; eases fears of being controlled by others

Butterflyweed (*Asclepias tuberosa*) - orange, air/fire

A remedy for love addiction; helps those who cannot commit to long-term relationships; for fear and sadness when initial stages of being in love shift

Canada Thistle (*Cirsium arvense*) - pink, air/earth/fire

Supports letting go of pain, guilt or trauma that has been group or family inflicted

Celandine (*Chelidonium majus*) - yellow, air/earth

Enhances many aspects of communication; for self-expression and receiving inspiration or higher thought; for communication blocks and misunderstandings

Cilantro (*Coriandrum sativum*) - white, air/earth

Uplifts and helps with letting go; enhances gratitude and living in the moment

Clary Sage (*Salvia sclarea*) - white, earth/fire

For fear of risk, new cycles or challenges

Codonopsis (*Codonopsis pilosula*) - purple, air/earth

Offers assistance in facing inner challenges and dealing with inner paradoxes; helps us face our weaknesses and our dark side

Columbine (*Aquilegia vulgaris*) - white, air

Provides insight into our true identity and highest purpose; helps those who feel uncertain or lost in life's choices

MEDICINAL HERB SET

Comfrey (*Symphytum officinale*) - purple, air/earth/water

Brings forward repressed parts of the self; opens feelings, memories and parts of the physical that the subconscious shuts down



From left to right: Canada Thistle (*Cirsium arvense*); Columbine (*Aquilegia vulgaris*)

Elecampagne (*Inula helenium*) - yellow, air/earth

Helps us identify more deeply with newly discovered power and beauty in ourselves; for balancing and integrating new experiences of spirituality; use when new feelings, talents and insights are awakened

Figwort (*Scrophularia nodosa*) - red, air/earth

A remedy for rebellious and antisocial personalities; helps with impulses of aggression; for those who do not or do not want to fit in

Fraxinella (*Dictamnus albus*) - purple, fire

For completion, purification and insight; for endings and beginnings; for use after a recent trauma or for the final stages of healing a past trauma; ushers in a transformative energy to help with lingering confusion or pain

Geranium (*Geranium maculatum*) - pink, air/earth

Helps bring about a cheerful nature; good for children who are downcast and adults who are prone to worry

Golden Amaranthus (*Amaranthus hypochondriacus*) - orange and yellow, air/earth/fire

Helps us learn to let go of over-control and become aware of the power of the higher self; for tuning into the ease of life and developing ways to flow with the currents; for letting go of fear during transitions

Goldenseal (*Hydrastis canadensis*) - white, earth/fire

Helps release old patterns; cleanses the mental body of subconscious debris; supports those developing new habits or resolutions; eases obsession

Gravel Root (*Eupatorium purpureum*) - pink, air/water

Helps those who suffer from loneliness or fear being alone; helps with anxiety over friendships and relationships

Habanero Pepper (*Capsicum chinense*) - white, earth/fire

Holds us in connection to the physical during emotional work; prevents separation, drifting, vertigo; promotes clarity and presence, at the same time allowing movement of repressed feelings

Hemp Agrimony (*Eupatorium cannabinum*) - purple, air/earth

Enhances the awareness of the interconnectedness of all things through the heart; eases feelings and perceptions of aloneness and disconnectedness

Horseradish (*Armoracia rusticana*) - white, air/earth/fire

Allows old, recurring thoughts to come forward for action, release or manifestation; helps us feel more power to act and discard patterns of obsessive thinking



Jewelweed (*Impatiens capensis*)

Horsetail (*Equisetum arvense*) - grey, air/earth/water

Helps develop our spiritual identity; for assistance in finding a soul group; for groups working on spiritual issues

Huichol Tobacco (*Nicotiana langsdorfii*) - green and blue, air/earth/fire

Helps align thinking and action with core beliefs and principles; helps balance the subconscious; excellent remedy to support change

Hyssop (*Hyssopus officinalis*) - blue, earth/fire

Releases guilt; helps those who have built personalities and lifestyles around guilt imprints; reawakens impulses of worthiness and receiving

Indian Pipe (*Monotropa uniflora*) - white, air/earth/water

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

Indian Tobacco (*Nicotiana rustica*) - yellow, air/earth

Helps to steady irrational fears or confusions; keeps balance in the mental

body during expanded states; for treating subconscious fears of spirituality

Jack-in-the-Pulpit (*Arisaema triphyllum*) - green and red, water

For developing authentic spirituality; helps us resolve conflicts between past spiritual experiences and present spiritual insight

Japanese Knotweed (*Polygonum cuspidatum*) - white, air/earth/fire

Enhances group awareness, sensitivity and telepathy; provides energy, calmness and insight; enhances group experience and ceremony

Jewelweed (*Impatiens capensis*) - orange, air/fire/water

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

Lady's Mantle (*Alchemilla vulgaris*) - yellow, air/earth/fire/water

Supports integrity and certainty in our sense of self; supports clarity of purpose, emotions and thought; for renewal of life purpose

Lemon Balm (*Melissa officinalis*) - yellow and white, air/earth

Allows for deeper relaxation; helps us enter an alpha state more easily; useful in combination with remedies that initiate movement or stir emotion

Lilac (*Syringa vulgaris*) - purple, air/earth

For uprightness and lightness; helps those who burden themselves and refuse help from others; also for those who are overly dependent on others

Lobelia (*Lobelia siphilitica*) - blue, air/earth/fire

For courage in speaking the truth about ourselves; for shyness or shame around expressing our sexual nature

Loostrife (*Lythrum salicaria*) - purple, water

A remedy for those who feel stunned and shell-shocked; helps with isolation and loneliness; a good remedy for grief and loss

Lousewort (*Pedicularis canadensis*) - red and yellow, air/earth/fire

Helps change attitudes and expectations from probabilities to possibilities; for learning to live in a new paradigm

Lovage (*Levisticum officinale*) - green and yellow, air/fire

Helps us move into the world with a sense of safety and joy; for developing a sense of exhilaration in walking our path; boosts confidence in taking action

Lungwort (*Pulmonaria officinalis*) - blue and pink, air

Helps to strengthen the lungs as a vehicle to release trauma, tension and deep feelings, and to bring life energy into the system; a companion to breath-work, rebirthing yoga, kundalini or breathing meditation

Mariposa Lily (*Calochortus leichtlinii*) - white and burgundy, air/earth/water

Helps to reset patterns caused by a core traumatic issue or experience; resonant with water systems in the body



From left to right: Marshmallow (*Althaea officinalis*); Solomon's Seal (*Polygonatum odoratum*)

Marshmallow (*Althaea officinalis*) - pink and purple, air

Supports feelings of social ease and helps us relate to those we do not like; keeps the emotional body soft and fluid when we are hurt or angry

Meadow Rue (*Thalictrum rochebruneum*) - pink and yellow, air/earth

For redemption of the personality; for transformation and self-forgiveness

Milk Thistle (*Carduus marianus*) - purple, air/fire/water

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 (*Oenothera missouriensis*) - yellow, air/earth/fire

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 (*Leonurus cardiaca*) - pink, air/earth/fire

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

Onion (*Allium cepa*) - white, air/earth/fire/water

Releases sadness; helps in all phases of the grieving process; helps children deal with disappointment

Pink Amaranthus (*Amaranthus hypochondriacus*) - pink, air/earth/fire

Helps with relationship fears; for confidence when entering new relationships

Pink Lady's Slipper (*Cypripedium acaule*) - pink, air/earth

Helps us realize the beauty of our earth and human natures; for added strength in expressing our special gifts

Plantain (*Plantago major*) - purple, air/earth/fire

Cleanses a congested emotional body; for understanding and processing subconscious emotional blocks; for emotional amnesia

Potato (*Solanum tuberosum*) - white and yellow, air/earth

Brings a sense of grounding and stability; valuable in the growth process, providing a deep reference point of self; useful when new experiences pull us off center

Queen of the Meadow (*Filipendula rubra*) - pink, air/earth

For acceptance of our power, place, stature or authority; for those who resist their own advancement in position or title because of fear or prejudice

Scarlet Pimpernel (*Anagallis arvensis*) - red, air/earth/fire

Catalyzes movement in the emotional body; ideal for working with subconscious blocks or past trauma; eases obsession, anxiety and fears

Scullcap (*Scutellaria lateriflora*) - blue, air

Increases awareness of our intuitive responses to others; helps us to feel and know another's point of view; enhances empathy in the healing process

Solomon's Seal (*Polygonatum odoratum*) - white, air/earth

For those who are easily frustrated; eases disappointment; for perfectionist-type personalities or those with overly high standards

Star Jasmine (*Trachelospermum jasminoides*) - white, air

Helps lighten feelings of somberness, heaviness or fatigue; helps with types of depression from feeling overburdened; brings the joy of spirit closer to the physical; a lightener in essence combinations

MEDICINAL HERB SET

Stinging Nettle (*Urtica dioica*) - green, earth/fire

For releasing pain and grief related to partings and endings; for those who are often in conflict with others; for healing deep hurt from abandonment

Sumac (*Rhus glabra*) - green and red, air/fire

Brings a gentle strength and stamina to the system; assists in maintaining a connection with the heart during difficult phases and transitions in recovery; good for those who feel that they have somehow missed life or have been passed by

Teasel (*Dipsacus sativus*) - purple, air/fire/water

For imbalances in giving and receiving; heals energy leaks in the chakra system and helps us hold and maintain our energy; for emotional pain that causes energy depletion

Valerian (*Valeriana officinalis*) - white, air/earth

Allows the psyche to absorb new information; for use in negotiations or in therapy when there is resistance to change

Water Lily (*Nymphaea odorata*) - white, air/earth/water

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

Wild Bergamot (*Monarda fistulosaa*) - pink, air/earth/fire

Addresses fear of anger and brings repressed anger to the surface; helps those who feel cold; helps us connect with passion and enthusiasm

Wood Betony (*Stachys officinalis*) - purple, air/earth

Helps clarify deeper meanings of relationship, friendship and sexuality; for those who prefer to be alone but are working on authentic ways to connect with others

Wormwood (*Artemisia absinthium*) - yellow, air/fire

For breaking down and moving out old patterns that have attached to the personality; for working with obsessions and clearing psychic toxins from the energy field

New England Tree Set

Essences made from flowering trees have a profoundly stabilizing effect and can help us better handle challenging emotional states such as fear, anxiety, disorientation, ambivalence or confusion. The tree essences have diverse effects that allow us to move more gracefully through difficult life circumstances and adapt to new situations. They help create a sense of stability that is necessary for any type of growth or change. This set is useful during and after energy sessions that precipitate deep healing, change or transformation.



From left to right:
Witch Hazel (*Hamamelis virginiana*); Black Locust
(*Robinia pseudoacacia*)

Each essence entry below includes the tree's scientific name, flower color and area of influence.

Black Cherry (*Prunus serotina*) - white

Supports and lightens the heavy-hearted; brings joy, strength and enthusiasm; helps those who are bored, distant and nonchalant

Black Locust (*Robinia pseudoacacia*) - white

Provides steadiness and balance for those who have wide mood swings or are given to bursts of extraversion and retreat; helps us find the center of our being

Blue Spruce (Picea pungens) - yellow

Gives vitality and nourishment to those who burn out or overuse life force, working intensely to finish projects at the expense of their health; helps to steady, strengthen and distribute life force; helps those who are renegotiating priorities

Catalpa (Catalpa speciosa) - white

Promotes the release of old and deep pain that has caused difficulty in the lung and heart area; for processing unresolved grief from childhood or past lives; a complement to breathing therapies

Crusgalli Thorn (Crataegus crus-galli) - white and yellow

Helps those who are overprotective; balances attitudes about freedom and control; eases fear of aloneness

Hickory (Carya ovata) - green and brown

Helps those who wish to change but cannot; helps the transformation of ingrained, lifelong beliefs that no longer serve us; eases the hardening of fear that clings to untenable ideas and positions

Linden (Tilia americana) - white and yellow

Provides angelic relief to deep worry and anxiety; steadies the high-strung or overexcited psyche; helps balance cycles of work, play and rest

Magnolia (Magnolia virginiana) - pink

For developing insight and understanding of issues we are struggling with; deepens spiritual awareness; helps spiritually-minded people with balance and integrity

Pear (Pyrus communis) - white

Helps lighten those who are very serious; assists those who are recovering the ability to express joy and playfulness; good for children who are high achievers

Red Cedar (Juniperus virginiana) - brown

Provides stability to the wandering soul; imparts strength and wisdom to the soul-tested psyche; supports those who have changed jobs, residences or schools; good for children who are leaving home for the first time; eases turbulence in the stomach region

Red Oak (Quercus rubra) - yellow

Helps us experience the totality of our being; good for those who feel narrow or fearful of exploring new talents, horizons or aspects of the self; a good complement to many expansive therapies

Red Pine (Pinus resinosa) - red

For those who waver in allegiance or are indecisive; helps with commitment, loyalty and certainty

Redwood (Sequoia sempervirens) - rust

Helps those who resist the things that cannot be changed; helps with a general ease in life; good for fear of change, aging

Washington Hawthorn (Crataegus phaenopyrum) - pink

For releasing unconscious, self-directed anger; helps us develop equanimity and selfless love

White Birch (Betula pendula) - green and yellow

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

Witch Hazel (Hamamelis virginiana) - yellow

Supports those struggling with dilemmas or paradox in their lives; helps us make sense of opposing ideals and integrate practical matters with our ideals



Red Cedar (Juniperus virginiana)

Protection Set

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. **Each of the essences in the Protection Set enhances and strengthens the field to help keep us safe and healthy.** The essences can be taken internally or added to mist bottles.



Clockwise from top:
Garlic (*Allium sativum*); Cinquefoil (*Potentilla simplex*);
Angelica (*Angelica archangelica*)

PROTECTION SET

Each essence entry below includes the plant's scientific name, flower color and area of influence.

Angelica (*Angelica archangelica*) - white

Provides assistance in sealing the energy field that is challenged or compromised from growth, processing or stress; a wonderful essence to assist anyone going through periods of rapid change; sealing occurs from outside the energy field

Cinquefoil (*Potentilla simplex*) - white and yellow

Cleanses the energy field of imprints or vulnerabilities that attract dark, negative or depleting personalities to us

Garlic (*Allium sativum*) - white

Repels parasitic energies that have a tendency to attach to the field; helps with some forms of obsession and fear

Pennyroyal (*Mentha pulegium*) - lavender and white

Prevents thoughts from recycling into the energy field; protects from obsessions and obsessive fears

Rue (*Ruta graveolens*) - yellow

Repels negative energies directed towards us by others; dispels unconscious assaults of anger or hatred as well as conscious efforts to cause harm

St. John's Wort (*Hypericum perforatum*) - yellow

Seals and strengthens the energy field that is weakened from shock, burnout or from an expanded or escapist nature; protects from dreamtime imbalances; sealing action occurs from within the energy field in the area where the field connects to the belly

Yarrow (*Achillea millefolium*) - gold, pink and white

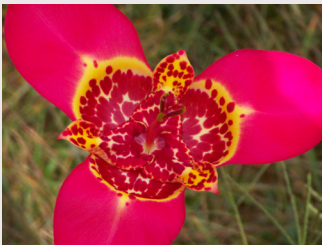
Strengthens the energy field to repel other people's thoughts and emotions as well as a harmful spectra of waves, such as radiation and microwaves

🌀 Emergency Protection

A combination of all seven protection essences to be used in emergency situations; for acute distress, fears, anxiety, burnout and depression

Betrayal Lily Set

Betrayal is a type of trauma in which we are hurt by someone we trust. Recovery from a betrayal involves releasing any pain we are carrying from the past and rebuilding our ability to trust. The lily essences address different kinds of betrayals that we may experience in relationships, and **they help create a sense of balance, safety and confidence in ourselves and others.**



Clockwise from top:
Wood Lily (*Lilium philadelphicum*);
Gloriosa (*Gloriosa superba*); Tigridia
(*Tigridia pavonia*)

BETRAYAL LILY SET

Each essence entry below includes the plant's scientific name, flower color and area of influence.



Turk's Cap (*Lilium martagon*)

Amethyst Temple (hybrid) - purple

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

Casa Blanca (hybrid) - white

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

Enchantment (hybrid) - orange

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

Gloriosa (*Gloriosa superba*) - red and yellow

For healing the primary wounds of betrayal by father or father figure

Sunray (hybrid) - yellow

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

Tigridia (*Tigridia pavonia*) - red and yellow

For healing the primary wounds of betrayal by mother or mother figure

Turk's Cap (*Lilium martagon*) - orange and red

For betrayal during childhood by a parent or adult that results in anger and defensiveness in the personality; for releasing and balancing repressed energies

Wood Lily (*Lilium philadelphicum*) - red

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

Daisy Set

The Daisy Set addresses a stage in the transformation process when the ego or identity shifts to accommodate new behaviors.

Each daisy essence also addresses a specific type of fear that inhibits personal growth or limits the full expression of the personality. There are two types of daisies—those with petals and those without petals. Daisies with petals help with integration and identity development. Daisies without petals help the identity release something that is no longer needed. The two varieties should not be used simultaneously.



Shasta Daisy (*Leucanthemum superbum*)

DAISY SET

Each essence entry below includes the plant's scientific name, flower color, type (petals/no petals) and area of influence.

Black-Eyed Susan (*Rudbeckia hirta*) - yellow and brown, petals

Helps the personality bring in and assemble previously suppressed or edited-out information due to childhood punishments; supports recovery from strict, harsh or unconscious indoctrination, such as when a child only receives love when acting in certain ways; good for adults or children who fear doing the wrong thing or making mistakes; helps the personality lose fear and shame orientations and accept the rhythms of life and humanness

Chamomile (*Anthemis eecutita*) - white and yellow, petals

Helps us identify more easily with happiness and feeling good; eases grumpiness, negativity, low expectations and fears that things will go wrong; eases fear of the dark

Chinese Moxa (*Artemisia capillaris*) - yellow, no petals

Helps release general and specific fears, trauma, ideas and attitudes that block the flow of energy in the system; ideal for conscious work on a specific issue; may release deep, unconscious blocks in the system, initiating a period of depression, chaos or violent dreams followed by clarity and increased energy

Costmary (*Tanacetum balsamita*) - yellow, no petals

Helps release regrets and sadness about loss; eases life transitions (the end of child-rearing days, retirement, moving away from a long-term home); lessens self-destructive examinations of past mistakes and lightens deep wishes that everything was different; helps with fear of change, aging and death

Echinacea (*Echinacea purpurea*) - pink and brown, petals

Useful in therapy when there are deep inner conflicts or when we are ready to integrate diverse aspects of the personality; speeds the resolution of conflicts by keeping all issues conscious; prevents the suppression of conflict or the splitting of the personality; helps with fears of losing control

Feverfew (*Tanacetum parthenium*) - white and yellow, petals

Helps integrate practical information into the personality; useful for artists, dreamers, philosophers and anyone who has trouble with the day-to-day matters of life; eases fears of losing our identity in groups or systems

DAISY SET

Fleabane (*Erigeron annuus*) - pink and yellow, petals

Helps release fears of our delicate or feminine nature; helps reassemble our feminine side after damage or suppression; addresses gender-related prejudices and homophobia; helps those who are considering careers in the arts and struggling with fears that accompany this type of decision

Gloriosa Daisy (*Rudbeckia hirta*) - yellow and orange, petals

Helps us choose, align with and persist in all matters of soul growth; helps the soul locate resonant people, activities, places and careers while clearing thoughts that lessen the joy of soul-aligned experiences; supports feelings of satisfaction and accomplishment; eases fears and mental wavering when we are selecting a life direction

Shasta Daisy (*Leucanthemum superbum*) - white and yellow, petals

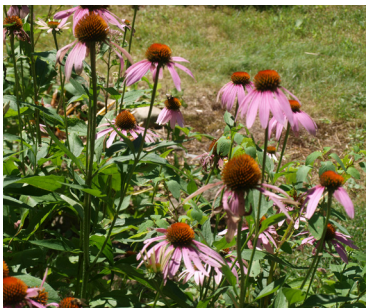
Supports an overloaded or overworked mental body; clears confusion and mental fatigue; enhances the mind's ability to collect and sort information; ideal for educators, intellectuals and other professionals who are constantly thinking; helps with panic attacks that occur when subconscious fears surface and the mind cannot effectively rationalize or control the situation

Sunflower (*Helianthus annuus*) - yellow, petals

Enhances our ability to project energy outward; strengthens will force and the ability to take action; increases confidence and removes blocks to success (delay, procrastination, lateness, forgetfulness); for fear of success and fear of failure

Sweet Annie (*Artemisia annua*) - yellow, no petals

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



From left to right: Echinacea (*Echinacea purpurea*); Chamomile (*Anthemis eecutita*)

Rose Set

The essences in the Rose Set deal directly with the heart and the heart chakra. **Roses address many aspects of love energy, including friendship, romantic love, love of family and universal love.** They act as catalysts, stabilizers and uplifters, circulating any energy that may be stagnating in the lower three chakras.



From left to right:
Rugosa (*Rosa rugosa*);
Fairy Rose (hybrid)

Each essence entry below includes the plant's scientific name, flower color and area of influence.

Apricot Blush (hybrid) - peach and orange

Helps those who feel unable to give in relationships; helps heal selfishness that has developed from past hurts; balances those who need a great deal of attention in relationships

Blue Lotus (*Nymphaea caerulea*) - blue

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

Briar Rose (*Rosa eglanteria*) - pink

For those who are developing a spiritual discipline; helps us maintain a connection to the heart when we try to discipline our mind and body; for busy or dedicated personalities who suppress feelings

ROSE SET

Canyon Sunset (hybrid) - peach and pink

Supports the heart to deal with separation and loss

Crimson Bouquet (hybrid) - red

Helps the heart hold the energy of joyousness; for love's victories, rituals and celebrations; for angelic support when the heart is heavy; for sadness following a separation or breakup

Dog Rose (Rosa canina) - pink and white

Helps quiet the anxious heart; for those who fear love or fear being hurt; for those who access fear when feelings of love arise

Don Juan (hybrid) - red

For opening to, understanding and integrating romantic love as an energy; helps to balance, internalize and personalize romantic love as an internal experience; helps those who are attracted to intensity; eases fantasies about love

Fairy Rose (hybrid) - pink

Supports and nurtures special, heart-centered children

Fragrant Blush (hybrid) - pink

For those in partnership to take together; awakens tenderness, understanding and caring

Joseph's Coat (hybrid) - peach, pink, red and yellow

Activates the spiritual aspect of the heart; encourages compassion and love for the divine; connects the crown to the heart

Mirandy (hybrid) - red

For strengthening and protecting the heart; for healing a broken heart and accessing feelings of forgiveness; for picking up the pieces and restoring faith and trust in possibilities; for those who try again after a period of separation

Peace (hybrid) - yellow and red

For maintaining difficult relationships and holding on to the promise of love; for those who fall in love with challenging personalities; helps develop a forgiving heart

ROSE SET

Red Honor (hybrid) - red

Helps with disappointments when the human side of love damages the ideal of love; for those who feel they must lower their standards to enter or maintain a relationship; for those who stay in relationships without love

Rugosa (Rosa rugosa) - pink

For those who choose not to enter relationships or who have been without a partner for a long period of time; supports individuals who choose celibacy as a way of perfecting a higher love; helps with loneliness and separation

White Dawn (hybrid) - white and red

For children or for reconnecting to the innocence of the heart; eases difficulties in initial relationships and soothes childhood feelings of confusion about love in a difficult world; for early disillusionments about love or friendship; for children who have problems with their feelings about their parents

Wild Rose (Rosa acicularis) - pink and red

For lessons related to friendship and for mending wounds between friends; helps children connect with friends; helps adults appreciate and cultivate friendships



Canyon Sunset (hybrid)

Aster Set

The Aster Set assists in issues of death and dying. **These essences help the individual and family members connect to higher values and energies during the transition process.** They provide an opportunity to make the journey out of this life peaceful, conscious and loving.



Purple Aster (*Symphyotrichum novae-angliae*)

Each essence entry below includes the plant's scientific name, flower color and area of influence.

Bushy Violet Aster (*Symphyotrichum dumosum*) - purple

Helps to lessen fear at the threshold; eases confusion and the denial of death; for fear of being lost, alone or forsaken; helps release attachments to fear

Bushy White Aster (*Symphyotrichum dumosum*) - white

Purifies the emotional body of desires; eases lust, greed and wanting and lessens any orientation towards materialism; assuages spiritual fears

Pink Aster (*Symphyotrichum novae-angliae*) - pink

Purifies the emotional body of anger, hatred, prejudice, blame and resentment; resolves old rage in the psyche and helps us make amends with enemies; for those who dwell on revenge

ASTER SET

Purple Aster (*Symphyotrichum novae-angliae*) - purple

For purifying the mental and emotional body of arrogance and the illusion of superiority; helps us come to terms with presumptions of spiritual entitlement; for karmic insecurity

Rough Leafed Violet Aster (*Symphyotrichum puniceum*) - purple

Enables us to let go of attachments and surrender the self to the divine; for those who hold on or have been in a coma for a long time; supports those who fight the transition process

Small White Aster (*Symphyotrichum racemosum*) - white

For those who know they will pass on; eases shock, grief and self-pity; strengthens our certainty in our relationship to the divine and helps prepare the soul for travel

Wood Aster (*Eurybia divaricata*) - white

For those who have lived a long life; relieves loneliness, depression and despair; softens yearnings, longings and sadness; helps us accept the limitations of aging and instills a strength to remain in the body; strengthens psychic connections to those on the other side

Aster Blend

A combination of Bushy Violet Aster, Bushy White Aster, Small White Aster and Wood Aster; enables family members and loved ones to participate more deeply and fully in the dying process of another



From left to right: Wood Aster (*Eurybia divaricata*); Pink Aster (*Symphyotrichum novae-angliae*)

Gem Set

Gem essences—or gem elixirs, as they are sometimes called—are vibrational cousins to flower essences. They are made by exposing a water-gem infusion to direct sunlight or moonlight for a specific period of time. According to the Gurudas research,¹ **these essences tend to work closely with the energetics of the physical, resonating with specific organs or systems in the body.** Like flower essences, gem essences also address emotional and mental issues. Gem essences work well with flower essences and can be used individually or in combinations.



Clockwise from top:
Citrine; Watermelon Tourmaline; Lepidolite

References in the descriptions on the following pages 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.

¹For more information on gem essences, see *Gem Elixirs and Vibrational Healing, Volume 1 and Volume 2* by Gurudas.

GEM SET

Each essence entry below includes the stone's name and area of influence.

Abalone - Supports weakened muscle; strengthens the heart; eases rigidity in the personality

Amethyst - For sugar imbalances; good for scattered thinking and some neurological problems or toxicity

Aquamarine - Strengthens the body's cleansing ability; supports the liver and kidneys; an essence for inspiration

Aventurine - Eases fear and anxiety and increases conscious manifestation

Azezulite - Both calming and uplifting; eases hives and inflammations; for use in combinations of release

Azurite - Addresses thyroid imbalances and arthritis; useful for compulsive eating

Beryl - Soothes anxiety and nervous tension; helpful for intestinal imbalances

Black Tourmaline - For clearing toxins and for protection against negativity and environmental disturbances; stimulates the first chakra and supports adrenal health

Blue Quartz - Supports the throat and thymus; helps regulate metabolism

Boji Stone - For connecting with nature and enhancing plant spirit communication; for use in plant sprays

Botswana Agate - Helps the body take in more oxygen; helps some forms of depression

Carnelian - Helps oxygenate the blood; supports mineral absorption

Chalcedony - For hardening arteries and low iron; a general tonic for the blood; supports inspiration and creativity

Chrysocolla - Strengthens the lungs and throat; eases stress and tension; relaxes high blood pressure

Chrysoprase - Addresses physical and psychological issues associated with the second chakra

Cinnabar - Clears the fourth chakra; for work with parasites, entity attachments or candida

Citrine - For clearing toxicities of various kinds; increases the body's own immune response to toxins

Clay - For cleansing physical toxins; can be used to complement the action of both internal clay preparations and clay used in a bath

GEM SET

Clear Quartz - Strengthens the intestinal tract; for use with ulcers; enhances manifestation; helpful for hysteria and emotional extremes

Copper - Addresses inflammations and neurological problems

Coprolite - Supports colon health and muscle elasticity; eases critical tendencies

Coral (red and white) - An elixir for heat and the circulatory system; for bone disorders; improves concentration

Diamond - Soothes head injuries or brain imbalances

Diopside - Supportive essence for kidney problems; helps us process trauma from parents

Emerald - Strengthens the heart and kidneys and reduces unconscious fears

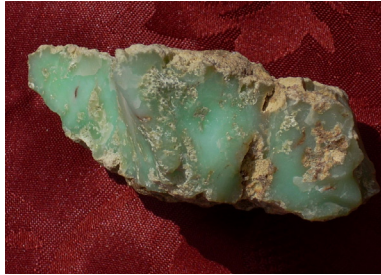
Fire Agate - Connects the second chakra and the fourth chakra; for grounding and balance

Fluorite - Supports calcium absorption; promotes bone and tooth health

Garnet - Augments the liver and kidneys, supporting detoxification

Gold - Strengthens the nervous system; helps many nervous disorders

Golden Topaz - For fears related to aging; relieves tension and improves confidence; enhances other essences



Chrysoprase

Green-Black Tourmaline - Clears physical and emotional toxins from the heart

Green Garnet - For pelvic imbalances and psycho-sexual problems

Green Jasper - For overly-sensitive, overly-absorbent healers; strengthens life forces and eases anxiety

Green Tourmaline - Strengthens the immune system; opens the heart

Hematite - Alleviates low vitality, blood disorders and low self-esteem

Hemimorphite - Strengthens skin tissue; calms many skin imbalances

Herkimer Diamond - For releasing stress and toxicity

Jade - Awakens love for the earth and sensitizes us to our ancestry; for support with thyroid problems

GEM SET

Jet - Targets problems in the lower spinal column; for fertility and depression

Kunzite - Strengthens the heart, arteries and blood

Lepidolite - Eases nervous tendencies; protects us from negativity

Light Amber - For memory loss, viral inflammations and ambivalence

Limestone - Balances lower chakras, eases fears; helps the body eliminate toxins

Loadstone - Strengthens the aura to release toxicity

Mahogany Tiger Eye - Supportive of the kidneys; eases irrational fears

Malachite - For neurological problems and protection against radioactivity

Moldavite - Tunes upper chakras to higher beings and guides; eases spiritual fears

Morganite - Strengthens the throat and lungs; good for speakers and singers

Obsidian - For stomach and intestinal problems

Opal - Supports the thyroid, throat and abdomen

Orange Calcite - Soothes fears associated with sexuality; addresses psychological effects of sexually transmitted diseases

Pearl (light and dark) - Steadies many emotional imbalances; supportive of the stomach; useful for ulcers and digestive problems

Peridot - For general strengthening and detoxification; increases clarity

Petrified Wood - Recommended for cases of hardening tissue, skin, bones and arteries

Pink Onyx - For stress and apathy; for use with neurological disorders



Rose Quartz

Pyrite - Eases blood disorders and digestive problems

Red-Blue Tourmaline - For passive aggressive personalities and mood disorders

Rhodochrosite - For sugar imbalances; eases nightmares

GEM SET

Rose Quartz - Supports the heart and improves circulation; relieves anger



Cinnabar

Ruby - Strengthens the heart chakra; for use with heart disease

Ruby-Emerald-Sapphire - Aligns higher chakras with the heart and solar plexus; enhances digestion, metabolism, mineral absorption and heart functioning

Rutilated Quartz - Provides protection against radiation; for brain damage

Sand - Helps soften hardened tissues and expel radiation

Sapphire - For mental and spiritual clarity and detoxification

Silver - Stimulates the nervous system and improves mental functioning; for use with neurological problems

Smithsonite - Eases fear of relationships; creates stability and confidence

Smoky Amethyst - Removes lower thought forms and negativity; good for couples therapy

Smoky Quartz - Addresses many pelvic imbalances in men and women

Sulphur - Strengthens neurological tissues and improves memory; for sinus and lung problems

Tree Agate - Enhances connection to the earth and improves the circulation of energy

Turquoise - Improves circulation, muscle tone and nutrient absorption

Watermelon Tourmaline - Engenders lightness; supports the heart and thyroid

Delta Gardens makes no claims that gem essences prevent or improve physical or emotional conditions. Gem essences should not be used as a substitute for professional medical evaluation and care.

Sprays

Delta Gardens sprays are a blend of flower and gem essences in a base of essential oils or flower-scented waters. The sprays come in 4-ounce cobalt blue glass bottles with a fine mist atomizer. They offer a way to use essences externally in your living and working space.



Clearing Spray - Angelica, Blue Spruce, Goldenseal, Lily of the Valley, Moxa, Sweet Annie, Wine Tourmaline
Lightly scented with lemon and neroli essential oils, this spray clears heavy or depleting energies and restores a sense of lightness and harmony. This product can be used to clear spaces (home, workplace, etc.) as well as people.

Healthy Plant Spray - Boji Stone, Clear Quartz, Moss Agate
The Healthy Plant Spray, lightly scented with bergamot essential oil, will give your plants a boost of extra energy and care. A light spray twice a week is recommended to keep plants happy and thriving.

Skin Spray - Hemimorphite, Luffa
This spray contains two supportive skin essences in a solution of solarized rugosa rosewater. Apply this spray in the morning, before starting the day, and again at night before sleep to tone and renew skin.

Vibrational Amulets

Delta Gardens vibrational amulets are unique combinations of flower essences, gems, essential oils and other natural materials, working synergistically to create a particular energetic signature. Each amulet is infused with sunlight and/or moonlight to seal and enhance the properties of the ingredients.



Dolphin Amulet



Heart Amulet

Abundance - Gold, Herkimer Diamond, Mugwort Oil, Silver, St. John's Wort Oil - Summer Sun and Winter Moon
Enhances prosperity consciousness

Angelic - Gardenia, Moonstone, Rose Quartz, White Rose - Full Moon
Strengthens our connection to the angelic kingdom

Dolphin - Aquamarine, Emerald, Moonlight Essence #11, Pearl, Sea Water - Moon
Enhances interspecies communication

Dream - Herkimer Diamond, Mugwort Oil, Rhodochrosite - Moon
Stimulates dream recall and clarity

Grounding - Garnet, Juniper Oil, Mahogany Tiger Eye, Smoky Quartz - Sun
Helps the base chakra activate and connect to the earth; helps us feel more in our bodies

VIBRATIONAL AMULETS

Heart - Jasmine Oil, Peridot, Rose Oil - Sun
Opens the heart and strengthens our connection to love energies

Mother Earth - Geranium Oil, Pyrite, Red Clover, Sage, Sunstone, Sweetgrass, Turquoise, Yellow Topaz - Sun
Enhances our connection to the earth; for those doing earth work

Peace - Lavender, Lepidolite - Moon
Helps relieve anxiety, worry and stress

Protection - Angelica, Fluorite, Malachite, Obsidian, Sage - Sun and Full Moon
Provides protection from psychic toxins; helps us hold our energy field during travel or times of extreme change

Strength - Amber, Cedar Oil, Frankincense Oil, Lapis, Malachite, Ruby - Sun
Reinforces physical and emotional energy in times of stress; improves stamina

Sun - Amber, Aster, Citrine, Crocus, Daffodil, Daisy, Forsythia, Sunflower - Solstice Sun
Alleviates seasonal depressions, apathy, coldness and weaknesses

Tree Spirit - Birch, Cedar, Cypress Oil, Hemlock Needles, Olive, Quartz, Redwood, Tree Agate - Sun and Moon
Enhances communication with and connection to the grounding realm of trees; supports rootedness and a sense of stability; for those who love and work with trees



Grounding Amulet



Mother Earth Amulet

Wholesale – Home Use Set

The Home Use Set addresses common, everyday issues and functions as an energetic first aid kit. These single and combination essences are simple to use and offer those without training a chance to explore the potency of flower essences. We offer practitioners the opportunity to purchase the complete set along with wooden racks for resale.



Blue Vervain (Verbena hastata)

Emotional Release (Angelica, Marshmallow, Milk Thistle, Onion)

Assists in the release of toxic emotions from the system

Garlic

A remedy for parasites; protects from fleas, ticks, mites and black flies; not effective against horseflies or greenhead flies

Hope (Lilac, Pearl)

For depression or giving up; lifts hopelessness and gloom

Luffa

A great essence for children's skin problems; helps animals with skin conditions that cause fur loss

HOME USE SET

Panic (Borage, Cedar, Shasta Daisy, St. John's Wort)

Helps relieve and control panic attacks

Pansy

Helps relieve viruses of various kinds including cankers, cold sores, and shingles

Protection Blend (Angelica, Garlic, Rue, St. John's Wort, Yarrow)

Good for those who work with people and tend to get drained; supportive during travel, eases jet lag; helps those who have trouble in crowds or are easily over-stimulated

Red-Blood Flower (Beet, Redwood, Sumac, Yarrow)

Helps the body absorb nutrients that build blood minerals; helps with anemia, bleeding, blood clotting problems

School Flower (Borage, Rosemary, Shasta Daisy, Yarrow)

For children who dislike school; relieves school-induced depressions; helps with thought clarity and focus

Stress (Blue Vervain, Golden Amaranthus, Lemon Balm, Yarrow)

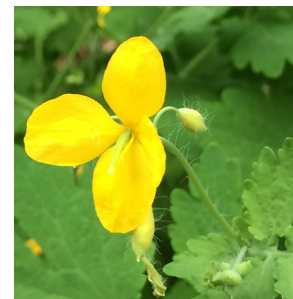
Good for the Type A personality; supports and balances the system during stressful times

Surgery Blend (Comfrey, St. John's Wort, Yarrow)

Aids in recovery from surgery or physical injury

Throat Flower (Celandine, Snapdragon)

Helps ease many throat imbalances



Left to right:
Celandine
(Chelidonium
majus)
Borage (Borago
officinalis)

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