

BOTANICAL ALCHEMY



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BOTANICAL ALCHEMY FLOWER ESSENCES

Welcome to Botanical Alchemy Introduction to Flower Essences. We could call this, “*Clifton Sings the Flowers,*” because by the time we are finished, you will hear me singing the praises of all of the flowers. I am happy to share them with you today. I love them and they offer us beautiful gifts. I am very appreciative for what they have done for me, my clients and those I love. I am a homeopath, the chief alchemist and the owner of Botanical Alchemy. In the 30 plus years of supporting clients, I have created the special blends that Botanical Alchemy offers.

We will be learning how Flower Essences work; their qualities and how important dosage patterns are.

As we talk about the blends, I will group them into categories to help you understand their nature and relationships more fully. Many of the Flower Essence blends have very similar or overlapping qualities and discussing them together will help you more easily distinguish which ones are best suited for specific situations. Even though some of them have similar actions, it will be clearer where they differ.

It’s in understanding these similarities and then learning the differences or distinctions that we arrive at the most accurate view of each of the blends. We call this understanding the Signature of the blend. What are the special gifts, multiple goals or sequenced goals that this blend offers? Which circumstance does this blend shine in?

Flowers are our friends and they really want to help us. You can reach for any of our flowers using the title of the blend as a very good indication.

This class is going to help you understand their Signatures clearly. And by understanding the Signature of the gifts of each one a little better, you are more likely to reach for the right blend, or blends for yourself or your clients.

As we finish, I would like to take a leisurely stroll with you through our blends, visiting the Aura Cleanser and the Faerie Food as well.

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What Distinguishes BA Flowers from other flower essences:

Almost all Flower Essences are lovingly made by people who are altruistic, sensitive, caring & nature-loving. Therefore, most Flower Essences are safe and beneficial.

Our Flower Essences have a number of unique qualities that make them highly potent, deeply effective, and help you achieve your desired results.

- 1) Our Flower Essences are synergistic blends, not single flowers giving you the advantages of greater success, reduced learning curve, reduced expense, and the addition of ancillary and complementary goals.
- 2) We are dosage strength, not stock strength, thus bigger bottles and less waste.
- 3) We work for the Faeries and they tell us what they want to do.
- 4) We include Gem Elixirs, Sacred Waters, Lunar Effusions
- 5) Element Magic helps deeper effect, maintains life force of Faeries
- 6) Cocktailing
- 7) The Well and Circle Technique

FLOWER ESSENCES

Flower Essences are a vibrational medicine. This means that they are an energetic medicine; and their effect on your system comes from their energy waves moving through your aura. It's not from chemical constituents that have been extracted from a plant, or created in a drug factory that then has an impact on the cells of your body. Flower essences work through your chakras and your aura, creating an energetic wave. They help to strengthen, balance, tonify and enhance the energy systems of your auric bodies and your chakric system.

Plants are very generous and Flower Essences are one of their many gifts. It is a very high vibration gift with very practical results. Every plant has a flower gift and their qualities vary from plant to plant. Dandelion is very resilient and helps you survive and be strong. Oriental Lilies help you purify and uplift your energies, ideas and self-esteem.

By combining these gifts in blends we can utilize their energies together and create positive change in our lives and the lives of our loved ones, or clients. Flower Essences work well with other modalities.

Some people confuse Flower Essences with essential oils. Essential oils are a physical medicine and have a scent. When you open a Flower Essence, you'll notice that they don't have a scent. Flower

Essences have no scent or taste. What you can taste is the brandy, or glycerin that is used as a preservative. Flower essences are much more energetically based than essential oils. Essential oils are primarily a physical medicine, although the better quality oils have a vibrational component that is very nice.

Flower essences are a sub-branch of Homeopathic medicine and some, but not all, of the rules of homeopathy apply to them. Homeopathic medicines are made by taking a substance and then sequentially diluting it. Until you get to higher potencies, you can have some of the physical particles remaining that you originally started with.

Flower Essences contain the energy of the flower, not any of its physical parts. You are capturing the gift of the plant's spirit. The plant wants to share with you at the highest point of its reproductive cycle; at the highest part of its energy cycle. Flower essences are made by drawing this energy into water or some other solution and then preserving it.

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What Flowers Essences Do:

Flower Essences work very well on improving Mental, Emotional, Spiritual issues, such as negative habits, limitations, personality faults, entrenched ways of being or attitudes, and patterns or behaviours that no longer work for you.

Because they are vibrational medicines rather than physical medicines, Flower Essences are especially effective with emotional, mental, spiritual issues. This vibrational quality that they have allows them to move like a wave into your chakra and into your auric bodies. This means that you can work on very fine and subtle issues. Fine and subtle issues they may be, but the issues they create in your life can be overwhelming.

Flower Essences are very good for clearing entrenched habits and especially good for working on shadow side issues. An example of a side shadow issue may be when it feels like we will never reach our goal, or create that lasting change. It is when you get the clue that something is going on and that it's now appropriate to look inside, but when you do, you don't see anything!

It's hard to see something when it's in our shadow side. We often need to ask friends for help, and some of the best friends to ask are Flower Essences. Ask them to move in and help you, help you with things you can't see or that you can't reach very easily. Because of their ability to get into these sorts of stubborn or hidden areas, you can really ask Flower Essences to do the heavy lifting on growth and change for you. Many times, we have patterns that we keep working on that we just don't seem to be able to clear. We just can't beat that one pattern or stop it from reappearing!

On deep and more surface areas of your life Flower Essences make life a easier, more successful, more enjoyable, more balanced, and they do it with a very light, very friendly and with a very giving, loving energy.

Of all the species on this planet, I would have to say that flowers are some of the most generous and loving that I've run into, and they do amazing things in areas we may not be strong in

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Dosage Is Key:

The next thing to talk about is dosage. When you are working with Flower Essences it's good to understand that the way you take them can have a huge impact on how quickly you get an effect or how strong of an effect you get.

Our Flower Essences have been made so that different blends sometimes call for different dosage patterns. Some of our blends, for example, the Un-Stress blend or the Bright Mornings blend, the Lighten Grief blend have been made for a very quick effect.

Un-Stress is a blend that is going to take you from feeling stressed and pressured, to being calm, centered, balanced and confident. It then helps all your tasks align themselves up in a calm and orderly manner, bringing them forward one at a time. Similar to taxis waiting at a cab rank. It is going to give you the feeling that you are in the right place at the perfect time and that you have all of the support you need. It's going to have you feeling like you can proceed through each task easily and successfully, with confidence and balance.

This works best by following the best dosage pattern. Start by putting the Flower Essences in water, often with other blends if you wish, and taking a sip as often as every minute or so. By the time you get to five or six sips, the centering and clarifying effect will start to kick in.

Every time you take a sip, it sends an energy wave through your aura, and a sip is as strong as a squirt under your tongue, or drinking a whole bottle. With Flower Essences and Homeopathy, the effect builds by the number of doses you take, not the size of each dose.

So if you take a formula that has been designed for a quick effect and you run five or six or more of these energy waves through your aura in five - ten minutes, you are going to find that the effect can be very fast.

Bright Mornings follows the same principle, but it generally takes a few more sips before it kicks in. Working on the water element takes a bit more time usually.

Lighten Grief is a special formula with very strong and quick acting effects, but it has a unique dosage pattern that we will cover later.

There are other formulas that we have such as the Emotional Transformation formula or the New Patterns formula that have been designed for a much deeper and slower effect. You still take them in liquid and sip, but you are not generally trying to get that 5 minute effect. Taking them daily over several weeks or more, allows them to work down gently and lovingly into the deeper layers of your psyche.

You will hear me talk about dosage patterns as we go along. Strongly catalytic blends can bring quick change and release. They call for careful dosing, because too many doses too quickly can speed up your arising and releasing processes more than is sometimes comfortable. On the other hand, if you can ride the change wave, go for it.

To put it simply:

"It is not how much you take, it is how often you take it."

The effectiveness and the speed with which a Flower Essence or Homeopathic kicks in is not determined by how much you take, ***it's how often***. If you look on each of the bottles, you will find that each bottle has an indication about how you might like to take it.

Have a look at the label and then follow the instructions, or if you choose follow your heart, intuition and feedback from the flowers. The more you talk to them, the more they talk to you.

Dosage Techniques You Will Learn To Love:

- 1) Directly Under the Tongue – Traditional and Good
- 2) In a drink and Sipping – New Technique and Better
- 3) Cocktailing Several Blends – Newest, Greatest and Best
- 4) Well and Circle Technique – Release and Grow

Dosage Tips to Remember:

- A) More sips = More effect from the blend or blends
- B) More frequent sipping = Quicker effect from the blend or blends
- C) Some blends are made for a swifter effect and some are made for deep, slow change.
- D) Put 3-5 drops of each blend in a glass and 5-7 drops in a bottle. Intuit any number of extra drops you like for fun or numerology, but these are enough to charge the water.

- E) An open glass is alive for 1-2 hours. A sealed bottle is alive for 2-4 hours. After that, add some more drops to recharge it, even if you have not finished the contents.
- F) Flowers are great in water, alcoholic drinks, fruit juices, and can be put in herbal teas if you let them cool a little first. Coffee, Colas, and soft drinks are less friendly environments.

Blends with Special Dosage Patterns:

Lighten Grief

This blend is a homeopathic. Dose under the tongue, and repeat when needed. Do not cocktail with other blends, or take it before you need it.

Hidden Issues

Because this blend is so catalytic, be prepared to take a day or two off if things come up too fast.

Cleansing Fire

Because this blend is also deeply catalytic, we generally suggest you take at night. Take less sips or skip nights if things start to move too fast. Take it during the day and sip if you want to move faster.

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Cocktailing:

Cocktailing is the process of taking more than one blend at a time—either putting them in water and sipping, or putting them under your tongue at the same time. We call it cocktailing because it is so much fun. Even the flowers have fun when you cocktail.

Take a glass or a bottle of water and add 3 to 5 drops of each blend. It's OK to combine up to 3 blends at a time, and sometimes, if it feels really right, even 4 blends. Start sipping.

Often with my clients, if I want them to get a lot of specific flowers into their system, I might give them a couple to take in the morning as a cocktail and then a couple to take in the evening as another cocktail. Almost all of our blends cocktail well with each other. Lighten Grief is the only one not to cocktail, as a homeopathic needs less doses.

We will be looking more deeply at Cocktailing and Cocktail Sets in another class, and there are some notes about Cocktailing and our Cocktail Sets at the end of these notes.



BOTANICAL ALCHEMY FLOWER ESSENCE CATEGORIES

PROTECTION BLENDS:

There are 33 Botanical Alchemy blends to date, and I always begin by discussing the 3 *Protection* blends; *Immune Energy*, *Un-stress* and *Trauma*. They are very important, since they cover many types of situations that I feel are under-diagnosed and deal with a number of difficulties and limitations.

Immune Energy *A classic energetic protection blend.* Designed for strengthening the aura and helping to close energetic gaps in the aura. It is very beneficial if you are sensitive to toxic environments, being around toxic individuals, or even wanting to absorb higher energies. Immune Energy can firm up the edges of the auric field so that other people's energies do not interfere with your wellbeing.

Immune Energy is great for psychics, or anyone who is sensitive to energies. It also has aspects that work on self-esteem issues, particularly where you think you are just not good enough, or just not special enough. This low self esteem or self doubts can open up energetic holes in your aura.

Immune Energy allows your own energy to work on closing these gaps, being more resistant to other people's unwanted energies, and assists when you are working on the specific issues that create imbalance. It is a very good formula to "cocktail" with all the other blends.

Trauma *Highly protective in specific circumstances, Trauma is helpful with closing larger energetic gaps in the aura.* We have large amounts of energy coming in and going out at every moment, and it is beneficial to have control over that flow. When mental, emotional, and/or physical traumas occur the wounds they leave behind can be greatly helped with the use of the Trauma Blend.

Trauma likes to help you recover from any shock or trauma and helps to soothe the wound. It pulls the sides of the wound together so that what is inside can heal; takes the structure of the aura and repairs it. When this occurs, the wound can pull together and heal, just like a suture heals a physical wound. It allows the life force to regenerate, strengthen and get you moving again.

A sensitive person will feel the shift in their aura and chakras. Trauma assists where other tools at your disposal have not worked. It steps in and assists in turning a strong event into a growth experience you might have missed and allows you to step over the difficulties, rather than feeling like you've been run over by a bulldozer and nothing good can come from it. It is the "I've never been the same..." blend.

On a micro level, it can be a great help after a day or event that leaves you a bit unbalanced, shattered or open.

Un-Stress *One of the most popular blends that I personally take daily.* The Yarrow in this blend creates a ring of protection with the Elm centering you in the calm middle of the protection to help you feel that you are in the perfect place at the perfect time. Indian Pink and other organizers line your tasks and thoughts up in a calm manner, one at a time. This makes Un-stress excellent for multi-tasking

and working under pressure. It is a great blend to help feel balanced, centered, strong, confident, relaxed and supported, no matter the pressure.

Un-Stress is an excellent blend for the five or six sips in six minute protocols. It can bring you from stress and overwhelm to high productivity and balance very swiftly. It makes for a great “cocktail” with the other two protection blends, *Immune Energy* and *Un-stress* for a super protection combination. You will see the three listed in the “Protection Cocktail Set” which is discussed later. Adding the *Inspiration Blend*, which we talk about later, expands on creating a look at the Cocktails section will show you how flexible and key this formula is.

ENERGY BLENDS:

Energy is a huge issue for people in 21st century and we have three blends that address this issue directly, each in their own way. The three primary blends are *Athletes Spirit*, *Rapid Recovery* and *Sustainable Energy*. Another blend that has some relevance in this category is *Yogic Integration*. The first three are also sold together in the Energy Cocktail Set.

Athlete’s Spirit *Designed to be used to enhance and connect during any spiritual or spiritual/athletic activity such as yoga, tai chi, hiking, or surfing, etc.* Its purpose is to help you be fully in your body, enjoying being fully grounded while bringing a spiritual component and higher consciousness to any athletic activity. As a side effect, it can be helpful in understanding your opponent in a competitive game.

Athlete’s Spirit helps you to enjoy your body while you walk your path. Its grounding energies support you, while it helps to expand the consciousness of the earthly experience. It is calming and centering while also assisting with spiritual connection. The green jade in Athlete’s Spirit helps you to enjoy being in your body.

Since Athletes Spirit is about being in your body while connecting to spirit it can heighten your experience of yoga or Tai chi. It brings a very strong spiritual balance to your body and to the activity at hand. We added a psychic dimension to the formula so when you are engaged in a competitive sport you have a bit of an edge over your opponent. When using Athlete’s Spirit you will notice you have an intuitive edge to help tune in to what your partner is doing, and even what your partner is about to do as well. Experiencing a little psychic ability can be great fun when engaging in competitive sports.

Athlete's Spirit is not traditionally sold individually on the retail rack, but it is included in the Energy Cocktail Set.

Rapid Recovery *Traditionally used for “burnout”, burnout from mental, emotional, or physical exhaustion, which then affects the nervous system.* Exhaustion that leads to burnout is when your nerves decide that they can't even cope with the idea of going back into the ring for another round.

Rapid Recovery lifts energy levels and feeds the nervous system so that any limitations that are caught in the nervous system can be released.

Rapid Recovery is a potent blend that can restore and regenerate nerve balance on an energetic level. It will assist in resetting the nervous system, brings light into the nervous system and helps to let go of limitations. Helps with letting go of old patterns, fears and overwhelms. It is a blend to be sipped frequently so the energies can trickle down into the physical.

Sustainable Energy *This blend is also about exhaustion, but instead of its secondary function addressing burnout as in Rapid Recovery, it helps you look at and see clearly your current energy patterns.* By doing this, it helps to clarify any mistakes you may be making and it becomes easier to find ways to change the patterns that brought you to the point of exhaustion.

Yogic Integration *Similar to Athlete's Spirit with breakthrough discoveries.* Incorporate more spirituality into your yoga or other meditative practices. Similar to Athlete's Spirit, Yogic Integration is spiritually and physically connecting helping you to bring consciousness and spiritual awareness to physical activities like yoga. It is grounding and swiftly pulls a fiery cleansing energy through your body, opening and cleansing chakras and nadis. Helps to remove subtle blockages resulting in greater inner flow so you feel more integrated. Helps to accelerate the progress of moving forward and moving blockages and those things that hold you back.

MIND BLENDS:

There are five mind-oriented blends. Three that are directly focused on the mind and two affect the mind as a part of what they do. The three mental blends are Clear Communication, Mental Focus and Un-Stress. The other two are Clear Spirit and Lighten Grief.

Clear Communication *This blend is a ripper!* It was first developed as a public speaking formula. It has two distinct functions; the first is to help get your thoughts into clear communicable concepts and the second is to help you get those clear communicable concepts down into your throat and out in a clear understandable way! In other words, it helps you to communicate clearly. This can be used when speaking to a group, or when you need to tell someone something you think they may not like; such as asking your boss for a raise; or when it is necessary to discuss or heal a personal situation.

Mental Focus *Excellent for deeper focus work, either creative focusing, or business things like Excel spreadsheets.* Anything that requires deeper concentration.

Mental Focus is also about learning life lessons. When things just don't work or you are not getting anywhere, sometimes there may be a lesson. It can help with an opportunity for growth. *Mental Focus*

can be great for helping unlock the things you cannot see or the things you might be doing incorrectly. It helps to focus at a much deeper level.

Mental Focus is included in the “High Productivity Cocktail Set” and also the “Creative Flow Cocktail Set.” It cocktails beautifully with all other blends and can also be used in the “Shamanic Journey” set in place of Un-stress.

Un-Stress *Un-Stress also appears as part of the mind blend because its first and strongest effect is calming and organizing thoughts and concepts in your mind. It acts strongly on how the mind processes, prioritizes and orders thoughts and tasks. **This is the foundation of all the other gifts it brings as well.***

Clear Spirit *Designed to open the higher chakras, connecting you more strongly with your intuition, guidance, and friends of the light. It is exceptional for developing spiritual gifts, a spiritual life, spiritual perspectives, and wisdom. Clear Spirit is great for meditating, problem solving, intuitive writing, and introspection. Clear Spirit is very helpful in times of change to help open the higher mind, to help your gifts to flow and to have a clearer understanding. Clear Spirit helps calm the lower mind, the busy mind, and this is why it is included in with the Mind Blends. Its primary goal is spiritual connection, but enhances the mind’s ability to shift from busy mind to higher mind.*

It is included in the Spiritual Connection Cocktail Set, the Creative Flow Cocktail Set and the Shamanic Journey Cocktail Set.

Lighten Grief *This formula is very very calming to the mind and emotions when they get wound up into mental and emotional distress. It works on every emotional state, but we have labeled it for grief, since it is so deeply effective on this hard to treat state. It can swiftly help by cutting grief waves down to a manageable size. Lighten Grief is the only Botanical Alchemy formula with a homeopathic remedy in it, [Ignatia 30c], and as a result it has a different dosage pattern. It shouldn’t be cocktailled with other blends in water and sipped so that you don’t get 10 doses in a short period of time. While sipping multiple doses fast is encouraged with most other blends, it is discouraged with Lighten Grief.*

Lighten Grief is taken sublingually, (under the tongue), for one, two, or three doses each separated by 15 minutes. This calms a frantic mind or an emotional or grieving heart.

CLEANSING & CHANGE BLENDS:

Previously catalytic blends were mentioned, let’s look at what that means in regards to flower essences. The flower blends can actually catalyze a situation; they catalyze emotional patterns, they bring things up for review and release, especially things that are sometimes difficult to get to. Once arising and clearing occurs, you are actually left energized to create change.

They are really hard workers, doing the heavy lifting and work on the shadow side. They are listed in order of strength, from weakest to strongest.

Emotional Transformation *Gently creates emotional change and allows joy, happiness and self-acceptance to blossom.* This is a soft and polite blend, easy to assimilate and works without being pushy or creating too much internal change too fast. Gently takes negative emotions and replaces them with happiness and joy.

New Patterns *Uproot and release old patterns with this catalytic, penetrating blend.* This formula is a cleansing energy and is significantly stronger than Emotional Transformation. It contains two extra-deep cleansing and clearing agents to make it more effective on old, tough issues. The flower Bottle Brush carries a high-fire cleanse into relatively inaccessible places such as nadis and energetic meridians. The flower Gum-weed unglues very stuck energies that are proving to be stubborn and resistant. New Patterns is gentler, smoother, and less assertive than "Cleansing Fire".

Cleansing Fire *A formula that is a bit more catalytic.* The best way to take Cleansing Fire is to sip it in the evening before going to sleep. When you have dosed five to ten sips you are more likely to process during your sleep, than you would during the day. (You can take it during the day as well if you are feeling bold.) Basically, Cleansing Fire puts a fire through the energies of the aura and burns out old issues. It helps to release things that you have not been able to get to, or things you are having trouble completing.

Cleansing Fire also works with fear. It helps to develop roots so that you feel safe and secure. It allows fresh new ideas to come into your life. It is about feeling safe enough to accept new ideas.

You will have a cleansing effect with the fire and you will experience a stabilizing effect with the Dandelion flower. This creates a perfect balance of a good root base and a sunny disposition. The Sage and Sagebrush together bring in new ideas and a better connection with your angels. It gives you a new approach, a new way of doing things, and the ability to do it without being held back by fear.

It burns out old issues, old angers, old resentments, old patterns, old memories, old thought forms that may hold us back; it's a cleansing fire.

Evening is a good time to take Cleansing Fire. If you find that things are coming up a little too fast dosing can be slowed down to a more comfortable pace. You can skip a day or two until you adjust to a pattern that is comfortable for you. It is up to you since once things are coming up for you and you see that change is happening it is very easy to accelerate the process or slow down according to your personal needs. This is particularly the case with Cleansing Fire and Hidden Issues.

HIDDEN ISSUES *The strongest of the catalytic blends.* It is designed to dig down into hidden areas of power, fear, memories, freedom, self-esteem, sexuality and love. This is a dig deep formula and sometimes what it brings up was hidden for a reason. This is our subconscious that decides to cope in a manner that will protect us. Sometimes we do not have the ability, the time, or the skills to process pain and injury. Many times there are experiences from childhood that are not fully experienced and are strong, but short lived. Because they can be very strong, the emotion and the conclusion can get locked in. You have an experience, a strong emotion surfaces and you make a decision like, "It is not safe to trust, or it is not safe in this work to speak my truth."

But since things change so fast, the next day you have forgotten about the decision you made and that decision gets buried into your subconscious. Maybe it doesn't come to fruition for ten, twenty, or thirty years but it starts to create circumstances in your life because it is a deeply held belief. The holographic pattern that is your life, which reflects your subconscious beliefs, is what you really believe deep down. (By the way, these beliefs don't have to make sense.) Circumstances then get created in your life where you are not safe, where it's not safe to communicate or speak your truth or whatever your decision was. This is an example of issues how become hidden and then create difficulties from the behind the subconscious wall.

Hidden Issues can bring up things fairly strongly and quickly because of its vigorous nature. You can take as often as you like. Increase your dosage to speed up the process if you are feeling brave. You can take a few days off if you come up with a bit of a bang. It's good to respect the catalytic blends.

CALMING & RELAXING BLENDS:

The Well & Circle Technique:

Often with Hidden Issues and Cleansing Fire I suggest doing the Well & Circle Technique. This is an advanced dosage technique where you can use Hidden Issues or Cleansing Fire to dig a well down into the area of buried pain and/or dysfunction. Around the outside of this well you prepare yourself with the Calming and Relaxation Blends, or the Single Emotion blends to support you with whatever emotion comes up out of the well. You can use Bright Mornings for sadness and grief, or Courage for fear, Dissolve Guilt for self-esteem, guilt, self-blaming, Forgiveness or Transform Anger for anger. So, as something comes up out of the hole you have a remedy ready to give you help and assistance.

Un-Stress *We have talked about Un-stress in several categories.* Here we are extolling its ability to calm you swiftly. Calming the mind it centers you to watch and be productive with what is coming up.

Tranquility *Tranquility is very soothing and calming on an emotional level and helps dissolve any fear of emotions. It is Yin to Un-Stress Yang the two can work very well together, or try Un-Stress during the day, Tranquility after work.* It is a great blend for mellowing out. Some people prefer this blend to Un-stress as its focus on emotions rather than thoughts is more effective for their nature. Experiment.

It is suggested to take Un-Stress during the day when you are being productive and at the end of the day shift to Tranquility. This will assist you in moving into a mellow mode very quickly. In finding what

works best for you it is also suggested to try Tranquility during the day alternating with Un-Stress. You can also pick one day with one of the blends and the next day with the other to see what works for you. If you are a high water content individual you are more likely to be impacted by the Tranquility and if you are a high air individual it is the Un-Stress that's going to have a bigger affect on you.

Lighten Grief *is a formula that is very calming for the mind and when emotions get whipped up too much causing distress.* It works on every emotional state, but we labeled it for grief, because it is so strong, it even helps cut grief waves down to a manageable size. Lighten Grief is the only one of our formulas with a homeopathic remedy [Ignatia amara 30c] in it and therefore **it has a different dosage pattern. It cannot be cocktailed with other blends in water.** Sipping and getting multiple doses, while encouraged with the other blends, is discouraged with Lighten Grief.

Lighten Grief is taken under the tongue, usually for one, two or three doses, separated by 15 minutes. This can calm a frantic mind, or an emotional or grieving heart.

Calm Child *The name pretty much explains this blend.* It is about helping children chill when they get stressed. Calm Child is grounding, brings in balance, and some protection, giving the feeling that everything is all right. It opens up the innocence and wonder again. Your inner child can also enjoy this blend. You can cocktail the three, Calm Child, Tranquility and Un-stress. They do have slightly different functions so alternating Tranquility or Un-Stress or taking any of the two with Calm Child for yourself or your inner child can be helpful. Playing helps you learn the flowers.

SINGLE EMOTION BLENDS:

These are a few blends I like group together since they each work strongly on specific emotions. This specificity and strength can be very helpful when you can clearly see where your imbalances or challenges lie.

Bright Mornings *It is about lifting the blues.* It is a water issue blend, with a number of aspects. Depression, sadness, the blues are all states with too much water. Bright Mornings helps to lift your spirit and drain off some of the excess water. Water is a very heavy element, not only does it put out your fire, enthusiasm, and spark for life, aura it also weighs a lot so you can feel burdened, weighed down and tired. Bright Mornings helps to draw off excess water. It helps re-spark the inner fire of enthusiasm and optimism and boil some of that water out of your aura.

It also helps with water that has been laid down for so long that it has turned a bit to glue. As it sits under all that weight of itself it can combine with earth element and turn into a sort of an immovable tar. Bright Mornings contains a flower from Santa Fe called Grindelia, or gum weed. It looks like a daisy and grows in the cracks of pavement. It is a weed with a sticky center and smells awful. The gift of this flower is two-fold, on one side its stickiness is about learning to stick to your path and learning stick-to-itiveness. On the other side Grindelia is very good at dissolving things that have gotten sticky and old.

These are why sadness can be hard to leave behind; not only is it heavy, it puts out your spark, and can turn into this sort of glue like substance. Between those three aspects it can be very hard to move forward and be happy once sadness has moved into your life.

It's also good for water that has been buried. You might know someone who's had heartbreak and because they didn't know what to do or how to handle it, it became buried or frozen. So you can see that hidden water becomes hidden emotions creating circumstances that hold you back.

Bright Mornings can go down and bring that water up for healing and release. It can be effective when water and anger get together and turn to ice. Water can freeze and water can boil. When anger combines with water it is a very hot, very wet anger-grief mixture. When it is ice cold it holds tight and you can feel the ice. I'm sure you have experienced this in someone you knew. Bright Mornings helps with this, and Bright Mornings is a blend to dose intensively. For the blues you will notice a difference in ten to fifteen minutes. If it's a little deeper you're probably going to be taking it for a while before you notice the impact.

Courage *is about clearing fear, clearing the patterns of fear, and working out a better understanding of what fear is.* How it holds you back with whispers of doubt, how it gets to live with you, what its relationship is with you, how you enable it. Courage helps you clear fear out, see it clearly when it arises and understand how it stays close and influences you.

Dissolve Guilt *Guilt can range from very, very mild aspects such as: "Maybe I don't deserve a better meal" or "I guess I don't deserve new clothes" or, "I don't deserve love in my life" to the extreme end of the spectrum where people have internal voices screaming at them and telling you how bad they are, how wrong they are and how they are to blame for so many things.* Guilt is a very popular emotion, since many invite it home and give it a good place to live. Dissolve Guilt can help with that. Sometimes when people are looking to grow into who they are spiritually and to make changes in their lives and their relationships they run into limitations of undeserving. This guilt is either from others or from institutions, or decisions they made when younger. In our society many people have poured a bit of guilt on you so it helps to take a bit of Dissolve Guilt.

Forgiveness Like Protection and Imbalance, forgiveness can be a hidden contributor to current blockages. Going back over your history and forgiving others, even if they do not deserve it, can often set you free of restraints and problems. Forgiving yourself for past actions and decisions can also be surprisingly impactful. Everyone does the best they can and forgiveness opens your heart and mind to better futures.

Lighten Grief *is a formula that is very calming to the mind and for the times when emotions get whipped up into too much activity and cause mental or emotional distress.* It works on every emotional state, but we labeled it for grief, because it is so effective in this area. It also helps cut grief waves down to a manageable size. Lighten Grief is the only Botanical Alchemy blend with a homeopathic remedy [ignatia amara 30c], and therefore **it has a different dosage pattern; it cannot be**

cocktailed with other blends in water. In fact, sipping multiple doses, while encouraged with the other blends, is discouraged with Lighten Grief.

Lighten Grief is taken under the tongue, usually for one, two or three doses, separated by 15 minutes. This can calm a frantic mind, or an emotional or grieving heart.

Transform Anger *A blend containing cactus to focus on different types of anger.* Anger is an energy that rushes up and lifts you up; it represents rising heat and Transform Anger changes your relationship with anger so that it doesn't continue to grab you with the same fervor. You will start to look at the anger, rather than being swept away by it. You will drop down through the anger and see what hurts and emotions are underneath it. You will see if anger is what you want in your life, is this behavior what you want, is this the way in which you want to react to situations? Transform Anger does this by working on the different aspects of anger.

The Cacti included in this blend is very good at this. An example is Saguaro, which is a cactus that lives for a very long time. It is a great flower for dealing with old angers, particularly angers from previous life times, anger with spirit or God, anger you have carried all your life, or deeply embedded anger that is not easy to pull up and out. Jumping Cholla cactus is also a very good flower for anger that sneaks up and leaps out, sometimes without warning. Prickly Pear cactus works on anger that goes in different directions, sort of equal opportunity raging.

The cacti help to balance this, especially if the anger rears up and is beyond your control. This blend helps to process during sleep, or process at times when you are relaxed and then remember events in the past that were the cause of the anger and you will be able to work through them.

Transform Anger will assist in forgiving yourself and others and work in a gentle way. It helps to calm you down and change the pattern of behavior.

BALANCE BLENDS:

Being unbalanced is an under-diagnosed situation and contributor to many puzzles we are trying to resolve. The following blends can help in specific areas to bring up and solve various puzzles.

Heaven and Earth *This blend assists in creating and strengthening simultaneous connections to Spirit and to the Earth.* We are the channel through which Spirit comes on our planet, and one of the means by which our planet raises its vibration. The more we are connected in a balanced way to both, the more we can draw both energies into our lives in a balanced way. This leads to more success and peace moving into our lives from the gifts of these two areas.

Male Support *Accelerate your growth and stop learning life's lessons the hard way.* Designed especially for men, or the male side of anyone, this blend helps cultivate greater flexibility, self-awareness and patience. Find strength in softer expressions of your gifts and release fear of the feminine and the changes occurring on the planet at this time. It eases resistance to change and enhances appreciation of others' views and new ways of operating.

Perfect Balance *Navigate life with more ease and balance.* Imbalances are rarely obvious, but we see the results in our lives as they hold us back from manifesting happiness and success. Balance is called for in so many ways, between thoughts and emotions, our male and female sides, body, mind and spirit, giving and receiving, the four elements, the list goes on. Balance is a core requirement in receiving support from the new energies of the planet. Unresolved imbalances bring continued mixed/poor results, or surprising setbacks that are hard to understand.

Perfect Balance is predominately made from tulips. Tulips are a very graceful and balanced flower. They have three petals that represent balance between body, mind and spirit. This is an excellent formula for people who are sensitive and experience issues with equilibrium. Tulips are very generous and loving, feeding each chakra the balance and color it needs. The blend contains pink tulips, purple tulips, red and white tulips, purple tulips, yellow tulips, and orange tulips. The tulips were vitalized at Glastonbury on a lay line, in Switzerland and Santa Fe.

Yogic Integration *Help to incorporate greater spirituality into your practice with this blend.* Ground into and love your body; opens and cleanses your body's chakras and nadis. Helps to remove subtle blockages in your energy channels, creating internal and external progress in your practice, and your life. No need to push the flow; let the path open and support you. The outer reflects the inner OM!

TONIC BLENDS:

Tonic blends are formulas that help to bring specific gifts, lift life force, and bring in clarity and effectiveness. They are blends that do not fit easily into other specific categories and instead cover a range of miscellaneous, but important areas.

Athlete's Spirit *Being in your body while connecting to Spirit.* If you are practicing Yoga, Chi gong or Tai Chi it will help to bring a very strong spiritual balance to your body and to the activity. There is also a psychic aspect added to the formula so when you are playing competitive sports you have an edge with your opponents. When playing a sport with a partner you can intuitively become more

aware of what your partner is doing or about to do and your partner can pick up what you are about to do as well. The psychic aspects are excellent for competitive sports.

Clear Spirit *Opening your higher charkas and connecting to your Higher Self.* Clear Spirit is about connecting to Spirit, building that spiritual connection in your life, and assisting you during meditation or any psychic work. The Blue Corn flower essence contained in this blend is great for times of change, when you are feeling uncertain, or when things are shifting around you. Blue Corn helps you bring the support of Spirit and the belief that everything is going to be all right in your life. A great blend to add to water and sip before meditation. Add to cocktails for making your life more spiritual.

Dreams Come True *Bring your dreams to life and create a more fulfilling reality.* This blend supports each step of the manifesting process: developing clarity of vision, building upon it with daily action, emotionally aligning with your vision and releasing your goals to the universe. All while staying grounded and bringing them into physical form. Take 3 to 4 times daily, while speaking, and/or visualizing your goals. Tap into the energy of your dreams; they want you as much as you want them.

Inspiration *Develop your creativity and flow while having the energies to turn them into constructive ideas.* The key flower in the Inspiration blend is Indian Paint Brush. Made on a midsummer full moon these beautiful flowers help to bring in the necessary creativity to develop your talents, whatever they may be.

This formulation combines well with other blends because developing a creative approach to any area of life can be very helpful. Sometimes we unknowingly look at certain areas in the same way and this helps us creatively look at things in a different way. It helps you bring in new ideas and new solutions to old problems.

Healing Heart *Heal the pain of past experiences, smooth out current relationships, and bring in better relationships.* Use it to manifest better relationships, or to manifest a better state in a current relationship. Healing Heart can be used to heal the pain of the past so you can move forward without continuing to carry the pain. Generate more love in your life right now. Healing Heart pairs well with Bright Mornings and Trauma in the Heart Repair Cocktail.

Sexual Healing *Designed to help open the heart and second charka, and to help balance male and female energies.* Helps you relate to the two different sides of ourselves and achieve that balance on an ongoing basis. Also for opening ourselves to the sacred union between men and women, to allow that energy to flow, to overcome old pains from past events, fears, and difficulties.

This blend assists in bringing in a sense of sacredness, balance and love. Some post-menopausal women experiencing a low libido have given this formula rave reviews. It has also shown to be gently healing and effective for those who have suffered sexual abuse.

Way of the Goddess is about helping you connect even more strongly to your source of Yin energy and cope with the multi-tasking, full steam-ahead life style that most women have today. Everyone tends to be a lot more yang in nature at the moment so what the blend does is to balance the yang and increase the flow of yin. Helps you connect and appreciate the subtle gifts of the Feminine and the Way of Beauty. Brings Goddesses into your life.

Faerie Food

I was creating flower essences on a midsummer full moon in Oregon and my guides showed me two crystals in my third eye and said, *“Get all the crystals you have like these.”* One was a fairy caller and the other was a very sparkly crystal. I gathered all of the crystals that fit these two criteria, about 55 or 60 in all. I spread them out to be infused by the moonlight and created a gem elixir. When I brought them in the fairies said, *“This will be food for us.”* I said, *“Um, how is that?”* They explained that the fairy crystals will give it a special energy and the sparkly crystals with the different colors created a color seed that they needed to create light chains in nature. I then asked them to tell me more and what they said was, *“When nature is alive, really alive, there are chains of light that connect things; trees to rocks, rocks to the earth, streams to the wildlife, etc. Where everything is really connected there is lots of light and happiness and the earth is alive. Our job is to tend to these chains of light and maintain them.”*

Their food comes from the light source and I was fortunate enough to be shown a picture of what it was like in my mind’s eye. What I was shown looked very much like Christmas tree lights. It was very beautiful and what they said is that the Fairy Food can be a way of seeding areas. The Fairy Food has many sparking colors and fairy energy in it and spraying it into an area provides them the raw materials they need to repair the chains in old places and in places where they live. They will also be able to create chains in new places. The comments on the label read that it is a habitat renewal. I am all for fairies living everywhere and I am certainly into renewing any habitat I can for them.

I hope you will participate by bringing Faerie Food into your life to assist the Fairies and experience their joy.



COCKTAILING AND COCKTAIL SETS:

Cocktailing is the practice of mixing 2 or more blends in a dose and taking them together. This may be done when taking the formulas under your tongue, or more often, in water and sipping. There are two types of cocktail structures and while you don't need to learn them, it can help you understand the different cocktails and their structure.

Multiple Goal Cocktails

The most common reason for Cocktailing is when you are taking several blends at one time that help you reach multiple goals. The **HEART REPAIR** Cocktail is a great example of this. In the **HEART REPAIR** Cocktail you are combining **HEALING HEART** to heal old heart pains, **BRIGHT MORNINGS** to help the sadness and hurt flow away, and **TRAUMA** to close the auric wound.

It is more convenient to take them in a Cocktail, and they are so happy when they get to play together. Cocktailing can provide an easy way to simplify your dosage schedules and still get the number of doses of each blend that you need during a day.

Mutually Supportive Cocktails

The other reason for Cocktailing is to combine several blends that functionally overlap and interlock with each other in a mutually supportive way in a cocktail. This enables their similar goals to create a super blend with even greater potency in an easy to take form. The **ENERGY** Cocktail, **PROTECTION** Cocktail and **MIND MASTERY** Cocktails detailed below are good examples of this form of cocktailing.

If you are interested in cocktailing some of your own blends, the only things to remember are don't put **LIGHTEN GRIEF** in a Cocktail, and maybe take it a bit slow with **HIDDEN ISSUES** in a cocktail, unless you are just feeling rambunctious & ready for some fast movement!

When you are starting out, it is best to keep it down to 3 blends in any single cocktail, although it is fine to do 2 or more different cocktails in a day. As your system gets used to flowers, 4 blends in a Cocktail should be fine.

Remember to have fun with the flowers as you learn the best ways for you to take them. Treat them like they are alive, give them love and tell them what you want help with. Listen to them when they share love, happiness or perspective with you.

OUR FAVORITE COCKTAIL SETS:

Confidence

Be bold! Move forward. Take charge! Speak and act your truth. Courage helps you overcome doubts and fears and view your future as filled with achievable possibilities. Dissolve Guilt helps release patterns of low self-esteem, self-blame, or self-criticism that can create self-sabotage. Immune Energy works to repair small holes in the aura and keep negative energies out. It also builds your self-esteem which is the foundation of all successful manifesting.

Courage, Dissolve Guilt, Immune Energy

Creative Flow

Clear Spirit and Inspiration help you connect to your highest sources of inspiration and channel them into a strengthened passion to create. Together they link the higher Chakras for new ideas and approaches, to the lower Chakras for powerful and rich expression. Mental Focus helps your mind focus on the creation process easily and work easily with receiving the creative flow. It also helps your mind contribute its gifts to the process without dominating.

Clear Spirit, Inspiration, Mental Focus

Divine Feminine

Balance male and female energies by opening to the Divine Feminine and all the magical gifts and joy that she wants to share. Healing Heart helps to open your heart so that love can be fully felt, shared and received. Sexual Healing melts frozen emotions, releases the full potential of your sensual and loving nature and opens you to your feelings and emotional intuition. Way of the Goddess opens, strengthens and balances your connection to the Divine Feminine allowing her wisdom and gifts to flow within you and out into your life.

Healing Heart, Sexual Healing, Way of the Goddess

Energy

These 3 blends are all good for increasing your energy levels. Athlete's Spirit encourages and supports increased physical activity. Rapid Recovery and Sustainable Energy help you recover from burn-out and exhaustion and assist you to draw in more energy and process it more smoothly. Take together.

Athlete's Spirit, Rapid Recovery, Sustainable Energy

Heart Repair

Open and repair your heart using Healing Heart. Let Bright Mornings drain the sadness from old hurts that may be still held deeply in your heart and stopping it from letting new love in. Trauma speeds the heart healing and rebuilding on the Auric level by repairing and closing the old emotional and physical wounds.

Healing Heart, Bright Mornings, Trauma.

High Productivity

Enjoy easy success and high productivity every day. Un-Stress helps you stay centered and balanced while busy or multi-tasking or dealing with pressure and deadlines. Mental Focus helps you shift from doing many things to focusing deeply on individually demanding tasks or projects. Inspiration helps you come up with new approaches to old problems and creative solutions to new challenges.

Un-Stress , Inspiration, Mental Focus

Loving Relationships

Clear Communication clarifies your mind and opens your throat chakra to allow your truth out in a clear and gentle way. Healing Heart opens you to send and receive love in a balanced, honest and more open way. Sexual Healing helps you build trust, intimacy and joy within yourself and with another. Take together or separately with love.

Clear Communication, Healing Heart, Sexual Healing

Mind Mastery

Are you ready to work at a high level and sharpen your mind? Use Clear Communication to order ideas into concepts, concepts into words, and words into strong and clear communication. Mental Focus supports your attention, and deeper concentration and learning ability while Un-Stress helps multi-task effortlessly, even under pressure and challenge. Effortless clarity and help in a cocktail as each of these 3 support the other two's work.

Clear Communication, Mental Focus, Un-Stress

Protection

A strong Aura helps shield you from negative emotional, spiritual and physical energies. Each of these blends repairs and strengthens your aura in different but complementary ways. Take them together or separately. See and feel the light around you bouncing the energies you don't want away from you.

Immune Energy, Trauma, Un-stress

Recover and Rebuild

A strong Aura helps shield you from negative emotional, spiritual and physical energies. Each of these blends repairs and strengthens your aura in different but complementary ways. ". I reach for it a lot when people are coming back from events and experiences that have been challenging on deeper levels. Emotional losses, physical accidents, spiritual or mental disappointments. There are a number of ways that recovery, re-strengthening and rebuilding can get stalled before it makes any progress. Emotional, mental and physical challenges can short circuit continued growth out of a setback.

Inspiration gets your mind thinking about the future in a positive and open ended way thus overcoming limiting thoughts. Rapid Recovery resets your nerves from the expectation that life will repeat past experiences and that better is not possible. Trauma repairs your aura and your chakras, closes holes, repositions and rebuilds crushed and shattered parts of your aura.

Inspiration, Rapid Recovery Trauma

Shamanic Journey

This cocktail is a total chill pill for spiritual journeying, hypnosis, healing and spiritual work. Open, strengthen, and maintain your connection to Spirit with Clear Spirit as it opens your higher chakras to enhance meditation, intuition and guidance. Tranquility calms the mind and especially the emotions, allowing you to surrender, go deeper and receive. Un-Stress supports your quiet inner journey while it centers and protects you. You may also use Mental Focus instead of Un-Stress in this cocktail.

Clear Spirit, Tranquility, Un-Stress

Spiritual Connection

Walking the Spiritual path is a beautiful way, bringing love and balance and wisdom and joy. Open your higher Chakras, heal and expand your heart, calm your emotions and doubts during periods of rapid expansion or tricky knot untying. Very centering and connecting, encouraging the light with its wisdom and love to flow into your system and fill your life more effortlessly. Take together or separately.

Clear Spirit, Healing Heart, Tranquility

Stress Release

Yes that's right! Release stress's steely grip with these gentle fast-acting blends. The Aura Cleanser releases you of negative emotions, toxic build-up and other people's stuff. Reclaim your auric space, and don't just look good; feel good as well :-)

Un-Stress gets your tasks, thoughts and goals clarified and organized, and you feeling balanced, centered, confident, and just plain loving it. Tranquility lets everything go at the end of the day and can also complement the others during the day. No stress, No More.

Aura Cleanser, Un-Stress ,Tranquility

Success

Turning dreams into reality means setting goals and creating a plan to reach them, asking the universe for exactly what you want and trusting in the process. Visualizing and fully feeling your dreams helps them manifest. The energies from Dreams Come True support clarity of purpose, visualization,

assertiveness, and creating opportunity. Clear Communication helps you clarify your thoughts and feelings and share your vision and passion with others. Un-Stress helps you with everything. Well, almost everything. Sip it frequently.

Dreams Come True, Clear Communication, Un-Stress

Surgery Assistance

This wonderful cocktail supports the healing process before and after operations. Pre-Op helps you align with the process you are entering, building trust and easing fears. Post-Op offers restorative and healing support during the recovery process by rebuilding aura, energy and cut energy lines. Immune Energy helps rebuild your aura & keep you energetically protected in challenging environments.

Pre Operative , Post Operative, Immune Energy

Easy Add-On Flowers

These Cocktail Sets are ones that I have found work well together. I encourage you to try them and see how effective they are for you. Then feel free to adjust your cocktail ingredients and experiment further. It would also be helpful to mention some blends that are easy add ons or replacements that help dissolve problems or build better results because they are highly complementary or work on parts of the puzzle that are not immediately obvious. These easy add ons include the following blends

The Single Emotion Blends of Courage, Dissolve Guilt, Courage, Forgiveness, Transform Anger.

The Catalytic Blends of Emotional Transformation, New Patterns, Cleansing Fire or Hidden Issues.

Or the supporting blends of Inspiration, Mental Focus, Perfect Balance or Trauma.



FLOWER BLENDS FOR ME:

FLOWER BLENDS FOR ME (Continued)

FLOWER BLENDS FOR LOVED ONES:

Botanical Alchemy

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