

# *featherhawk* Essential Solutions™



The Essential Solutions™ are combinations of several ***featherhawk* essences** in one formula. Each formula is created with a particular intention and purpose and named for their area of primary effectiveness, making them easy to choose.

I was inspired to begin creating these by two unrelated events back in the mid 1990's (ancient history, I know). One was a phone conversation with a friend in Boulder, Colorado. We were talking about a solution to a problem, and I wrote down, "soulution," without even thinking. When I glanced back at it, I chided myself for not knowing how to spell. Then I looked again. "Soulution. I like it!"

Not too long after that I attended a concert in Louisville, KY. Tim and Molly O'Brien were the headliners. I don't actually remember now what inspired me to think of "essential soulutions" as a category for the essences, but there I was in the balcony, thinking it was strange that the program didn't even mention that Mollie O'Brien was one of the original Motherfolkers (the most carefully pronounced name in show business!). The Motherfolkers is a group of women who got together way back when to make music together. I heard them in concert one summer when I lived in Boulder, and if you ever have a chance to listen to their music, you might just love it.

So, as I said, I'm not sure how 'Essential Soulutions' came together, but I went home from that concert with the words scribbled on a piece of paper and began making these blends not too long after that.

If the history lesson wasn't enough, here's a language lesson to go with it...

Let's begin this exploration of Essential Soulutions (TM) with three definitions from the dictionary (and one from *featherhawk*) that describes these wonderful formulas in basic terms:

essential  
adj. indispensable\*

solution  
n. 1. a liquid in which something is dissolved. 2. solving a problem\*

soul  
n. the spiritual or immortal element in a person\*

essential soulution  
n. an indispensable liquid solution that helps resolve issues at the deepest soul levels\*\*

\* Oxford American Dictionary definition    \*\* *featherhawk* definition

You have probably heard the saying, "the whole is greater than the sum of the parts," and this is particularly true when working with these special blends. The Essential Soulutions™ address many everyday issues such as stress and trauma, raging hormones, courage, self-esteem, change and transition, and so much more.

Every description below includes definitions of the individual essences in that Soulution. Sometimes you will be drawn to an essence because the name or description speaks to you. Other times the name or primary definition may not be quite on the mark, but the individual essences will be the perfect support for your current process or dilemma. Trust yourself to be guided to the perfect Soulution!

Take just 4 drops, 4 times a day. You will appreciate their ease of use and effectiveness!

## The Essential Solutions

### **Abundance Solution™**

Seek first the kingdom of heaven within your own being, and all things will be added. Honor your heart's desire. Ask for what you want from your heart, with clarity and pure intention, then release your attachment to the outcome and allow the Universe to support you. Honor your truth; give thanks for what you have and who you are now.

ES1 ..... 1 oz ..... \$12.99

**Arrowhead** *Stay in your heart and do your work. Integrate life lessons from the past (this lifetime and others) and cut away old patterns and behaviors that no longer serve you. Transform Judgment, against yourself and others, into Forgiveness.*

**Chrysocolla** *Clears armoring around the heart center, encourages giving and receiving love and the nurturing of consciousness. Recognize and express your feelings without attachment to the outcome. Take when focusing on the breath to aid oxygenation of the cells and increase spiritual understanding.*

**Flea** *Release your attachment to the drama of being annoyed by small things. "Small things" CAN be critically important. Flea helps you discern the difference between truly important aspects of your life and irrelevant details that you pay attention to for the sake of "busyness" or due to lack of focus.*

**Saguaro** *Acknowledge, honor and restore soft male power in both men and women. For internalizing the nurturing father. Transform the thorny outer protection of false power (power over), and discover the strength of your heart, the true expression of masculine power.*

### **Animal Emergency Soultion™**

Support for your animal companions in crisis or emergency, and to relieve daily stress. Safe for all members of the animal kingdom.

ES18 ..... 1 oz ..... \$12.99

ES19 ..... 1/2 oz..... \$9.99

**Dodecahedron** Expresses the element of Ether. Continuously flowing movement; rebirth and regeneration. The quintessence or spirit of life connects you to and expresses your essential nature. Movement is life, stagnation is death. Repairs, rebuilds and restores the Dodecahedral matrix in and around the Whole of You.

**Horse Chestnut** Let go of excess baggage, especially from your second chakra (sexuality, fertility and creativity). Revitalize your creative spirit if you feel beyond your "creative years" or that you've lost your chance to reclaim artistic or inventive skills or activities from your past. See old patterns in a new light and allow yourself to be fully self-expressed. Supports the second chakra/reproductive area in both men and women.

**Redwood** Recognize the unity of all Life and the power of close-knit community ties. Acknowledge yourself as fully Human and fully Divine, an integral part of All That Is. Creates community and allows access to your ancient wisdom. The words I heard when approaching the circle of redwoods where this essence originated were, "Circle of Trees, Circle of Nations." Redwood is a tool for peacemaking in your neighborhood and across the world.

**Sacred Heart** Brings the gift of Love. This essence shares the purity and innocence of the Child's heart—freely expressed, unconditional in its application, love that knows no boundaries or limitations. Fan the flames of your inner fire and reclaim your passion and commitment. For discerning the difference between passion and obsession.

**Gold** Brings the gift of Charity. An essence of generosity and profound abundance. Freely express the innate purity of true Wealth and your unlimited capacity to share all that you have and all that you are.

**Indian Summer** "I've got 'ya." Know you are held safe as you prepare for a time of introspection and renewal. Remember the light and warmth of Summer are always

*within you, and you can go there anytime you need to feel secure and comfortable. Know this is not your "last chance." Aids those who are affected by the cold and darkness of the Winter season, and other "winters" of life.*

**Rose Ray** *Brings the gift of Self Acceptance. An essence that encourages recognition, acknowledgment and celebration of the powerful gift of ordinariness. Honor those most ordinary gifts that others admire so much, yet you may take for granted.*

**Aluminum** *For increased clarity and mental focus; affects the mental aspect of the Whole of You; aids the brain stem.*

**Citrine** *Warms the physical body. Clears thoughtforms and stabilizes the emotions, improving concentration and centeredness, and calming irritability. Clears and aligns the Whole of You, attuning you to your Higher Mind, your God-Self.*

**Fossil Fern** *Joyous creation and light-filled movement; for dancing in your heart and your body. Helps you communicate with nature spirits, facilitating co-creative work.*

### **Attunement Solution™**

*Connect deeply with the Earth, recognizing her power... and yours. Realign your energy with the deepest frequencies of the Earth, acknowledging your willingness to be here now supporting our collective transformation and ascension.*

ES2 ..... 1 oz ..... \$12.99

**Calendula** *For the cycles of life. Creates balance between receptivity (feminine) and dynamic action (masculine) in men and women. Use the power of your words with compassion, understanding their connection with the awesome creative force of the Womb, the Void of Creation.*

**Butterfly** *Trust in transformation; go within for guidance. When the caterpillar disappears into the cocoon, does it know it is becoming a butterfly, or does it simply follow its own inner guidance and trust in the Divine outcome? Honor your courage. No matter the appearance, you are right where you belong.*

**Horse** Be comfortable in your body and embrace your innate qualities of power, speed and grace. Facilitates the movement of energy in the legs from ankle to hip, grounding the physical body and connecting you to the Earth. Embody emotional awareness and integrate feelings and emotions into your daily experiences and interactions with others.

**Spider** Create your home from within, knowing you are at home wherever you are. Recognize your connection to All That Is through the web of life. Nurture yourself as if you were the quintessential “Mother,” persevering and making things right without expectations.

**Amazonite** Strengthens the skeletal system and reduces stress. Enhances the activity of other vibrational remedies. Excellent tool for full moon meditation.

**Queen Anne’s Lace** Opens the crown chakra and delivers spiritual wisdom and guidance into the heart, then grounds it through the lower chakras and firmly into the Earth plane. Listen to your heart and express this wisdom and love in your life everyday. (Queen Anne's Lace normally has one dark purple floret in the center. The source for this essence had a nickel-sized patch of purple florets in the center!)

**Fibonacci** Maintains balance in the physical form during rapid spiritual growth, enabling the body to match the pace of the spiritual expansion and feel safe throughout the process.

**White Rose of Sharon** Brings the gift of Clarity. Fosters clarity of purpose using your intuition to expand your creativity and self-expression. Take time to listen in the silence and your path becomes clear.

### **Birthright Souolution™**

Give yourself permission to reclaim your right to be who you are, where you are, RIGHT NOW. Aligns and balances the chakras, Seven within the One.

ES3 ..... 1 oz ..... \$12.99

**Amethyst** Transform energy and integrate higher frequencies into the Whole of You. Keep unwanted energies at bay. Opens and activates the crown chakra, aiding meditation and inner work.

**Catalpa Tree Flower** Share yourself joyfully with individuals and in groups. Assists contact with the Angelic Realms. Find peace of mind and self-confidence, stabilizing emotions and reducing anxiety. An essence of resiliency, long-term commitment, and community.

**Eagle** Focus; helps you discern the next step when you see numerous possibilities yet feel unsure about where to begin. Like the Eagle sighting its prey and becoming totally focused, all distractions fall away and you KNOW the next step to take. Expand beyond the limitations of the physical plane and into the Whole of You, a place you may be unfamiliar with; trust the urge to unfold and embrace your wholeness. Eagle helps you hear your sound on the wind and identify your calling. For discovering your life path, one step at a time.

**Heather** You may feel lonely or dislike being alone and think talking about yourself and your problems with anyone who will listen will make you feel better. Learn to listen to your inner guidance and keep your own counsel and you'll learn to hear others better, as well.

**Resurrection** Brings the gift of Faith. An essence of great courage, Resurrection calls you back to life. Be willing to step off the edge of the precipice to new beginnings, fresh outlooks, and infinite possibilities.

**Song of the Earth** Use to clear and balance inharmonious sound on all levels, attuning you to the Earth and the many changes that are occurring daily. Put your sound out every day. This will serve you and repair the Earth's grid.

### **Children's Hope Soulution™**

Recapture the spontaneous joy and trust of childhood. Encourages creativity and free expression, relieving hopelessness and helplessness. Helps you become grounded and shed old patterns. Excellent remedy for children and grownups.

ES4 ..... 1 oz ..... \$12.99

**Labyrinth** *Travel to the Inner Sanctuary. Know you can walk the sacred and singular path to Spirit and back again with confidence, gaining insight, letting go of the past, and finding your Self. Co-created from the energy of the 7-path or Classical labyrinth, the essence can also be used to balance and align the chakras. Consider assigning seven issues, wishes dreams, other topics of interest to the seven paths. Take Labyrinth essence twice a day (morning and night) focusing on one path each day for a week. At the end of the week, revisit the paths you named and notice any differences.*

**Hibiscus** *For the outward expression of feminine or yin energies – creativity, sexuality, and fertility – for both men and women. Aids the development of intuition. The feminine within each of us, male and female, has been dishonored. Hibiscus restores the purity of the feminine/yin frequency, allowing the healthy expression of intuition, sexuality, and innate creativity. Give yourself the opportunity to truly honor these aspects in yourself and others.*

**Infinity Vertical** *Balance, align and energize the chakras. Energy moves multidimensionally through the Earth and the Cosmos, joining Heaven and Earth through your Heart Center. Infinity's limitless reach affords access to universal imagination and the ability to ground your vision into your Earthly experience.*

**Continuum** *Brings the gift of Hope. An essence of movement and breath, foundation and life, affirming optimism and confident expectancy. For remaining on course, putting one foot in front of the other and continuing on when it seems no progress is being made. For perseverance and trust that all is in Divine order.*

**Horse Chestnut** *Let go of excess baggage, especially from your second chakra (sexuality, fertility and creativity). Revitalize your creative spirit if you feel beyond your "creative years" or that you've lost your chance to reclaim artistic or inventive skills or activities from your past. See old patterns in a new light and allow yourself to be fully*

*self-expressed. Supports the second chakra/reproductive area in both men and women.*

**Rose Ray** *Brings the gift of Self Acceptance. Encourages recognition, acknowledgment and celebration of the powerful gift of ordinariness. Honor those most ordinary gifts that others admire so much, yet you may take for granted.*

**Snake** *Rebirth into the new. Release what no longer fits, allowing new freedom of movement. Snake keeps you grounded as you move through the disorienting process of "shedding the old skin."*

**Clear Quartz** *Receiver and amplifier of energy and information; aids communication with all aspects of your being. Synchronizes the Whole of You with All That Is, opening you to wisdom, guidance, and alignment with the Higher Will. NOTE: Be conscious with your use of this crystalline essence as it amplifies without regard to the quality or goodness of the information or energy in its field of impact. If you are ill, angry, sad, or out of harmony for any reason, it will enhance that as easily as it enhances joy, wellness or balance. Use clear quartz (in crystal or essence form) in conjunction with other essences that support your specific needs and it will increase their good effect without regard to your state of mind.*

### **Computer Solution™**

Encourages your body and your energy field to resist and let go of harmful radiation and residue. Take whenever using your computer, cell phone, and other electronic devices. Keep the bottle on your desk between yourself and the computer monitor. This is an essence you will want to have on hand all the time!

ES17 ..... 1 oz ..... \$12.99

**Mustard** *When feelings of depression seem to drop in out of nowhere, for no reason, and envelope you completely, you may turn all of your negative thoughts in on yourself. Find insight and wisdom in the depths of the darkness, and reclaim your joy.*

**Trauma Solution™** *Reduce and release physical and emotional trauma, and daily stress. Receive immediate support for major and minor upsets and crises including*

accidents and injuries, stage fright, and abuse. Transforms trauma in body, mind, and spirit, restoring centeredness, balance and calm. Effective whether the trauma has just occurred, happened recently, or was experienced long ago. In any emergency, it may be taken every five to ten minutes until you are calm.

**Eagle** Focus; helps you discern the next step when you see numerous possibilities yet feel unsure about where to begin. Like the Eagle sighting its prey and becoming totally focused, all distractions fall away and you KNOW the next step to take. Expand beyond the limitations of the physical plane and into the Whole of You, a place you may be unfamiliar with; trust the urge to unfold and embrace your wholeness. Eagle helps you hear your sound on the wind and identify your calling. For discovering your life path, one step at a time.

**Attunement Solution™** Connect deeply with the Earth, recognizing her power... and yours. Realign your energy with the deepest frequencies of the Earth, acknowledging your willingness to be here now supporting our collective transformation and ascension.

**Rhododendron** Delicate strength. Dive deep within and acknowledge your personal strength in those moments when you believe you are too weak, too delicate or without personal power.

**Vervain** Let go of your rigid attachment and over-zealous enthusiasm for what you believe is right and open yourself to different points of view. Give yourself permission to unwind and relax, allowing your enthusiasm to be shared generously rather than forced on others.

**Vitex** Enables the body to better absorb and utilize minerals.

### **Courage Soulution™**

Transform fear into freedom. Transform the energy of fear into freedom, curiosity, excitement, and adventure. Stay present and listen to your heart, turn off the tapes of old negative beliefs, and quiet the inner critic. Remember that thoughts become things; think and speak only that which you wish to manifest in your life right now.  
ES5 ..... 1 oz ..... \$12.99

**Opal Matrix & Silver** *Grounding and Universal connection; completion. Changes are occurring quickly and in many cases, very subtly. You may have difficulty accepting that a given process or situation has ended or moved to the next level. If you are holding yourself back, either consciously or unconsciously, OM&S can help you move beyond your old "comfort zone" by keeping you safe and grounded as you explore beyond your old limits.*

**Rabbit** *Transform the fears you create that escalate based on imagined outcomes rather than what is actually happening in the moment. "But, what if this happens?!?!?" And, oh, WHAT IF THAT HAPPENS!?!?!!" All the while, NOTHING is happening except in your imagination! Bring your focus into the present moment and claim your innate wisdom and ability to handle your life.*

**Chrysocolla** *Clears armoring around the heart center, encourages giving and receiving love and the nurturing of consciousness. Recognize and express your feelings without attachment to the outcome. Take when focusing on the breath to aid oxygenation of the cells and increase spiritual understanding.*

**Clear Quartz** *Receiver and amplifier of energy and information; aids communication with all aspects of your being. Synchronizes the Whole of You with All That Is, opening you to wisdom, guidance, and alignment with the Higher Will. NOTE: Be conscious with your use of this crystalline essence as it amplifies without regard to the quality or goodness of the information or energy in its field of impact. If you are ill, angry, sad, or out of harmony for any reason, it will enhance that as easily as it enhances joy, wellness or balance. Use clear quartz (in crystal or essence form) in conjunction with other essences that support your specific needs and it will increase their good effect without regard to your state of mind.*

### **Environmental Soulution™**

Helps your body let go of radiating energy from the environment, indoors and out. Energies may be radiating from other people (thoughts or emotions) or from the physical world around you. Embrace what you fear, judge, deny or resist in yourself and others and allow it to move through you harmlessly. Opens the crown chakra, encouraging the flow of Christ Light energy into the Whole of You. Frees personal energy to adjust and adapt to changes in your inner and outer environment. (Includes Celtic salt.)

ES7 ..... 1 oz ..... \$12.99

**Peony** *An essence of healing and protection. Cleanses stagnant energies from the Whole of You, restores lightness to your energy field, and encourages the outer expression of your inner sun (Inner Sun), the Christ Light.*

**Dogwood** *Spiritual and emotional transformation; recognize and honor your beauty, strength and fidelity. Be grounded in your natural grace.*

### **Grieving Soulution™**

Honor the importance of every step of your grieving process. Embrace it fully, express yourself when you need to, and always be open to remembering the joy and good times you've lost, allowing those memories to comfort you. Aids the journey through the difficult times, supports you without rushing you through your feelings.

ES8 ..... 1 oz ..... \$12.99

**Aluminum** *Restores clarity and mental focus; refines the mental body and aids the brain stem.*

**Citrine** *Warms the physical body. Clears thoughtforms and stabilizes the emotions, improving concentration and centeredness, and calming irritability. Clears and aligns the Whole of You, attuning you to your Higher Mind, your God-Self.*

**Water Violet** *You want to be sociable and compassionate yet because you keep your thoughts and feelings to yourself and prefer your own company, you seem distant*

*and aloof to others, perhaps even arrogant or superior. In fact you are competent, quiet and serene and prefer to mind your own business. You are also highly capable and have a strong desire to be of service to others.*

**Fossil Fern** *Joyous creation and light-filled movement; for dancing in your heart and your body. Helps you communicate with nature spirits, facilitating co-creative work.*

**Rose Ray** *Brings the gift of Self Acceptance. Encourages recognition, acknowledgment and celebration of the powerful gift of ordinariness. Honor those most ordinary gifts that others admire so much, yet you may take for granted.*

### **In the Silence Solutio<sup>TM</sup>**

Give yourself the gift of silence. Quiet inner mind chatter and hear the still small voice within. When you relax into those precious moments of introspection and self-examination, you gain access to inner peace and wisdom.

ES9 ..... 1 oz ..... \$12.99

**Angelic Carekeeper** *Enfolding Angelic presence and support. For sheltering innocence. Facilitates the unfolding of soulular memory (life purpose), integrating it into your present life experience.*

**Arrowhead** *Stay in your heart and do your work. Integrate life lessons from the past (this lifetime and others) and cut away old patterns and behaviors that no longer serve you. Transform Judgment, against yourself and others, into Forgiveness.*

**Eagle** *Focus; helps you discern the next step when you see numerous possibilities yet feel unsure about where to begin. Like the Eagle sighting its prey and becoming totally focused, all distractions fall away and you KNOW the next step to take. Expand beyond the limitations of the physical plane and into the Whole of You, a place you may be unfamiliar with; trust the urge to unfold and embrace your wholeness. Eagle helps you hear your sound on the wind and identify your calling. For discovering your life path, one step at a time.*

**Nodding Foxtail** *Firm flexibility; for knowing when to take a stand and when to surrender. Supports the vertical alignment of the spine, particularly the upper spine*

and neck. Excellent for issues of flexibility in the upper back and neck, and in your emotional life. Opens the flow of energy through the spinal column and chakras, enhancing harmony throughout your multidimensional Self.

**Moontime Soultion™**

Eases anxiety and stress and aids relaxation. This remedy is helpful for anyone, male or female, affected by the phases of the Moon. Releases tension and encourages mental and emotional balance. For women, relieves discomfort during menstruation. ES10 ..... 1 oz ..... \$12.99

**Fragrance of the Soul** *In meditation, quiet time or simple daydreaming, Fragrance of the Soul will help you touch into the memory of your soul's divine blueprint. Rediscover hidden or suppressed information about your Self, remember all of your gifts and bring them into full expression.*

**Starling** *Put your sound out; honor yourself as an individual within the context of group dynamics. Keep your sound moving: talk, sing, laugh, cry, scream, hum. Be considerate of others, AND make your joyful noise!*

**Touchstone** *Brings the gift of Self-Reference. Honor your power of inner knowing and discernment and act from your own truth with integrity and mindfulness. Remain fully present and pay attention to the awesome power of every moment.*

**Fossil Bone** *Stabilizes form and structure. As you move through chaos and transformation, the form and structure of the Whole of You is continuously realigned.*

**Fossil Bone** *enables you to adapt to these changes easily and maintain structural integrity.*

**Catalpa Tree Flower** *Share yourself joyfully with individuals and in groups. Assists contact with the Angelic Realms. Find peace of mind and self-confidence, stabilizing emotions and reducing anxiety. An essence of resiliency, long-term commitment, and community.*

**Butterfly** *Trust in transformation; go within for guidance. When the caterpillar disappears into the cocoon, does it know it is becoming a butterfly, or does it simply*

*follow its own inner guidance and trust in the Divine outcome? Honor your courage. No matter the appearance, you are right where you belong.*

**Raging Hormones Soulution™**

Calming, relaxing and centering. Brings peace and balance if you experience the emotional ups and downs of “raging hormones,” regardless of age or gender. For teens and adults, men and women.

ES11 ..... 1 oz ..... \$12.99

**Lapis Lazuli** *Amplifies intuition and personal expression. Encourages self-love and increases conscious awareness of old emotional baggage, allowing transformation without self-judgment. Increases comprehension of ancient information and wisdom, allowing you to hear truth from a higher perspective.*

**Salvia** *Perceive the higher purpose in life events so you can let go of the residue of emotions that traps you at the moment the event occurs. Relieves high levels of stress that sometimes accompany day to day living, and restores a sense of harmony and balance.*

**Snake** *Rebirth into the new. Release what no longer fits, allowing new freedom of movement. Snake keeps you grounded as you move through the disorienting process of “shedding the old skin.”*

**Full Moon** *Integrates information and experience. Helps you gather up loose ends, come to closure and move on. Excellent catalyst and booster for other essences and vibrational remedies.*

**Spider** *Create your home from within, knowing you are at home wherever you are. Recognize your connection to All That Is through the web of life. Nurture yourself as if you were the quintessential “Mother,” persevering and making things right without expectations.*

**Fossil Bone** *Stabilizes form and structure. As you move through chaos and transformation, the form and structure of the Whole of You is continuously realigned.*

*Fossil Bone enables you to adapt to these changes easily and maintain structural integrity.*

**Continuum** *Brings the gift of Hope. An essence of movement and breath, foundation and life, affirming optimism and confident expectancy. For remaining on course, putting one foot in front of the other and continuing on when it seems no progress is being made. For perseverance and trust that all is in Divine order.*

**Realignment Souolution™** *Brings balance and alignment to the Whole of You, with emphasis on the neck and spinal column, freeing the flow of energy through the chakras and electrical system. Transforms the effects of energy that moves through the body in horizontal bands, distorting the body's natural order. Returns the physical and subtle bodies to proper vertical alignment.*

ES6 ..... 1 oz ..... \$12.99

**Deer** *I AM LIGHT. Original innocence. Within each of us there is a point of crystalline Light, the Christ Light. Even when we have hidden our inner light away due to life circumstances, it is always there, always a part of us. Deer helps to access this sacred Light and bring it forward in all of its purity and innocence. Assists the release of negative thought patterns, filling the void with Light.*

**Malachite** *Assists in clearing natural and man-made radiation, including computer radiation, from the Whole of You and your immediate environment. This is a good stone to have between yourself and your computer. Balances the whole brain; opens the heart stimulating empathy and compassion. Supports unity of being. Restores balance to sight in the physical, mental and spiritual realms. If sight in one is distorted, sight in all will be unclear.*

**Yucca** *Seek the truth beyond the appearance or "looks-as-if." Strengthen your roots for grounding, survival, and a strong Earth connection. Transforms anger by bringing you into the present moment where it can be expressed and healed.*

### **Self Esteem Soultion™**

Know you are a beloved child of God. Allow yourself to become, in your own eyes, what you are now in the eyes of Creator. Honor the inner strength that has brought you to this point and will carry you forward. Release old walls of denial, give voice to your heart, and know your presence is of great value.

ES12..... 1 oz ..... \$12.99

**Autumnal Equinox** *Acknowledge the bountiful harvest of all you have achieved to date; for self-validation and new beginnings. Re-evaluate present circumstances and refocus your life purpose.*

**Boundaries** *Self identity; release what drains away your energy. Supports the shift from boundary as wall that keeps you in or others out, to boundary as flexible perimeter. For understanding yourself as part of the greater whole, while retaining individuality, claiming your space, and making your unique contribution.*

**Infinity Vertical** *Balance, align and energize the chakras. Energy moves multidimensionally through the Earth and the Cosmos, joining Heaven and Earth through your Heart Center. Infinity's limitless reach affords access to universal imagination and the ability to ground your vision into your Earthly experience.*

**Saguaro** *Acknowledge, honor and restore soft male power in both men and women. For internalizing the nurturing father. Transform the thorny outer protection of false power (power over), and discover the strength of your heart, the true expression of masculine power.*

**Circle** *Brings the gift of Unity. You are inextricably linked with every person and All That is by your own Soul choice and intent; an essence of oneness and connection, for knowing you are never alone.*

### **Transition Soultion™**

Firm footing on a constantly changing foundation. As we face the daily challenges of transformation and ascension, we must keep moving, let go of the past, and align with the Greater Will if we are to remain whole. Sometimes we lose sight of where we are going or think we must figure out how to get there. Live the purity of your intention, knowing you are protected and safe now.

ES13..... 1 oz ..... \$12.99

**Amethyst** *Transform energy and integrate higher frequencies into the Whole of You. Keep unwanted energies at bay. Opens and activates the crown chakra, aiding meditation and inner work.*

**Bloodroot** *Acknowledge the beliefs, patterns and behaviors passed down for generations and let go of any judgments you carry about them. Heal old wounds, transforming the past for yourself and your ancestors. Restore relationships with family members now, in the past, and into the future. Embrace the love and pure intent from which the beliefs, patterns and behaviors originally sprang, and bring that love into expression in your life today.*

**Citrine** *Warms the physical body. Clears thoughtforms and stabilizes the emotions, improving concentration and centeredness, and calming irritability. Clears and aligns the Whole of You, attuning you to your Higher Mind, your God-Self.*

**Purple Tulip** *Intelligent love of truth. Access your "inner grown-up" representing the integration of your spontaneous and magical Child, your Shadow, and your Authentic Adult or Christ Light. I AM One before God and I open to the God within.*

**River** *Always new, always in motion. For moving safely through emotions that may feel out of control. As the River flows freely past the banks leaving them behind, so you must be willing to release unhealthy attachments. Explore and embrace sorrow, power and perseverance and honor their role in your life.*

### **Trauma Soulution™**

Reduce and release physical and emotional trauma, and daily stress. Receive immediate support for major and minor upsets and crises including accidents and injuries, stage fright, and abuse. Transforms trauma in body, mind, and spirit, restoring centeredness, balance and calm. Effective whether the trauma has just occurred, happened recently, or was experienced long ago. In any emergency, it may be taken every five to ten minutes until you are calm.

ES14 1 oz \$12.99 | ES15 1/2 oz \$9.99

**Arrowhead** *Stay in your heart and do your work. Integrate life lessons from the past (this lifetime and others) and cut away old patterns and behaviors that no longer serve you. Transform Judgment, against yourself and others, into Forgiveness.*

**Chrysocolla** *Clears armoring around the heart center, encourages giving and receiving love and the nurturing of consciousness. Recognize and express your feelings without attachment to the outcome. Take when focusing on the breath to aid oxygenation of the cells and increase spiritual understanding.*

**Flea** *Release your attachment to the drama of being annoyed by small things. "Small things" CAN be critically important. Flea helps you discern the difference between truly important aspects of your life and irrelevant details that you pay attention to for the sake of "busyness" or due to lack of focus.*

**Full Moon** *Integrates information and experience. Helps you gather up loose ends, come to closure and move on. Excellent catalyst and booster for other essences and vibrational remedies.*

**Spider** *Create your home from within, knowing you are at home wherever you are. Recognize your connection to All That Is through the web of life. Nurture yourself as if you were the quintessential "Mother," persevering and making things right without expectations.*

### **Woman's Wisdom Soultion™**

Support for the change of life. Embrace and move through each stage with joy and acceptance of yourself and your inner wisdom and creativity. Honor the normal, natural process of change in your body.

ES16 ..... 1 oz ..... \$12.99

**Full Moon** *Integrates information and experience. Helps you gather up loose ends, come to closure and move on. Excellent catalyst and booster for other essences and vibrational remedies.*

**Song of the Earth** *Use to clear and balance inharmonious sound on all levels, attuning you to the Earth and the many changes that are occurring daily. Put your sound out every day. This will serve you and repair the Earth's grid.*

**Catalpa Tree Flower** *Share yourself joyfully with individuals and in groups. Assists contact with the Angelic Realms. Find peace of mind and self-confidence, stabilizing emotions and reducing anxiety. An essence of resiliency, long-term commitment, and community.*

**Starling** *Put your sound out; honor yourself as an individual within the context of group dynamics. Keep your sound moving: talk, sing, laugh, cry, scream, hum. Be considerate of others, AND make your joyful noise!*

**Hibiscus** *For the outward expression of feminine or yin energies – creativity, sexuality, and fertility – for both men and women. Aids the development of intuition. The feminine within each of us, male and female, has been dishonored. Hibiscus restores the purity of the feminine/yin frequency, allowing the healthy expression of intuition, sexuality, and innate creativity. Give yourself the opportunity to truly honor these aspects in yourself and others.*

**Chrysocolla** *Clears armoring around the heart center, encourages giving and receiving love and the nurturing of consciousness. Recognize and express your feelings without attachment to the outcome. Take when focusing on the breath to aid oxygenation of the cells and increase spiritual understanding.*

**Spring Equinox** *Rebirth, renewal, and recommitment.*