



featherhawk essences

Restoring Sanity in a Crazy World... One Drop at a Time!

Products and Services
2011

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featherhawk essences

Complete Repertory ♦ 2011

Key to featherhawk essence product lines

AB = Animal Kingdom: Birds	EE = Energetic & Environmental	RM = Rock Medicine
AN = Animal Kingdom: Mammals	EH = Essential Harmonics™ (NEW!)	(NEW! - research)
AR = Animal Kingdom: Reptiles	EL = essences of light™	SG = Sacred Geometry Series™
AS = Aura Sprays	ES = Essential Soulutions™	(includes Creativity & Ego Set™)
AU = Animal Kingdom: Bugs	MN = Mineral Kingdom	SM = Spirit of the Mountain Set (NEW! - research)
CF = Classic Flowers™	NB = Nature's Balancers™	TE = Tibetan Project Essences Set (NEW! - research)
EA = Essences for Animals	PE = Peru Essences (NEW!)	
	PL = Plant Kingdom	

All featherhawk products, in Alphabetical Order

A Zeal and enthusiasm - the metaphysical quality of Simon. Focus the power of your mind and use your imagination in a disciplined and spiritual way, rather than letting it run away with you or control your life. Assists the articulation of vision and inspiration, translating your enthusiasm and zeal into self-expression. Has influence over the medulla oblongata. Location: Base of the skull. Traditional location and color: Brow Chakra or Third Eye, Indigo.

EH11 1/2 oz.....\$12.99

A# Regenerating Love - the metaphysical quality of John the Beloved. Tune into Universal Love and remember – it is everything. Science has discovered a tone moving from the center of black holes out into the Universe. It is the tone of B flat, many octaves below middle C. B flat is the same note as A#, meaning Regenerating Love is literally moving through the Universe... always. Location: Heart. Traditional location and color: Between the Brow and Crown Chakras, Violet Blue.

EH12 1/2 oz.....\$12.99

Abandonment When you feel abandoned by another, look within yourself. Know you are the only one who can abandon you. Return to yourself, reclaim your power, and ask for what you want. This is an excellent remedy for rescued, abused and abandoned animals of all types and descriptions, too, helping them to restore a sense of self and remembering they are loved.

EE1 1/2 oz.....\$8.99

Abundance Soulution™ 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. Includes the following essences: Arrowhead, Chrysocola, Flea, Saguaro.

ES1 1 oz.....\$12.99

Acorn Trust your inner knowing, free of doubt and self-sabotage. You Will Become Who You Are, a being of strength and perseverance, and you know the fullness of your possibilities even if you cannot always articulate them. Nourish yourself and listen carefully within during the early stages of any new project. Pay attention and trust what you know.

PL76..... 1 oz.....\$8.99

Agrimony Look at your life and experiences as they really are and recognize the feelings you have that you may be uncomfortable experiencing or expressing. Be willing to feel your feelings and share them with others, honestly and without covering up with jokes or denial. Aids the inner examination of addictive behavior.

CF1 1/2 oz.....\$8.99

Alpha~Omega Let go of victim consciousness within yourself and reclaim your personal power. Accept responsibility for your life experiences, knowing you are always free to make another choice. Get off the cross of personality and ego and align with your true nature, your Christ Self.

NB2 1/2 oz.....\$10.99

Aluminum Restores clarity and mental focus; refines the mental body and aids the brain stem.
 MN1 1/2 oz \$8.99

Amazonite Strengthens the skeletal system and reduces stress. Enhances the activity of other vibrational remedies. Excellent tool for full moon meditation.
 MN2 1/2 oz \$8.99

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.
 MN3 1/2 oz \$8.99

Anasazi Honor the mystery. Let go of your attachment to what you think you “know,” allowing yourself the gift of new discovery.
 EE2 1/2 oz \$8.99

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.
 EE3 1/2 oz \$8.99

Angelica Create a living relationship with the angelic realm and connect with your inner Self, especially during times of transition.
 PL68 1/2 oz \$8.99

Animal Emergency Soulution™ Support for your animal companions in crisis or emergency, and to relieve daily stress. Safe for all members of the animal kingdom.
 EA1 1 oz \$12.99
 EA2 1/2 oz \$9.99

Ant Industriousness, order and discipline, especially within your community. Ant is about fulfilling your role within your family, workplace, home town, and world with impeccable commitment and determination.
 AU9 1/2 oz \$8.99

Apatite Harmonizes all chakras; opens the throat chakra, stimulating self-expression and clear communication. Inspires humanitarian service. Balances metabolism helping to control the appetite and aid weight loss.
 MN39 1/2 oz \$8.99

Apophyllite Accurate self-analysis through the window of love; aids the search for truth and encourages heart-centered decision-making.
 MN37 1/2 oz \$8.99

Aquamarine Encourages self-examination and service to humanity. Aids serene thinking and clears the throat chakra for clear communication of the emotions. Immerses one in a liquid light of protection.
 MN36 1/2 oz \$8.99

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.
 MN4 1/2 oz \$8.99

Aspen For those times when you experience fear for no apparent reason, or find yourself quaking with anxiety or apprehension. The fear may be centered around superstitions or religious beliefs, the latest violence or disaster in the media, or from an unremembered experience. For reclaiming your Divine connection and recognizing your ability to move forward free of fear.
 CF2 1/2 oz \$8.99

Attunement Soulution™ 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. Includes the following essences: Calendula, Butterfly, Horse, Spider, Amazonite, Queen Anne's Lace, Fibonacci, White Rose of Sharon.
 ES2 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.
 EE25 1/2 oz \$8.99

Azurite Affirm the deep communication from the core of your being and express it with honesty and authenticity. Aids flexibility, adaptability, and integration of Earth changes into the Whole of You. Recognize your love for the Earth and translate that into love for your body temple.
 MN5 1/2 oz \$8.99

B Order - the metaphysical quality of James, Son of Alphaeus. Act from your center of consciousness, knowing you are in the right place at the right time. Your direct connection to Universal Consciousness and access to inner peace. Location: Behind and just below the belly

button. Traditional location and color: Crown Chakra, Violet.

EH13 1/2 oz.....\$12.99

Baptism Water Initiation: Listen and Remember. Immerse yourself in your emotional and intuitive nature and discover collective wisdom flowing just beneath the surface of your conscious awareness. Listen carefully. Recognize your feelings as the core of your divinity. Take passionate action, trusting your intuition to guide you. Remember and acknowledge hidden, suppressed or unappreciated emotions. Design a personal water ceremony that speaks to your heart, bringing your past into your 'now', letting go of unnecessary baggage, and beginning anew. Perform this ceremony by yourself or with people you love, allowing the visible rite to reveal your invisible grace.

PE8 1/2 oz.....\$13.99

Battle Consciously embrace the battle within and without – the suffering, sorrow and struggle within yourself and out in the world. Allow the gathered energy to rest with you, to be noticed apart from feelings of conflict or chaos, and to become the soil in which new seeds of peace, patience and compassion are nourished. Recognize every battle as an opportunity for growth and sustenance. Be willing to step away and shift your perspective and actions when needed.

EE4 1/2 oz.....\$8.99

Bear Gently opens the Heart, giving Mind access to the gifts of Spirit through the intuition and knowing of the heart center. Listen to your inner environment and give birth to new ideas in peace.

AN1 1/2 oz.....\$8.99

Becoming Humility and Self-Actualization. Every step taken humbly and with gratitude opens you to more of your inherent potential. There is no path to perfection, the perfection is in the path: a universal process of continual dynamic change and blossoming. The promise of your soul's original passion and intent opens to you in new ways. Keep your attention in the present moment and maintain awareness of the past and future for reference. The persona you have created to feel safe in the world can be set aside now; allow yourself to express your true, expanding, and ever-changing Self. You are the connecting point between Earth and Sky; as you breathe the sky, you become the Omniverse.

PE1 1/2 oz.....\$13.99

Beech For the perfectionist who misses the beauty and goodness of people and situations due to intolerance, criticism and judgment. Consider the possibility you are judging yourself then projecting your negative self-judgment onto others, and give yourself a break. Maintain your strong convictions and high ideals in partnership with tolerance and acceptance of yourself and others.

CF3 1/2 oz.....\$8.99

Birthright Soulution™ 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. Includes the following essences: Amethyst, Angelic Carekeeper, Catalpa Tree Flower, Eagle, Heather, Resurrection, Song of the Earth.

ES3 1 oz.....\$12.99

Black Tourmaline Encourages the transformation and letting go of toxic energies throughout the Whole of You --- body, mind, soul, and emotions. Fills any resulting voids in your energy field with clear, neutral energy and vitality. Keeps you very grounded and present, able to shield yourself from toxic thoughts and substances in your environment.

MN6..... 1/2 oz.....\$8.99

Black-eyed Susan The dark is always surrounded by the Light. Look into your shadow and embrace the emotions you find there. You may be using huge amounts of energy to hide from powerful feelings and keep yourself "under control." Black-eyed Susan helps you recognize and free your feelings, allowing you to tap into a vast reservoir of energy while remaining centered and safe. Opens the heart chakra.

PL1..... 1/2 oz.....\$8.99

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.

PL2..... 1/2 oz.....\$8.99

Blue Calcite Calming and peaceful, blue calcite gives voice to the intuition. It has the ability to calm the throat and moderate the voice, facilitating successful communication. Supports the lymph system.

MN42..... 1/2 oz.....\$8.99

Blue Jay For fearlessness born of genuine curiosity. Connect heaven and earth creating access to higher wisdom; use your personal power intelligently for the best outcomes.
AB1 1/2 oz \$8.99

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.
EE5 1/2 oz \$8.99

Broccoli Remain centered and self-aware when you feel threatened by people or situations outside yourself. Retrieve scattered aspects of yourself and restore your inner balance and sense of personal power now.
PL3 1/2 oz \$8.99

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.
AU1 1/2 oz \$8.99

C Generative Life and the Life Ego - the metaphysical quality of Judas. An essence of grounding and embodiment, for connecting with what is truly real. Listen to your body's wisdom and act on its messages in a grounded way. For self-direction, living your purpose, and honoring your connection to all life. Speaks to union, with self and others, in a deeply meaningful way, free of judgment. Connection to the greater whole, your community at large. Location: Base of the spine. Traditional location and color: Root or Base Chakra, Red.
EH2 1/2 oz \$12.99

C# Understanding - the metaphysical quality of Thomas. For receiving the understanding of intellectual knowledge and the knowing that transcends the intellect. Listen to your knowing and your doubts and allow compassion for yourself and others to flow into your consciousness. For opening to a new understanding of your relationship to society as a whole and to other individuals. Location: Lower forehead. Traditional location and color: Between the Root and Sacral Chakras, Orange Red.
EH3 1/2 oz \$12.99

Cahuachi Ceremony and Ritual. Create rituals to celebrate important and everyday occasions, places, values, and beliefs. Do this on your own and in gatherings with others. Create sacred space at home, at work and at play. Establish a daily practice that includes grounding and integrating holiness into your everyday life. Recognize and make sacred the small rituals you perform daily, yet may take for granted: brushing your teeth, fixing a meal, driving to work. It is all part of the holy and natural rhythm of life. As you recognize the holy in everything you do, every breath becomes a sacred act. (pronounced ca-who-ah-chee)
PE22 1/2 oz \$13.99

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.
PL4 1/2 oz \$8.99

Canadian Goose For reclaiming dignity, self-possession and clarity of purpose. Strong community/family focus. The "strut your stuff" essence, for acknowledging your power and right to be who and where you are. Do not assume, however, that because you are honking, everyone will pay attention!
AB2 1/2 oz \$8.99

Cardinal Recognize and honor your own importance, with love as your reference point. For honoring and embracing your true value and affirming self-esteem. Let go of unhealthy patterns of ego-centered self-importance, which includes denial of your worth as an individual human being.
AB3 1/2 oz \$8.99

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.
PL5 1/2 oz \$8.99

Cathedral of Trees Sanctifies and makes sacred. For calling on the sacred throughout your day. Use Cathedral of Trees to help you recognize and consecrate the holy and divine places within your own being and in your surroundings to create sanctuary wherever you are. Grounding, calming, quieting. Excellent

support for meditation and prayer.

NB3 1/2 oz.....\$10.99

Cedar For cleansing and detoxifying body, mind and emotions. Refreshes and restores balance to the Whole of You and helps you remember your soul intent.

PL6..... 1/2 oz.....\$8.99

Celery Boosts the immune system; especially valuable as "old" illnesses are resurfacing. Releases static electricity from crystalline structures throughout the body. For remembering information from the past and applying it to your needs today.

PL7..... 1/2 oz.....\$8.99

Centaury You want so much to help that you deny your own needs and may allow yourself to be dominated by others. Learn to say "No!" and mean it because you recognize and honor the value of your own life, skills, and contributions.

CF4 1/2 oz.....\$8.99

Center & Integrate For gathering scattered thoughts and feelings, transforming stagnant or discordant energies, and integrating experiences in present time. Aids grounding and restores balance. Includes the following essences: Turkey Vulture, Infinity Horizontal and Black Tourmaline, plus 100% pure Frankincense and Canadian Red Cedar essential oils.

AS1 4 oz spray bottle\$15.99

Cerato You may often make choices based on the advice of others due to nagging doubts and lack of confidence in your inner guidance. For developing trust and faith in your innate wisdom and ability to make decisions with certainty.

CF5 1/2 oz.....\$8.99

Chartres Labyrinth Generates balance and integration among the experiential/feminine right brain, the logical/masculine left brain, the present moment of the front brain, and the records and memories of the back brain. These interweave and interpenetrate one another, maintaining their unique characteristics while enhancing and empowering each other in a dance of wholeness, order and harmony. Encourages self-confidence, self-expression and self-realization.

SG17 1/2 oz.....\$12.99

Cherry Plum For times when you find yourself in a situation where you're afraid of losing control of your emotions and causing harm to yourself or others. Reconnect with your innate ability to remain centered and in control of yourself under challenging or stressful circumstances, knowing

you will do the right thing.

CF6 1/2 oz.....\$8.99

Chestnut Bud The "Rake Theory" essence. Get your lessons the first time. You're walking across the lawn and step on the business end of a rake. The handle comes up and smacks you in the forehead. If you leave the rake where it is and continue to walk the same path, you'll keep getting smacked in the forehead. Stay present and watch where you're going. Then move the rake or take a different path---your choice.

CF7 1/2 oz.....\$8.99

Chickadee Engage your curiosity and the courage needed to explore your environment and stand up for yourself, even when surrounded by those who think they are stronger or better than you. For discerning the truth from your own heart and sorting it out from the stories of others. Dare to express your dreams and convictions out loud, even the tiniest ones, with joy and trust.

AB21 1/2 oz.....\$8.99

Chicory If you find yourself overly concerned with others, being possessive or smothering, or ignoring the importance of their personal choices and actions, or if you feel you know what is best for them and offer unrequested advice, remember everyone must walk their own path and make their own choices. Step back and give your love and support selflessly while honoring their individuality.

CF8 1/2 oz.....\$8.99

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. Includes the following essences: Labyrinth, Hibiscus, Infinity Vertical, Continuum, Horse Chestnut, Rose Ray, Snake, Clear Quartz.

ES4 1 oz.....\$12.99

Chrysalis The keeper of Potential and Transformation. Chrysalis holds safe and protects imagination, possibility, creativity, and generativity. For patience and trust in the face of an unknown yet indisputable imperative, and the capacity to fully embrace the experience without understanding the purpose or comprehending the final outcome.

AU10 1/2 oz.....\$8.99

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.

MN7 1/2 oz \$8.99

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.

EL9 1/2 oz \$9.99

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.

MN8 1/2 oz \$8.99

Clarity & Focus For concentration and contemplation, for keeping your mind on the task at hand. Excellent for meditation, study and research, business meetings, family gatherings... any place or situation in which you want to be fully present and paying attention. Includes the following essences: Hawk, Eagle, Crow, Octahedron, Gypsum, and Malachite, plus 100% pure Atlas Cedar essential oil.

AS2 4 oz spray bottle \$15.99

Classic Five Recover rapidly from shock, pain, fear or trauma due to accident, injury, emotional or spiritual emergency, or any unexpected or extreme upset. Relieves stress, reduces pain, and restores harmony. Includes the following **featherhawk** Classic Flowers: Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem.

CF39 1/2 oz \$8.99

Clay Draws out and binds with impurities to cleanse and detoxify the Whole of You. Excellent support for cleansing and detoxifying regimens; restores balance and stability to the immune system.

MN9 1/2 oz \$8.99

Cleanse & Purify For cleansing yourself and your environment of stagnant energies. Recall your passion, see life through innocent eyes, and remember the wonder of the child's heart. Aids the release of emotional hooks and strengthens your physical and emotional foundation. Includes the following essences: Firefly, Pyramid, Sacred Heart, and Rhodochrosite, plus 100% pure Rose essential oil.

AS3 4 oz spray bottle \$15.99

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.

MN10 1/2 oz \$8.99

Clematis You may be mentally "away" daydreaming about the future where you believe you will be happier, or perhaps you are simply avoiding the present moment because you feel unable to articulate your thoughts and feelings to yourself or others. Become fully present, focused and grounded in your body now and share your gifts powerfully and with confidence.

CF9 1/2 oz \$8.99

Cleome Creates the *potential* for orderliness. (You get to manifest the actual orderliness yourself!) Recognize the vast order that lives within the appearance of chaos and is part of the natural cycle of living. Create transformation through conscious participation with the ongoing process. Enhances your connection with the Devic kingdom and your understanding of the big picture.

PL8 1/2 oz \$8.99

Cloudbows Through joy, attract the highest Spiritual realms and grant them access to your Mind and Heart. Experience understanding and connection with All That Is aiding the cooperation of thinking and feeling and the integration of Ego and Soul for innovative service. (Cloudbows are the beautiful pastel rainbow colors that you may sometimes see around the edges of clouds, most often as the sun is setting in the late afternoon.)

EE6 1/2 oz \$8.99

Colorado Blue Spruce A gentle spirit with healing knowledge for today's challenges. Sturdy, joyful, always reaching out. Aids the inner search for answers and the articulation of truth. Speak with compassion and empathy for all living things, especially your fellow humans.

PL71 1/2 oz \$8.99

Comfrey For healing and reintegrating 'lost', damaged or denied aspects of the soul. In trauma or crisis the Whole of You may contract away from the Part of You that is most impacted by the situation or event. When this occurs, that Part may feel isolated and disconnected and you may feel somehow empty or incomplete. Comfrey encourages the expansion of your Self to embrace and reintegrate the Part, allowing a return to Wholeness. An excellent support for soul retrieval work and to heal old wounds.
 PL9..... 1/2 oz.....\$8.99

Computer Soution™ 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! Includes the following essences: Mustard, Trauma Soution, Eagle, Attunement Soution, Rhododendron, Vervain, Vitex.
 ES17 1 oz.....\$12.99

Condor Air Initiation: the Soaring Heart. Access the brain in your heart and imagine transformation and ascension. The soaring heart frees you from old shackles and restrictions, while reminding you to be fully grounded in the mundane world. Courage and humility enable you to receive healing, love and support. The beauty and awe of nature is within you and just outside your door. Open this door and reconnect with the outer nature at your feet and fingertips, and your own nature within.
 PE17 1/2 oz.....\$13.99

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.
 EL3..... 1/2 oz.....\$9.99

Copper Increases self-confidence and self-acceptance. Improves conductivity throughout the body's electrical system aiding the transmutation of cosmic radiation; clarifies and enhances the electromagnetic capacities of the Whole of You.
 MN11 1/2 oz.....\$8.99

Corn For grounding and aligning yourself with the sacred energy of the Earth. Excellent for those who love open spaces yet find themselves in crowded urban/suburban communities or living

in an apartment. For knowing the sacred Earth is always beneath your feet, even in a downtown high rise.

PL10..... 1/2 oz.....\$8.99

Corn Silk For untangling blockages and clearing the electrical system along the spine. Nourishes and lubricates the energetic pathways of the central nervous system.
 PL11..... 1/2 oz.....\$8.99

Cosmos Grounds and integrates thoughts with self-expression. Especially helpful for the visionary who has so many ideas yet may not be able to speak about them coherently because there is so much to say that it's a challenge to share it with clarity and simplicity.
 PL73..... 1/2 oz.....\$8.99

Courage Soution™ 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. Includes the following essences: Opal Matrix & Silver, Rabbit, Chrysocolla, Clear Quartz. (see page 22 for descriptions of each essence in this formula)
 ES5 1 oz.....\$12.99

Coyote Keeper of the Veil and protector of simplicity. When the veil is lifted, even momentarily, a gift is revealed. It may be a lovely, welcomed gift, or it may be a trick or illusion designed to catch you off guard and give you a much-needed lesson. You may like the lesson, or you may not. Known as the Trickster in many indigenous cultures, Coyote lets you know you are taking yourself too seriously. Be prepared for a pratfall, a slippery banana peel, a carefully hidden practical joke... AND look for the very real lesson behind the laughter and take it to heart.
 AN21 1/2 oz.....\$8.99

Crab Apple For cleansing on all levels, physical and ethereal, restoring harmony to body and soul, and remembering the flaws you resent are actually evidence of your earthly perfection. You may spend an inordinate amount of time obsessing over a perceived fault or sense of being unclean or impure, perhaps even ignoring truly important issues or situations in your life.
 CF10 1/2 oz.....\$8.99

Cricket Stop fiddling your life away. Trust your intuition and personal rhythm enough to take the next leap, knowing you will land safely. Risk

singing the song of your spirit. Supports strength and flexibility in the legs.

AU2..... 1/2 oz\$8.99

Crow Embrace and expand Sacred Law to create transformation. For joyous participation in life, especially in community with others. Crow protects the electronic transfer of information (phone, cell, fax, modem, cable), and frees your mind from the accumulation of "symbol language" in the Mental body that can occur working with electronics. To clear your phone line, cell phone, computer or other electronic equipment, take Crow essence, write "Crow" on a sticky note and stick it on the equipment, and invoke the energy of Crow.

AB4 1/2 oz\$8.99

Cube Expresses the element of Earth. Grounds and integrates the Whole of You, as it reminds you to nourish and honor the Earth and your body temple in all ways. Repairs, rebuilds and restores the Hexahedral (Cube) matrix in and around the Whole of You.

SG1..... 1/2 oz\$12.99

Cucumber Restores life force and vitality when you feel overcome by despair or hopelessness. Relieves feelings of claustrophobia in small spaces, or when life feels like it is closing in on you.

PL12 1/2 oz\$8.99

Cucumber Magnolia Joyous birth into new life. For new beginnings and expanded awareness of life's possibilities.

PL13 1/2 oz\$8.99

D Elimination, Renunciation - the metaphysical quality of Thaddaeus. The power of letting go of all that does not serve you, and doing it with love. For one-to-one relationships and maintaining connection with others free of unhealthy attachment. Location: Mid-abdomen. Traditional location and color: Sacral chakra, Orange.

EH4..... 1/2 oz\$12.99

D# Strength - the metaphysical quality of Andrew. Your primary support, the enduring quality of your inner self. For maintaining your authentic self in relation with others. Location: Back of the waist. Traditional location and color: Between the Sacral and Solar Plexus chakras, Yellow Orange.

EH5..... 1/2 oz\$12.99

Daffodil Access your intuition and inner authority and trust the voice of God within.

PL14 1/2 oz\$8.99

Dandelion Releases tension beginning in your subtle energy field and extending inward to your physical body. Aids in cleansing and detoxifying the Whole of You.

PL15 1/2 oz.....\$8.99

Dawn Redwood For accessing "no-time." Keeps you grounded and feeling safe as you experience rapid expansion and spiritual transformation through remembering and integrating the ancient knowledge that is available to you and you alone. Excellent tool for meditation and inner exploration.

PL16 1/2 oz.....\$8.99

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.

AN2..... 1/2 oz.....\$8.99

Despacho Fire Initiation: Offerings and Healing Intentions. Send a message of right relationship and reciprocal sharing across the circle of life. Begin with your authentic values, then include people, animals, plants, rocks, streams - all of nature, the world and the universes, bridging ordinary and non-ordinary realms. Always express your profound gratitude to Pachamama (Mother Earth). You are here to make a difference with the gifts you have been given; honor your unique abilities and share them freely. And remember: in honoring the circle, receiving is as important as giving; receive with grace and joy.

PE11 1/2 oz.....\$13.99

Diamond For knowing the brilliance of your many facets. Amplifies and broadcasts thoughtforms and enhances the action of other essences. Supports activities of the brain at all levels. Consistent use can help you remain in a state of meditation. Aids transformation of toxins throughout the Whole of You.

MN12 1/2 oz.....\$8.99

Dill Assimilate sensory experience and allow it to nourish your spirit. Relieves overwhelm and stress. Aids the release of victim consciousness and empowers you to choose with personal authority.

PL70 1/2 oz.....\$8.99

Dioptase For fully utilizing your "two eyes" -- your physical eyes and your "inner eye". For

being present in the moment as you look forward with your physical eyes and upward with your inner eye. Honor the richness of your personal resources.

MN32 1/2 oz.....\$8.99

Dittany of Crete For reading between the lines and trusting your body's wisdom. Listen to your intuition and you will "see" and know the truth.

PL17 1/2 oz.....\$8.99

DNA Matrix Releases thoughtforms from your physical and spiritual DNA, halting their ongoing replication at cellular and soulular levels. "Cleans the slate" for new information to come in.

Restores multiple-strand DNA.

SG2 1/2 oz.....\$12.99

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.

SG3 1/2 oz.....\$12.99

Dog Remember the importance of loyalty and devotion to yourself. Unconditional love and acceptance of who you are in this moment is not selfish or self-centered – it is imperative to your survival and happiness. Appreciate all that you are and all that you have to share.

AN3 1/2 oz.....\$8.99

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

PL18..... 1/2 oz.....\$8.99

Dolphin Keeper of the Divine Breath. Heals spiritual DNA and restores Joy and Breath to the sorrowful spirit. Allow your breath to help you let go of unwanted emotions held in body and soul.

AN19 1/2 oz.....\$8.99

Doorway Journey to the Inner Self. Prepare to step through this doorway with clear intention and a loving heart, for that is the only energy allowed to enter. Hear the teachings of the ancestors. For new beginnings when you have let go of burdens from the past and the future.

Sustains the silence required for deep inner work. Allow the journey to envelope you and share its truth.

PE12 1/2 oz.....\$13.99

Double Infinity Acknowledge the balance of Ego and Soul, Matter and Spirit, as they are expressed within your physical form. Double Infinity is a sparkling ball of energy that seeks and clears energetic blockages and congestion throughout the Whole of You.

SG4 1/2 oz.....\$12.99

Double Rainbow Shatters the illusion of separation. We live in a world of relationship to all of Life, seen and unseen: Human to Human, Human to Nature, Human to Spirit. There is no separation, just the kaleidoscope of connection and Love.

EE7 1/2 oz.....\$8.99

Dove Trust in Peace. Especially trust the peace within your own being. Stay focused on your purpose and goals with total commitment. Maintain your composure while allowing the appearance of chaos in the world to swirl around you harmlessly.

AB24 1/2 oz.....\$8.99

Dragonfly Instantaneous movement and change; for finding the courage to transform limiting beliefs and boundaries and move beyond illusion into your truth.

AU3 1/2 oz.....\$8.99

E Wisdom, Judgment, Discernment - the metaphysical quality of James, Son of Zebedee. The seat of your personal power and relationship with yourself. Know the spirit of universal law holds power above the letter of the law, which is man-made. Apply your inner wisdom and knowing and allow it to guide your life, free from outside influences. Location: Solar plexus. Traditional location and color: Solar Plexus Chakra, Yellow.

EH6 1/2 oz.....\$12.99

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.

AB5 1/2 oz.....\$8.99

Eclipse Recognize and honor your inner transformations. A period of darkness occurs; when the light returns, your inner shift is

complete. Things, places and people in your environment may appear the same as they were before, yet you are renewed and refreshed and see Life with new eyes and broadening perceptions.

EE8 1/2 oz \$8.99

Egret Recognize the opportunities in front of you and step into them with grace and ease. Take intelligent, compassionate and thoughtful advantage of the generosity and abundance of nature.

AB6 1/2 oz \$8.99

Elm You know you are competent and capable of achieving your lofty goals and you are committed to serving your mission in life, yet at times the task seems too great. This remedy will help you work through temporary despair and hopelessness and reconnect with the joy of your higher purpose.

CF11 1/2 oz \$8.99

Environmental SolutioTM 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 sea salt and the following essences: Peony and Dogwood.

ES7 1 oz \$12.99

Eucalyptus Prosperity. Know that as long as you are breathing, you have everything you need. Allow Divine Breath to fill your physical and etheric lungs and oxygenate the Whole of You, body, mind and soul. The prosperity of breath, and all that you need, is your birthright.

PL19 1/2 oz \$8.99

Eye of the Storm "I of Thee Storm" (I AM You, Storm). Acknowledge your relationship to "the storm" around you, whether you are cause or effect, and recognize the greater order beyond what you are seeing. Honor your capacity to remain centered when surrounded by apparent disorder and chaos, and embrace the wisdom of surrendering to it. Become One with the Almighty, with All That Is.

EE9 1/2 oz \$8.99

F Power - the metaphysical quality of Philip. For understanding the power of your words and

choosing them carefully to support yourself and others. Speak your truth with love for others and compassion for their beliefs and concerns.

Location: Back of the throat. Traditional location and color: Heart Chakra, Green or Pink.

EH7 1/2 oz \$12.99

F# Imagination - the metaphysical quality of Bartholomew. Enhances your innate capacity to create in life what you visualize in your mind and imagination. Aids the articulation of ideas and their manifestation into form. Location: Center of the head. Traditional location and color: Thymus; Blue Green, Teal, Turquoise.

EH8 1/2 oz \$12.99

Fairy Stone Ground and integrate the truth that Spirit and Matter are inextricably connected and embodied in this Earth dimension. Provides grounding for those who are 'out of body' more often than not, helping them focus on the life and tasks at hand.

MN13 1/2 oz \$8.99

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.

SG5 1/2 oz \$12.99

Finch Cope easily with varied activities, situations and experiences. Participate freely and fully in the moment without feeling overwhelmed by all the action or concerned with tomorrow, knowing it will take care of itself.

AB7 1/2 oz \$8.99

Firefly Brings in light to "stitch up" rips and tears in the etheric body that may be caused by trauma, injury, or unhealthy attachments. Helps you discern the difference between attachment (being emotionally hooked) and connection (when the threads binding you to another are freely chosen, gently held, and willingly released). Firefly lights the path enabling you to maintain awareness of your connections without being attached to them. Keeps your spiritual path clear of unnecessary clutter.

AU4 1/2 oz \$8.99

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.

AU5 1/2 oz \$8.99

Fluorite For purification, cleansing and transformation of old patterns; stabilizes relationships; harmonizes and energizes the etheric body. Can be used to address excess fluid in the body.

MN14 1/2 oz.....\$8.99

Follow Your Dreams Surrender to the awake dreaming time and use it to support your goals and desires. Receive the gifts of your intuition and reclaim the inner feminine expression of your Self, whether male or female.

EE10 1/2 oz.....\$8.99

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.

MN15 1/2 oz.....\$8.99

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.

MN16 1/2 oz.....\$8.99

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.

EE11 1/2 oz.....\$8.99

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.

EE12 1/2 oz.....\$8.99

Full Spectrum - Divine Feminine * Mary Magdalene The Christ vibration as embodied in Mary Magdalene. Be true to your heart and to the person you know yourself to be, regardless of the opinion or judgment of others. Your tears are God's tears, shed in joy or sorrow.

EH15 1/2 oz.....\$12.99

Full Spectrum - Divine Masculine * Jesus The Christ vibration as embodied in Jesus. Fully embrace your God-Self. Listen to your heart, step out fearlessly and speak your truth. Act from personal courage and conviction.

EH14 1/2 oz.....\$12.99

G Faith - the metaphysical quality of Peter. Say "yes!" and allow good to manifest in your life.

Recognize the difference between what you know, and what you only believe. Align your personal will with Divine Will. Location: Just below the center of the head. Traditional location and color: Throat Chakra, Sky Blue.

EH9 1/2 oz.....\$12.99

G# Will - the metaphysical quality of Matthew. Allow the manifestation of the good you know is yours through aligning your personal will with the Divine Will of Creator. The hungers and desires of the egoic self can never satisfy the yearning for your true connection to Source. Location: Upper forehead. Traditional location and color: Between the Throat and Brow Chakras, Medium Blue.

EH10 1/2 oz.....\$12.99

Garlic Chives For surviving the experience of "crucifixion" or "dark night of the soul." Move boldly yet gently into new life with clear intent and strength of purpose, knowing you are empowered by lessons learned.

PL20 1/2 oz.....\$8.99

Gentian You're going along quite well when a small glitch arises and you are overcome with self-doubt and depression out of proportion to the glitch. Your goals are achievable; be confident as you learn to flow with the ups and downs along the path.

CF12 1/2 oz.....\$8.99

Glacier Surrender and let go. Glaciers are melting the world over to demonstrate the power of the Water element – emotion and consciousness – to change the face of life on Earth. Follow their lead and allow the glaciers within your own heart to melt, liberating frozen and blocked emotions. Allow the free flow of your feelings and emotions and become authentically empowered. Let go of judgment, fear and unhealthy attachments. Free yourself from the past and pay attention to synchronicities leading to transformation. All things are impermanent; it's not a catastrophe, it's just the cycle of life. Know that nothing is lost: people, plants and animals will adapt or return to Spirit in their natural rhythm of Life. This is a heart process; you cannot 'figure it out'. Await the knowing.

PE2 1/2 oz.....\$12.99

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.

EL5 1/2 oz.....\$9.99

Golden Mean Harmonic Balances and unifies Heart and Mind; the Peacemaker. Use in any situation that requires thoughtful, direct action guided by love and mindfulness.

SG6..... 1/2 oz\$12.99

Golden Solar Disk Motivation and Action; Self-Mastery. Inspires and motivates, renewing enthusiasm and prompting action in ordinary and extraordinary areas of your life. Reconnects your Soul with your solar plexus (your center of personal power) and the planetary and universal Soular Plexus. Reminds you of the inner qualities and sacred life tasks you forgot when you were born; find them in the secret temple within. In life, there is always a second chance.

PE14 1/2 oz\$13.99

Gorse You feel like you're "down for the count," yet you are willing to try one more time. You don't think it can possibly help, yet somehow you will not give up just yet. Reattach yourself to hope and life, and remember whatever you want to achieve is always worth another effort.

CF13 1/2 oz\$8.99

Grackle Clear stuck emotions and express your feelings clearly with love and compassion. You will be held safe as you enter the scary Void where your unexpressed emotions live. When you return, you will be strengthened from the effort and free of the old burdens.

AB8 1/2 oz\$8.99

Green Tourmaline Opens the heart. Encourages connection with the plant kingdom and assists in the study of plants, especially for healing. Transforms stagnant or dark energy into fuel for living without releasing it to the outer environment – the epitome of effective recycling!

MN17 1/2 oz\$8.99

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. Includes the following essences: Aluminum, Citrine, Gold, Fossil Fern, Rose Ray.

ES8 1 oz\$12.99

Ground Ivy Like a child's favorite blanket, softly yielding yet strong; for receiving joy and abundance. When you surrender to the peace within, you become willing to accept all that is rightfully yours. The more comfortable and safe you feel, the more open you become to receiving

and to giving, motivating you to greater expectations and results.

PL21 1/2 oz.....\$8.99

Guinea Pig Spiritual Nourishment and the Gift of Service. Accept and share in the holy work with innocence, simplicity and open-heartedness. 'Holy work' is who you are as you move through your day, rather than what you are doing. Be willing to make sacrifices for a greater cause. Maintain personal integrity, rely on your inner knowing, and learn to forgive. Act selflessly and honor everyone's contribution and sacrifice, including your own.

PE15 1/2 oz.....\$13.99

Gypsum Allays the tension of the outer quest by linking the conscious mind with the inner mystic.

MN18 1/2 oz.....\$8.99

Harmonic Balancer Captures the overwhelming amount of information coming at you from the environment (radio and TV waves, microwaves, electro-magnetic fields, satellites, and other natural and man-made systems) and reroutes it harmlessly around the Whole of You. Helps synthesize large amounts of complex data, extracting what you need to know and distilling it into easy-to-understand words and concepts. Creates forward movement by transforming non-linear inspiration and intuition into linear action.

NB1 1/2 oz.....\$10.99

Hawk Serenity and clear inner vision. Release small details and gain freedom to see the big picture. Move quickly between the details and the overview to maintain flow and rhythm. Gain awareness of a greater reality. Supports the translation of concept into form, of knowledge into wisdom.

AB9 1/2 oz.....\$8.99

Healing Cross Grounding and Integration. Draws universal light into your subtle energy field, moves it throughout your physical body to your heart center, then into the Earth and back to your heart in a continuous movement between the universe and Earth, grounding, integrating and refreshing these energies within and around you. From your heart, the gathered energy radiates outward in unending spirals, restoring light and wholeness to the visible and invisible world around you. The rock upon which the cross appears sings to you, restoring order to your cells through sound frequencies beyond your hearing. As you become more grounded, your access to higher consciousness expands.

PE19 1/2 oz.....\$13.99

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.

CF14 1/2 oz.....\$8.99

Heaven on Earth Embrace Heaven on Earth NOW. Honor your soul's purpose and inner guidance. Allow movement and transformation to occur through the breath of love, integrity, and joy. Includes the following essences: Mary, Hawk, Dolphin, and Dodecahedron, plus 100% pure Brazilian Rosewood essential oil.

AS44 oz spray bottle\$15.99

Hematite Promotes clarity in all things mental, including understanding that thoughts held in the mind beyond their 'expiration date' can become limitations. Draws heat from the body, especially when the heat is caused by stuck mental energy. Helps you transform negativity and embrace possibility. Supports the blood system.

MN19 1/2 oz.....\$8.99

Herkimer Diamond Contributes to clear communication between individual people, animals, groups, and the Earth. Helps attune you to your environment and your Higher Self, and aids telepathic communication. Supports all aspects of the voice, neck and throat.

MN35 1/2 oz.....\$8.99

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.

PL22..... 1/2 oz.....\$8.99

Holly You may feel unloved, unlovable, insecure, jealous or angry, or maybe you just flat out hate yourself. You may also suspect the motives of others and feel threatened by their achievements. Holly helps restore feelings of love and compassion for yourself and unity with others, rejoicing in their accomplishments and your own.

CF15 1/2 oz.....\$8.99

Honeysuckle Sweet nurturing; for those who feel life is not sweet enough. Bring sweetness back into your life and give yourself permission to

nurture yourself and meet your own needs. Learn from the past and release your longing for it; acknowledge the sweetness of the moment.

CF16 1/2 oz.....\$8.99

Hornbeam You may feel overburdened by life, tired, and unable to carry your load or face your responsibilities any longer. Reinvent your connection to everyday activities, tune in to the Earth for increased energy, and begin to enjoy life once again with enthusiasm and commitment. This can lead to a change of job, home or lifestyle – be willing to trust your heart's longing for fulfillment and take the leap.

CF17 1/2 oz.....\$8.99

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.

AN4 1/2 oz.....\$8.99

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.

PL23..... 1/2 oz.....\$8.99

House Cat When in doubt, pause and take time to reassess your options. Claim authority over the space you occupy, clearly defining your boundaries and owning your personal power. Recognize and embrace the gifts of divine indifference and contentment. Increases self-confidence and self-containment.

AN5 1/2 oz.....\$8.99

Ica Stones Embrace the Mystery. Welcome wonders and mysteries into your life freely. Dig through layers and dimensions of yourself, exploring the experiences, teachings and beliefs that define your personal truth. Stand up for what you believe in the face of doubt and skepticism. Be willing to let go of anything that no longer matches you; be true to yourself. (pronounced ee'-ka)

PE21 1/2 oz.....\$13.99

Icosahedron Expresses the element of Water. Creates a safe space where you can patiently allow power or energy to fully manifest before initiating movement. When movement is forced before the energies are fully manifested, you may experience jerks and starts and stops. Divine timing gives you a productive waiting time and allows you to become fully prepared then move quickly from where you are to where you want to be at the perfect moment. Repairs, rebuilds and restores the Icosahedral matrix in and around the Whole of You.

SG7..... 1/2 oz\$12.99

Impatiens You know very few people who do things as well or as quickly as you do, so you'd rather take on a task and see it through by yourself because others are often SO S-L-O-W. Relax and align yourself with the natural rhythm and flow of people, projects, and activities, come into the present moment, and allow patience to guide you.

CF18..... 1/2 oz\$8.99

In the Beginning... Recall, celebrate and invoke your Divine essence and original soul blueprint. Re-create Heaven on Earth as you were guided to do at the moment your soul manifested from the ethers. Balance, stabilize, repair and activate all strands of DNA.

SG8..... 1/2 oz\$12.99

In the Silence Soulution™ 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. Includes the following essences: Angelic Carekeeper, Arrowhead, Eagle, Nodding Foxtail.

ES9..... 1 oz\$12.99

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.

EE26..... 1/2 oz\$8.99

Infinity Horizontal Balance and harmonize the left and right hemispheres of the brain and the rhythm between feminine and masculine, yin and yang. Feel grounded when "walking a tightrope in midair," knowing your feet are firmly under you

and you are stable and safe.

SG9..... 1/2 oz.....\$12.99

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.

SG10..... 1/2 oz.....\$12.99

Ironweed Release your iron grip on the past and express your truth in every relationship you have, especially your relationship with yourself.

PL24 1/2 oz.....\$8.99

Jaguar Walk fearlessly through the darkness with grace and power, tracking your journey and what is important to you. Your fierce independence serves you well, as you rely on your instinct and intuition to guide you. Reclaim your birthright and expand your horizons.

AN16..... 1/2 oz.....\$8.99

Jewelweed Make a decision and take action; a wrong step is better than no step at all. For transforming fear and indecision into action that initiates movement and expansion.

PL25 1/2 oz.....\$8.99

Johnson Grass Tenacity. Stand your ground, spread out, and reach for the sky. Look at who or what disturbs you and see your own reflection in the person or situation. Gain insight from your observations, be flexible and forgiving, and make another choice.

PL72 1/2 oz.....\$8.99

Junco Industriousness, focus, and determination. Discern the difference between doing a great job and being a workaholic. Use your focus and determination to create balance in your life between work and play, doing and being.

AB10..... 1/2 oz.....\$8.99

Kestrel Patience, clarity, and accuracy. For keen powers of observation and precise timing.

AB11 1/2 oz.....\$8.99

Killdeer Attune to a higher vibration and integrate higher vibrational energies into the Whole of You with grace and ease. Bring Heaven to Earth. Be diligent and focused in your emotional expression.

AB12 1/2 oz.....\$8.99

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.

SG11 1/2 oz.....\$12.99

Lake Titicaca Soul Connection to Sacred Water. Honor the sacred, life-giving waters that move within, through and around your Body, your Soul, and your Planet. Expand into higher consciousness through emotional truth and authentic self-expression. Be true to your inner sense of what is being asked of you. Beneath the water of consciousness is a treasure of great value ready to awaken; prepare to dive deep.

PE16 1/2 oz.....\$13.99

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.

MN20 1/2 oz.....\$8.99

Larch Insecurity and lack of self-confidence can be instilled at a very young age, and are nearly always learned behaviors. Regain your belief in yourself and your abilities through action on your own behalf, expanding your knowledge and experience and remembering your birthright.

CF19 1/2 oz.....\$8.99

Lavender Get in touch with your true feelings to create balance in your emotional expression, reducing anxiety and stress and bringing relief to the physical body. Aids the release of karmic patterns and emotional conflicts that block spiritual expansion. Contributes to physical relaxation.

PL26 1/2 oz.....\$8.99

Light Serum Brings the gift of Light. Creates a safe space in which to do your sacred work, no matter where you are. An essence of wholeness, order, and focus that illuminates patterns of darkness creating the opportunity to reframe them in the Light. Use it to transform the flawed system that generates the energy called money to support Darkness into the perfect system that generates the energy called money to support

the Light.

EL1 1/2 oz.....\$9.99

Lilac Brings awareness to the vertical energy of Spirit intersecting the Earth plane. Aligns and harmonizes the chakras and spinal column to receive the Light of Spirit. Helps remineralizes the bones, the most spiritual system in the body.

PL27 1/2 oz.....\$8.99

Lizard Ask for guidance from your dreams and trust the information you receive. Face your fears, gently and with care, and bring them into the light. Without this effort on your part, they will follow you like your shadow and you may never be free.

AR2 1/2 oz.....\$8.99

Lobelia Self-love, self-acceptance, self-esteem; stand up for yourself. Speak your truth clearly and with confidence, even if you know others disagree. You have strong opinions and the right, indeed the responsibility, to express them honestly and with compassion.

PL69 1/2 oz.....\$8.99

Locust Seed Find your way back from the "dark side of the moon," knowing that even in the darkest of times, you are connected to your Soul and to Creator. Be willing to ask for help from your Whole/Higher Self and you will be safely guided home.

PL28 1/2 oz.....\$8.99

Love/Heart Transform cellular memory involving old beliefs and patterns held in your heart center and your body. Forgive yourself and others, let go of your attachment to outcomes, and allow Love to prevail.

EE13 1/2 oz.....\$8.99

Luminous Egg For consciously creating an omnidirectional shield around yourself. Those energies for your highest and best good are allowed in; discordant energies are encouraged to leave. If you need extra support, use this visualization: See or feel the spark of Divine Light within the center of your being. Allow that spark to expand outward, clearing distorted or unclear energies as it goes. When it reaches your personal boundary, ask all of the cleared energies to dissipate harmlessly. Then ask that this 'luminous egg' around you be filled with Love, Light, or something else positive of your choice. Now your shield is complete. Repetition builds the strength of your energy field. This is an excellent remedy and exercise for highly sensitive people, energy and body workers, counselors and healthcare practitioners... anyone

who feels a need for improved boundaries.
EE14 1/2 oz \$8.99

Magnolia Restores balance between the bitter (gall bladder) and the sweet (pancreas) and symbolically connects these organs with the eighth (transpersonal) chakra above the head to transmute bitterness and any belief that life is not sweet enough. Magnolia is an evergreen, celebrating the green energy of the heart throughout the year. It is especially vigilant and protective during the cold and dreary times, whether that is the winter season itself or a winter of isolation or fear. Brings strength and purity to daily activities.

PL70 1/2 oz \$8.99

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.

MN21 1/2 oz \$8.99

Manatee For knowing it is safe to express gentleness and peace. Nurtures the blossoming of wisdom and compassion, especially in response to lack of knowledge or thoughtless behavior.

AN6 1/2 oz \$8.99

Mary Surrender to Divine guidance. Accept what you know to be true about your role in life even when you do not fully comprehend its higher purpose. Take it on, live it, breathe it, become it. When you have fully embraced and embodied your divine gifts and purpose you may come to understand your crucial place in the puzzle of Life.

NB4 1/2 oz \$10.99

Milkweed Pod Bursting forth in consciousness. Recognize that countless seeds of possibility are scattered before you and there are many more to come. You can choose now, then choose again... and again. One opportunity lost is not the end of the world. Trust in Divine timing.

PL29 1/2 oz \$8.99

Mimosa Deliver your truth with clarity and power. Increases intuitive awareness, precise thinking, and sensitivity. Supports the eyes, especially the optic nerves.

PL30 1/2 oz \$8.99

Mimulus You may be afraid of things, people or places that are familiar to you, or easily intimidated by people or situations. You may also be fearful of things you don't realize you know. If you experience a mystical encounter or spiritual expansion as frightening, understand you may be opening to a larger reality of who you are, becoming more fully yourself. At the deepest levels, you know what you are getting into, but consciously you may feel afraid and uncertain. Open up with others and speak about what is happening and ask for support.

CF20 1/2 oz \$8.99

Mint Flower Heal from the memory of past or buried abuse and rebuild your emotional foundation. Transform past experiences through forgiveness of yourself and others, especially if your memory has been blocked yet your body/mind exhibits symptoms you do not understand. As you "dig up" the past and bring it into the light, recognize the contribution the experience made in your life path, bless it, and use its power and substance to build your new foundation as you move forward with your life.

PL31 1/2 oz \$8.99

Mockingbird Express your original soul intent with boldness and courage and honor the innate strengths and abilities in yourself. Sing all the songs you know with joy and total confidence, letting go of ego and self-consciousness.

AB13 1/2 oz \$8.99

Monument to Humanity Earth Initiation: Healing Separation and Discord. Grounds you to the Earth and reunites you with the full spectrum of Life: Humanity, Nature, the Sky Beings and the Cosmos. Heals feelings of separation and false conflict, restoring partnership and respect across the Earth. Remember your origins in every lifetime. Follow the inner directive that guides you toward peacefulness, truth and wholeness. Know you can stand alone when necessary, and be patient. Being alone is not the same as loneliness. Welcome support from the seen and unseen realms.

PE18 1/2 oz \$13.99

Moonstone Integrates the power of the feminine aspect, the "light of the moon," into the Whole of You. The feminine light of Grandmother Moon is a reflection of the light of the masculine power of Grandfather Sun. Moonstone brings harmony to these two energies within you.

MN22 1/2 oz \$8.99

Moontime Soulution™ 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. Includes the following essences: Fragrance of the Soul, Starling, Touchstone, Fossil Bone, Catalpa Tree Flower, Butterfly.

ES10 1 oz.....\$12.99

Mouse Pay attention to details, understanding their importance without overanalyzing. Seek joy in all you do, be willing to be inconspicuous or even invisible to others, and be mindful of your surroundings.

AN13 1/2 oz.....\$8.99

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.

CF21 1/2 oz.....\$8.99

Nazca Lines Pattern and Illumination. Notice patterns in your life. Explore each one in depth to discover its origin and purpose; how does it serve you? You may be seeing just a small part of a larger whole. If so, step back and place some distance between yourself and each pattern to see the bigger picture. Honor its source and give permission for your soul blueprint to illuminate it with the numinous light of its original intent, restoring wholeness and possibility. Listen to your inner guidance and pay attention. As the big picture comes into focus, make room for uncertainty, mystery, and ambiguity. Allow the pattern to heal and the illumination to be revealed.

PE20 1/2 oz.....\$13.99

Niagara Falls The leap of obedience. As personal will becomes aligned with Divine Will, daily difficulties lose their charge and become challenging adventures rather than impossible tasks. Emulate the joy and abandon with which water leaps over the abyss and tumbles freely onward, singing and splashing down the river or stream below. Acknowledge the importance of obedience to your unique inner purpose and guidance.

EE15 1/2 oz.....\$8.99

Nicotiana Reconnect with your feelings in a safe way when you have denied painful or challenging emotions or hardened yourself against them. This can express itself as overindulging in food, tobacco, alcohol, drugs, or other substances, as well as addiction to patterns

and behaviors that are out of alignment with your highest good. Nicotiana can help you relieve addictive patterns and behaviors.

PL32 1/2 oz.....\$8.99

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.

PL33 1/2 oz.....\$8.99

Oak Learn to balance work with play, duty to others with responsibility to yourself. You work hard with great devotion and a strong sense of duty, although you may take this to the extreme and ignore your need for rest, play and inner reflection. Know your true strength rests in your endurance and ability to help others by first meeting your own needs.

CF22 1/2 oz.....\$8.99

Obsidian Brings old patterns and beliefs up from the subconscious into the light of day, or conscious awareness, where they can be embraced, blessed, and, if necessary, transformed or released. Creates flow without snagging on rough edges. Excellent support for dream work.

MN23 1/2 oz.....\$8.99

Octahedron Expresses the element of Air. This is the atmosphere of ideas, dreams, thoughts, and reason that permeates your inner landscape. Brings balance to the mind and encourages the mind/ego to acknowledge the heart as leader while valuing its own ability to "do." Repairs, rebuilds and restores the Octahedral matrix in and around the Whole of You.

SG12 1/2 oz.....\$12.99

Olive If you feel physically or emotionally exhausted, you may be drawing energy from the finite well of your individual personality rather than touching into the infinite well of the One, or All That Is. Rediscover your deep and profound inner resources of stamina and vitality by seeking within for the highest sources available to you.

CF23 1/2 oz.....\$8.99

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.

MN24 1/2 oz \$8.99

Opossum Express authentic facets of yourself, finding ways to share your many interests with diverse groups and individuals. This is not about masks or pretense. It is about communicating authentically with people who, on the surface, may seem quite different from you. As you open to true connection, you will discover your commonalities. Stay true to yourself while honoring their experiences and points of view.

AN7 1/2 oz \$8.99

Oriental Spruce Creates a snug, safe place (within yourself or in the company of another) from which to express your True Feelings, knowing you will be heard. Be willing to speak up for yourself.

PL34 1/2 oz \$8.99

Owl Discernment and wise decision-making. Learn to know and trust yourself, and you will know all others with greater ease and respect. For safe passage through the darkness and "360° awareness – a sense of security in your surroundings due to higher degrees of perception.

AB14 1/2 oz \$8.99

Pachacamac The Value of Polarity. Opposites are present in all physical reality: Positive-Negative, Male-Female, Day-Night, Hot-Cold, Right-Wrong... there are many more. These can be perceived as unfriendly and antagonistic, or as two sides of the same coin - this AND that rather than this OR that. Remember, the universe is subjective and sees only what is, free of judgment. Embrace this innocent perception for yourself. When you notice an opposite or shadow side, within yourself or reflected from a person or situation outside of you, observe your emotional response and see what the experience is there to teach you. Know it is a part of you striving to be heard and recognized, appreciated and healed. Forgive yourself and others and ask for the truth to be revealed to you. Without compromising your integrity, embrace it all, use what works for you, and let go of what does not. Feel the sense of peace that comes as you open to this "otherness". Allow its expression and make it uniquely your own. (pronounced patcha-kaa-mac)

PE23 1/2 oz \$13.99

Pacific Ocean Enormity of emotions. Access to tranquility and peacefulness in the face of overwhelming feelings. Permission to cry.

EE16 1/2 oz \$8.99

Paulownia Express graciousness and power in service to all Life. There is a touch of royalty in this tree, a sense of majesty, along with a certain sovereign dignity blended with humility. Acknowledge your value in the area of humanitarian service.

PL35 1/2 oz \$8.99

Pele Explore the flow of transformation and rebirth, creation and destruction, birth and death. Honor the power inherent in the complete cycle and acknowledge the cycles of Life as a continuum. Transform the old and embrace the new. Balances unpredictable mood swings.

EE17 1/2 oz \$8.99

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 Son), the Christ Light.

PL36 1/2 oz \$8.99

Perseid Embrace the Dance. For jumping into Life and moving with it freely and fully as it presents itself to you right now. Surrender to your inner joy.

EE18 1/2 oz \$8.99

Petoskey Stone Creates movement in consciousness, very quickly if necessary. Be aware of the movement, yet remain centered. Stimulates the brow chakra, opening you to a wider view of your physical world and beyond, while keeping you emotionally grounded and connected to your community. Can help quarantine unhealthy cells (or situations), enabling you to let them go naturally and easily.

MN40 1/2 oz \$8.99

Pine You may believe everything that goes wrong in the world is your fault, even if you had nothing to do with it. Or perhaps you set standards so high you can't possibly live up to them, then feel like a failure when you miss the mark. Let go of your need to take responsibility for everything. Transform guilt and self-blame into forgiveness and self-acceptance and learn to regard your inherent imperfections as an acceptable condition of being human.

CF24 1/2 oz \$8.99

Pink Tourmaline Stimulates the crown and heart chakras, grounding trust in the power of love for yourself and for another. Rediscover joy

and zest for life. Maintains equilibrium throughout the Whole of You.

MN33 1/2 oz.....\$8.99

Pink Yarrow Establish firm emotional boundaries, enabling you to help others without taking on their "stuff." Emotional support for going out on a limb and taking your next step with courage. Know your blessing is God's blessing.

PL37 1/2 oz.....\$8.99

Point of Power Honor and acknowledge your God Self as Source, knowing you are your own ultimate authority. Live life from your own natural rhythm while respecting the life rhythm of others.

EE19 1/2 oz.....\$8.99

Poke Within the One. Creates a cocoon of sacred space from the soles of your feet to your crown chakra, then focuses your energy into a beam of light that moves out from your crown and links you, as an individual, to All that Is. Joins quiet, introspective sustaining energy to the visionary within. Know that One Spirit moves through all things.

PL38 1/2 oz.....\$8.99

Polar Bear Aligns the etheric body with the physical body, creating a safe space in which the heart can fully express and into which new life, thoughts, dreams, and visions can manifest.

AN20 1/2 oz.....\$8.99

Pomegranate Align with the full potential of your feminine nature and creativity. Examine the various 'compartments' of your life and make some choices --- do you want to maintain the boundaries or eliminate any of them for the next stage of your life to restore wholeness or perspective? Access appropriate energies for life's transitions, especially if you think you must do it all.

PL39 1/2 oz.....\$8.99

Porcupine Know that protection is instantly available to you. Celebrate your vulnerability and innocence as a gift from Spirit. It is safe to let your guard down.

AN8 1/2 oz.....\$8.99

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.

PL40 1/2 oz.....\$8.99

Pyramid Express words and actions with fire and passionate detachment. Commit intelligently to your goals, while letting go of your

expectations so Creator can surprise you.

Pyramid means "fire in the midst," a flame of purification and initiation that burns deep in the center of you. Be focused and centered, building a strong foundation from which to expand into your Divine Self. You can call on Pyramid to drop down over you and hold a sacred space of quiet guardianship.

SG13 1/2 oz.....\$12.99

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!)

PL41 1/2 oz.....\$8.99

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.

AN9 1/2 oz.....\$8.99

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. Includes the following essences: Lapis Lazuli, Salvia, Snake, Full Moon, Spider, Fossil Bone, Continuum.

ES11 1 oz.....\$12.99

Rain & Lightning Release, realign and balance areas of congested electrical energy throughout the subtle bodies and the physical form. Comes in for the "quick hit" when you need a shift NOW. Consider this essence for animals who are afraid of thunder and lightning.

EE20 1/2 oz.....\$8.99

Raven Show your shadow self. Know, honor and embrace the totality of your being without reservation. As you become willing to acknowledge your wholeness, including your shadow, you will know true freedom. Look for the gift in the darkness rather than always seeking for light. Embrace your Shadow, honor lost or buried experiences, integrate those that work for you, and allow the rest to be gently and gratefully

transformed.

AB15 1/2 oz \$8.99

Realignment Solutio™ (formerly Deer, Malachite and Yucca) 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. Includes the following essences: Deer, Malachite, Yucca.

ES6 1 oz \$12.99

Red Chestnut Always anticipating disaster, you may have no concern for yourself but be perpetually worried about everyone else. If you are constantly thinking, "What if...." and filling in the blank with the worst case scenario, relax! Reconnect with your own center and trust people and events to unfold in divine order for the highest and best good of all.

CF25 1/2 oz \$8.99

Red Clover Remain centered and self-aware and think clearly if panic or hysteria breaks loose during a perceived emergency. Helps cleanse toxins from the Whole of You.

PL42 1/2 oz \$8.99

Red Coral For articulating your goals in life and bringing your emotions into balance to support achieving those goals. Has a positive effect on the heart and circulation in the physical body. Aids the structure and integrity of the skeletal system.

MN25 1/2 oz \$8.99

Red Yarrow Protect the emerging creative force by consciously keeping it safe from outside influences. Sharing your ideas too soon can dissipate their power. Keep your dreams and visions to yourself and allow them to gain substance and density.

PL43 1/2 oz \$8.99

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.

PL44 1/2 oz \$8.99

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.

EL4 1/2 oz \$9.99

Rhodochrosite Reach into the past to heal the deepest wounds, enveloping them in a powerful energy of forgiveness and love, balance and harmony for healing and transformation. Uplifts the heart at all levels.

MN31 1/2 oz \$8.99

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.

PL45 1/2 oz \$8.99

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.

EE21 1/2 oz \$8.99

Robin Address change and transition in all areas of your life. Break open your personal will and align with Divine Will. Gently opens and honors the heart center. The heart is immanently capable of supporting the changes you are undergoing now. Robin lets you know it is safe to change.

AB16 1/2 oz \$8.99

Rock Rose If fear or terror has overtaken you and you feel as if you can't possibly cope with an accident, nightmare, disaster, or other extreme or uncontrollable event, this remedy will help you. Your fear may also radiate out from you and affect others. Find your inner peace and courage; reach beyond your fear knowing you can do what needs to be done, including helping others in distress.

CF26 1/2 oz \$8.99

Rock Water Natural law is flowing, flexible, and responsive to individual feelings and circumstances. If you are rigid or unyielding in your personal standards and expectations of others, learn to "go with the flow" and allow full expression of your feelings and the flow of natural law in your life.

CF27 1/2 oz \$8.99

Rose 'Blue Girl' Transformation through unconditional love. Accept yourself and others

without judgment or condition; know love.

PL46..... 1/2 oz.....\$8.99

Rose 'Iceberg' Look beyond the obvious "tip of the iceberg" and explore the depths of your own wisdom; search beneath the surface for greater truth. Give yourself permission to delve into your emotions and embrace them with friendship and compassion.

PL47..... 1/2 oz.....\$8.99

Rose Mallow Put yourself out there, connect with your inner child and show your true self with courage, joy, and enthusiasm.

PL48..... 1/2 oz.....\$8.99

Rose Quartz Love and compassion for self and others. One of the most healing stones for the heart, especially if you are grieving a loss of any kind – person, companion animal, home, job, even an old habit or attitude. Softens any resistance you have to experiencing your feelings fully, and holds you in a beautiful pink light of grace.

MN38..... 1/2 oz.....\$8.99

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.

EL8..... 1/2 oz.....\$9.99

Ruby Opens you to Spiritual awareness especially when faced with new issues. Helps you let go of any attachment to suffering. Dealing with issues is ongoing if you are alive; misery and distress are optional. Supports the energetic flow of all bodily fluids, particularly the blood. Stabilizes the heart chakra and the physical heart.

MN26..... 1/2 oz.....\$8.99

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.

EL2..... 1/2 oz.....\$9.99

Sacred Tears Selfless dedication, joy, compassion, and graciousness. Stay on course with hope and clear focus regardless of outer experiences.

NB5..... 1/2 oz.....\$10.99

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.

PL49..... 1/2 oz.....\$8.99

Salt Mine Purification and Protection. Protects your home and other sacred spaces, clearing and cleansing your inner and outer environment. Create and hold a space of refuge and sanctuary, a place of safekeeping. For creating community in a sacred way, gathering together as one, while honoring personal boundaries. The mine within is a rich source of awareness and knowledge that is individually felt and communally shared.

PE3..... 1/2 oz.....\$13.99

Salt Spring Listen to Your Emotions. Your tears are a sign of divine presence, cleansing the Soul and freeing the emotions. Give yourself permission to feel your feelings. Allow tears to flow and observe the emotions that arise.

Acknowledge them with compassion, explore their source in this or other lifetimes, and listen for their message. Receive their insights with all of your heart, transforming and regenerating your emotional foundation.

PE4..... 1/2 oz.....\$13.99

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.

PL50..... 1/2 oz.....\$8.99

San Pedro Cactus Take experience beyond the ordinary, release fear and limitation, and explore the unknown with high curiosity and wonder. For the adventurous spirit, and those wishing to discover and reveal the adventurer within.

PL51..... 1/2 oz.....\$8.99

Sanctuary of Machu Picchu Reunion and Resilience. Gathering of the Souls. Reconnecting Soul and Body for yourself and for the Earth. Surviving the tests of time through strength, patience and resiliency. Restore harmony to the Feminine (grounding) and Masculine (reaching) within you and in your environment. As these energies become whole and conscious, your inner harmony extends outward, linking you with others of like mind. Find the hidden place of security within your Heart, where you are safe from the enemies of consciousness. Listen carefully to your past, present and future, across

lifetimes, and allow these dimensions of yourself to reveal their truth. Be willing to name what you know. There is power in naming - call it what it is.
PE5 1/2 oz \$13.99

Saqsayhuaman - Moon Remember Your Story. Embodies the elements of Fire and Earth, the harmony of arousal and grounding. As you recall your story, leave the drama behind and honor your memories, free of judgment and opinion. Allow curiosity, childlike wonder and personal integrity to guide you. Let go of any part of your story that weighs you down and rewrite it to reflect your truth today. Reclaim your pure essence and become the promise of your history. Explore deep into myth and archetype, into other lifetimes; examine all the resources you can imagine. You are the only one who can truly know your story, and know it you must. It is yours alone; avoid comparison with others. (sack-say-wha'-man, sounds like 'sexy woman')

PE10 1/2 oz \$13.99

Saqsayhuaman - Sun Creativity and Wisdom. Embodies the elements of Water and Air, the harmony of emotion and thinking. Align with your purpose and inner drive, tenderly hold to your vision, and live from your heart. Use the power of your attention to focus your mind on what you most want to see and experience. Allow your creativity to blossom and your wisdom to be fully expressed. Eagerly discover and distill the indispensable minimum of knowledge that, because you know it, changes the world. Your knowing is experiential first, then intellectual; be aware of your senses. With discernment and resolve, sift through your clutter and accumulated 'stuff' (physical, emotional, mental, and spiritual) and let go of what no longer serves you. (sack-say-wha'-man, sounds like 'sexy woman')

PE9 1/2 oz \$13.99

Saturn Know you can break the rules... because you know them so well. Develop a profound respect for structure in your life and honor "the rules" and Universal Law. Then, learn to expand their application and implementation, and trust yourself to improvise. Be a stand for your life purpose and embrace your limitations AND your abilities.

EE22 1/2 oz \$8.99

Scleranthus Develop trust in your ability to choose. Decisiveness is a crucial component of transformation and personal growth and is especially needed now. If you find yourself torn between two choices...again, if your mood or energy levels change at the drop of a hat; if you

are short on concentration and long on procrastination, and if you keep your misery to yourself, Scleranthus helps you choose quickly and act effectively.

CF28 1/2 oz \$8.99

Seagull Know your place... intimately. In the broad scheme of things, you are the only one who can do your work. Establish firm roots within yourself and expand into yourself and beyond your perceived limitations. Honor and express your wisdom in service to all living things. If you find yourself trying to be the "right" person for each individual or situation, Seagull will help you honor and focus upon your deepest authentic truth.

AB17 1/2 oz \$8.99

Seashell 1 Dishonored as a child, you may now reclaim your personal power and entitlement, knowing it cannot be taken from you again. Balances and aligns the root, sacral and solar plexus chakras, helping you feel safe and remain grounded and present in your body.

MN27 1/2 oz \$8.99

Seashell 2 Forgive those who actually were or are perceived as having been mean of abusive during your childhood. Forgive yourself, too, and reclaim your wholeness and personal power. Balances and aligns the heart, throat, brow and crown chakras, rooting your higher spiritual centers in your heart.

MN28 1/2 oz \$8.99

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. Includes the following essences: Autumnal Equinox, Boundaries, Infinity Vertical, Saguaro, Circle.

ES12 1 oz \$12.99

Serpent of Light Balancing Stillness and Movement. For knowing when to be in motion and when to be still. Stillness is inner tranquility in the midst of activity, which can be experienced as holding perfectly still, or moving from a stable center. Celebrate your personal sovereignty and freedom. Honor your root source, your intimate connection with the core of the Earth, with all life everywhere, and with the divine. Align the sacred place within your heart with the heart of the Earth. Awaken the qualities, secrets and truths of the masculine Himalayas and the feminine Andes

within yourself, restoring unity. Emulate the ways of the indigenous peoples who have continuously lived in harmony with the Earth. Claim your stewardship, consecrate your intimate and holy connection with all of Life, and become the spiritual light that you are.

PE13 1/2 oz.....\$13.99

Silver Activates detached observation of yourself, enabling you to recognize the value of every experience and lesson in this lifetime, especially if you don't like it or it doesn't seem "logical." Heightens intuition and understanding of the powers of the moon. Enhances conductivity along the Silver Cord, improving communication between your mind and Higher Mind.

MN29 1/2 oz.....\$8.99

Skunk Respect, self-esteem, fearlessness, and peacefulness; increases adaptability. You can be noticed peacefully, or forcefully if necessary. Don't hesitate to raise a stink if needed.

AN17 1/2 oz.....\$8.99

Smoky Quartz Aids clarity in meditation and attention to higher awareness by grounding you in the present. Initiates a powerful force field to absorb distorted energies and release them harmlessly. Strengthens your connection to the Earth.

MN34 1/2 oz.....\$8.99

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."

AR1 1/2 oz.....\$8.99

Snow Leopard Trust your body to take you where you need to go. Aids flexibility and agility, facilitating freedom of movement. Helps your body trust itself and speed recovery from injuries or illness. Take good care of yourself and your body will be there for you when you need it, especially if you're feeling stretched physically or emotionally. Take poor care of yourself and Snow Leopard will help you in a pinch; however, do not take her for granted or use her as a crutch.

AN14 1/2 oz.....\$8.99

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.

EE23 1/2 oz.....\$8.99

Southern Cross Bridging Heaven and Earth.

This is a passageway to the upper world and a gateway for communing with the Star Beings. Unify the worlds you know within and beyond yourself, embracing all and excluding none. Discordant and incongruent energies fall away as you reclaim unity and wholeness. The Universe has the power to heal your emotional wounds – use this gateway to access it.

PE24 1/2 oz.....\$13.99

Sparrow Remember you are worthy of love and respect from yourself and others. Be assertive, even aggressive if need be, in declaring your self-worth to the world.

AB18 1/2 oz.....\$8.99

Sphere "I AM Here." Establish your boundaries, claim your space, honor your life purpose. The birthing place of the Creative process. In the beginning was The Word, and the power of that Word lives in you. Declare your intention and commitment by the power of your Word.

SG14 1/2 oz.....\$12.99

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.

AU6 1/2 oz.....\$8.99

Spider Web The Web of Life. Honor your life in all ways, recognize your strengths and weaknesses, and keep on keepin' on. The lesson of spider web is the story of humankind: It is transitory yet ever-present, a testament to commitment and diligence, and a thing of great beauty. A single strand of the spider's web is stronger than the same sized strand of steel, yet can be damaged or destroyed in an instant, much like your Earthly life. Your connection to this Web is stronger than you know, and more fragile than you can imagine.

AU8 1/2 oz.....\$8.99

Spiral Retain the power of the lesson while detaching from the trauma-drama. According to Albert Einstein, problems cannot be solved at the same level where they were created, yet you may find yourself experiencing the same issues again and again even though you feel you've been working on them diligently. This can leave you feeling frustrated and unable to make a difference. Spiral gives you a breath and a lift up and away from issues and emotional hooks in your life. As you gain a different perspective, you

see solutions more clearly and take action.

SG15..... 1/2 oz\$12.99

Spirit Shield For healing the loss of innocence, maintaining innocent perception, and remaining free of judgment. Includes the following

featherhawk essences: Sacred Tears, Gypsum, Green Tourmaline, Vortex, Firefly, Jaguar, Queen Anne's Lace, plus 100% pure Brazilian Rosewood and Grapefruit essential oils.

AS5..... 4 oz spray bottle 15.99

Spring Equinox Rebirth, renewal, and recommitment.

EE27 1/2 oz\$8.99

Squirrel Providence; for knowing you are in the care of God and nature. Maintain balance between work time and play time to be happy and content. Sow seeds for the future as you harvest seeds sown in the past. Let go of any attachment to where or what they will eventually sprout, knowing there will be plenty of whatever you need whenever you need it.

AN10..... 1/2 oz\$8.99

Star of Bethlehem For understanding "shock and trauma" in a new way. Because we are so human, change in our fundamental beliefs and behaviors often requires a physical or emotional trauma to shift our energy, causing us to let go of the old to make way for the new. Star of Bethlehem supports the body to let go of shock, then helps it gain insight from the event itself allowing the trauma to become a catalyst for transformation.

CF29 1/2 oz\$8.99

Star Tetrahedron Balance and integrate experience and logic to restore unity and full self-expression. The experiential feminine and logical masculine interweave and interpenetrate one another, while maintaining their unique and important characteristics. Knowing one is not whole without the other, they enhance and empower one another in a dance of harmony and grace.

SG18..... 1/2 oz\$12.99

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!

AB19..... 1/2 oz\$8.99

Stone Canyon Imagine yourself in a place of refuge beneath the rim of a canyon, high enough to see all around you, yet creating a safe space for quiet introspection and retreat. Appreciate

and embrace the subtle energies of place – areas of sacred rhythm and dynamic change – to access your inner wisdom and bring it into expression. Use for creating sacred space within yourself and in your environment. Excellent support for meditation and ceremony.

NB7 1/2 oz.....\$10.99

Stone Soup Step back and observe your circumstances, then use your imagination to create new possibilities. Translate your knowledge into community action that serves the greater good.

MN30 1/2 oz.....\$8.99

Summer Solstice Open up to receive strength and vitality from the Sun, then bring it into expression in your Life. Stand in the full glory of your power.

EE28 1/2 oz.....\$8.99

Sun (Sol Renasci) Step into the Shadow with the unshakable confidence you will return, fearlessly, in the Light of your own Knowing. (Sol = Sun, Ren = Ancient Teaching, Nasci = to be born.)

NB6 1/2 oz.....\$10.99

Sweet Chestnut While a "dark night of the soul" may be a time of deep despair and hopelessness that takes you to your limits emotionally, it is also an opening to new opportunity. Allow yourself to fully experience a difficult or challenging process and grow through it. You will see a shift in consciousness that brings you to a new level of soul growth.

CF30 1/2 oz.....\$8.99

Sweetgrass Restores and reinvigorates your auric energy field, revitalizing the Whole of You.

PL53 1/2 oz.....\$8.99

Temple of the Sun Activation and Release. Activate the LightBody. Radiate streams of healing light and restore heart connections that have been lost, forgotten or neglected. Build upon your existing spiritual foundation with grace and gratitude. Reclaim ground that has been desecrated and make it holy again, healing the absence of the sacred. Let go of fears and concerns from the past, continuously expanding your point of view to accommodate unexpected shifts and changes with confidence. Reawaken memories held beneath conscious awareness. Be prepared yet relaxed and self-assured, free of rigid thinking.

PE7 1/2 oz.....\$13.99

Tetrahedron Expresses the element of Fire. Embodies the intelligent, thoughtful and efficient

use of resources, stabilizing you and your surroundings. Connects you directly to your intuition and your purpose if you have ears to hear and eyes to see. Repairs, rebuilds and restores the Tetrahedral matrix in and around the Whole of You.

SG16 1/2 oz \$12.99

Tibetan Turquoise Master healer and tonic for body, mind and spirit. Enhances communication, especially getting in touch with the spirit within and translating what is learned into outer expression of Self. Very grounding and a wonderful Earth connection that leaves you feeling safe and protected in meditation and quiet times.

MN41 1/2 oz \$8.99

Tick Embrace your anger. Move through layers of emotion (energy in motion) to your inner joy and reclaim your power to choose your responses to life. Claim and speak your truth in present time. Acknowledge and honor the power and truth in all of your feelings and emotions. Clears old belief systems about "how to act" allowing free emotional expression with integrity.

AU7 1/2 oz \$8.99

Tomato Supports inner cleansing of the body and the subtle bodies. Aids in the release of infection.

PL54 1/2 oz \$8.99

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.

EL6 1/2 oz \$9.99

Transition Solution™ 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. Includes the following essences: Amethyst, Bloodroot, Citrine, Purple Tulip, River.

ES13 1 oz \$12.99

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. Includes the following essences: Arrowhead, Chrysocola, Flea, Full Moon, Spider.

ES14 1 oz \$12.99

ES15 1/2 oz \$9.99

Trumpet Vine Draws life force and creativity up from the Earth through the lower chakras to the heart and throat chakras, adding power to your self-expression. Turn to your soul for confirmation and authority to speak, and don't worry about what everyone else thinks.

PL55 1/2 oz \$8.99

Turkey Vulture Guardianship and Confirmation. Gives the gift of Spiritual Economy, achieving the greatest result with the least effort through flexibility, adaptability, and the willingness to go where the energy takes you.

AB20 1/2 oz \$8.99

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.

CF31 1/2 oz \$8.99

Vine Lead using guidance and inspiration rather than dominating and intimidating others. The over-bearing and "always right" attitude leads to conflict, resentment, and unwilling compliance. Be a leader who takes responsibility for yourself and others, providing true service that successfully (and joyfully) moves your cause forward.

CF32 1/2 oz \$8.99

Violet You may be shy and reserved, highly sensitive and perceptive, and concerned about yielding or losing your self-identity to a group, while at the same time you long to share who you are and what you know. Learn to trust your inner resources and inclinations, reaching out to others and allowing them to discover who you really are.

PL56 1/2 oz \$8.99

Vision Deepens conscious meditation by strengthening your connection with the Universe and your own deepest, most heart-felt desires. Receive light, color and sound to transform stagnant energies in yourself and your

surroundings.

EE24 1/2 oz \$8.99

Vitex Enables the body to better absorb and utilize minerals.

PL57 1/2 oz \$8.99

Waiting Heart, The Allows your mind time and space to acknowledge, then release, fear and other related emotions that may be holding you back. Fear in particular is a very convincing invention of the mind. When you experience fear, your physical and subtle bodies contract around your Heart as if to protect it. In response, your Heart, which is much wiser and possess far greater courage than your mind, expands out to enfold and protect you. Then it waits, patiently, for the mind to restore peace within itself. As the mind and Heart become true partners, and as the mind comes to understand the Heart as the wiser and more capable leader, fear dissipates and confidence grows.

NB8 1/2 oz \$10.99

Walnut Helps you move gracefully through life transitions such as marriage or divorce, moving to a new home or job, passing through milestones in growth and development, losing or gaining family members and friends – any change that upsets your state of balance, whether expected or a complete surprise.

Remain focused on your goals, move forward, and avoid the misguided influence of others.

CF33 1/2 oz \$8.99

Water of Machu Picchu Strength, Stability and the Path of Least Resistance. Plan carefully for simplicity and sustainability. Become a strong and stable channel for your life purpose.

Acknowledge and trust your feelings and allow them to flow with grace. Remain true to your passion, guidance and inner vision, and be, always, in service to the common good. Follow your heart and your path will be revealed.

PE6 1/2 oz \$13.99

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.

CF34 1/2 oz \$8.99

Whale Take in everything without resistance and allow it to move through you. Discern what

you have, keep what you need and let go of what you don't need. Access the ancient knowledge and wisdom of the Earth. Use sound and music to balance and heal yourself and others.

AN11 1/2 oz \$8.99

White Buffalo Remember the original intent of traditional ways and bring it into present time, free of baggage from the past. Many personal and societal patterns are born from the heart with a noble intent to love, comfort, protect... or some other good purpose. Over the years, much like playing telephone, the original message becomes distorted or misinterpreted, perhaps altered to suit the whims of a parent, leader or society. Reach back and find the original root source of these traditions and bring it forward to serve the highest and best good of all. "Tradition" may include habits and patterns from your own lifetime, your family and friends, the time and culture in which you live, your ancestors, even past lives. Honor them all.

AN18 1/2 oz \$8.99

White Chestnut Your mind plays the same tape over and over again – you argued with your spouse, your brother's kids just don't act right, your boss is nuts, or _____ (fill in the blank). Restore peace of mind and use your mental energy to resolve issues and make a real difference in your life.

CF35 1/2 oz \$8.99

White Clover A sweet, gentle energy of purity, cleansing and protection. Reconnect with the Child within and explore your life's dreams, knowing it is safe to do this now.

PL58 1/2 oz \$8.99

White Lotus Your essential nature; the beginning point of each moment. Fully embrace and embody your own enlightenment, letting go of distorted ideas and false concepts gained in third-dimensional living. Whether you emulate an enlightened being or feel you have been touched by such a one and transformed, reaching in to your own true nature is the key. Envision your Self inside the image of the White Lotus; see your Self reflected in its purity and wholeness. This is the "opening essence." Take it at the beginning of each session with the Essential Harmonics. It can also be used during your session, as you are guided. (Note: if you are using the Essential Harmonics with other featherhawk essences you have, you do not need to use White Lotus as the opening essence.)

EH1 1/2 oz \$12.99

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.

EL7 1/2 oz.....\$9.99

White Sage Purifies the Whole of You. Tap into the sacred energies and ancient wisdom passed down from your ancestors. Honor all your years on the Earth. Bless and clear yourself and your environment, begin any ritual or prayer time, access deep inner wisdom, and create your personal sanctuary wherever you are.

PL59..... 1/2 oz.....\$8.99

White Tiger For those who see everything in black and white, right and wrong, either/or. Learn discernment. Recognize the "other" as another yourself, delight in the differences you perceive, and see the world around you from the perspective of "and/also."

AN15 1/2 oz.....\$8.99

White Yarrow Deflects negativity, psychic abuse and environmental stress by repairing and enhancing your auric energy field. Increases the strength of your personal boundary, reducing the effect of outside influences. An excellent remedy for highly sensitive people, and those who are confused or troubled by their empathic or psychic abilities.

PL60..... 1/2 oz.....\$8.99

Wild Marjoram Recognize the natural cycles of being and doing, and the innate creative power of the Breath. Create balance between the breath in (introspection, yin, feminine) and the breath out (action, yang, masculine). Balance is Divine Order in action; sometimes yin-dominant, sometimes yang-dominant – always appropriate to the task at hand. Trust in the Rhythm and Cycle of the Breath, which is the Living God within you.

PL61..... 1/2 oz.....\$8.99

Wild Oat You are ambitious and crave success, but you still don't know what you want to be when you grow up, so your energies are often scattered and unfocused. Reconnect with your original soul intent, claim it, and apply your considerable energies constructively to your inner calling.

CF36 1/2 oz.....\$8.99

Wild Rose Honor the sacredness of Life. You may be apathetic about your life, drifting along without enthusiasm, and resigned to things you feel cannot be changed. Regain your vitality and

be willing to find joy again.

CF37 1/2 oz.....\$8.99

Wild Tobacco Seed The seed of confidence and assertiveness. Connect with your true inner being and nurture your potential so it germinates and grows. A "bubbling up" of joy and light clears mental over-activity and frees untapped resources of energy. Boosts the immune system.

PL62..... 1/2 oz.....\$8.99

Willow You may feel victimized by others or your life circumstances, entitled to your feelings of resentment or bitterness, or just generally grumpy and irritable. Take responsibility for the conditions of your life, reclaim your sense of humor, choose again, and remember what it feels like to be flexible and optimistic.

CF38 1/2 oz.....\$8.99

Wind Wind carries the Sound of You out to the world where it impacts others as they receive it. You have no control over how your Sound is received by others, only over what Sound you put out. Create your Sound wisely, remembering that Thought and Silence can be very loud, too. This is the "closing essence." Take it at the end of each session with the Essential Harmonics. Wind can also be used during your session, as you are guided. (Note: if you are using the Essential Harmonics with other featherhawk essences you have, you do not need to use Wind as the closing essence.)

EH16 1/2 oz.....\$12.99

Winter Solstice Picture a field of pure white snow. Above, in the dark of the night sky, there is a star. The light from the star, in the shape of a cross, illuminates the sky and the field, and calls you home to your soul. An essence of infinite peace and joy, for going within.

EE29 1/2 oz.....\$8.99

Winter Solstice 2000 Clears and cleanses the emotional body, allowing your emotions to move freely and create openings for peace and clarity in your daily life. Aids the safe expression of anger, revealing and clearing the underlying emotions such as fear and sorrow. Can be used to cleanse bodies of water on the Earth.

EE30 1/2 oz.....\$8.99

Wolf Know and live your purpose with integrity; accept your power and share it without judgment or doubt. Love yourself and others freely, without guilt or expectations. Increase patience and your powers of observation. Unconditional commitment to your family and community.

AN12 1/2 oz.....\$8.99

Woman's Wisdom Souolution™ 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. Includes the following essences: Full Moon, Song of the Earth, Catalpa Tree Flower, Starling, Hibiscus, Chrysocolla, Spring Equinox.

ES16 1 oz \$12.99

Woodpecker Honor your unique rhythm and cycles, especially if they are different from the norm. Be willing to let others know when you're around. In some cases, Woodpecker essence can help restore strength in the neck and may assist with head injuries where the head is hit from the front or back.

AB22 1/2 oz \$8.99

Wren Boldness, fearlessness; feisty self-expression. Live life to the fullest and don't be afraid to attempt the impossible.

AB23 1/2 oz \$8.99

Yarrow Blend Strengthens and maintains the integrity of your auric energy field, providing protection without armoring or creating an impenetrable wall. For maintaining a strong sense of Self with appropriate emotional and energetic boundaries. Shields the body from radiation and noxious energies. Boosts the immune system. Includes the following essences: Realignment Souolution (previously called Deer, Malachite & Yucca), Pink Yarrow, Red Yarrow, Yellow Yarrow, White Yarrow, and White Clover in potentized water with a trace of Atomic Iodine.

NB9 1/2 oz \$10.99

NB10 1 oz \$15.99

Yellow Poplar Spiritual nourishment. If you are feeling dissatisfied with your life, unfocused and restless, or lean towards addictive behavior, you may have lost touch with your spiritual nature. Remember your innate gifts and soul blueprint and give yourself permission to bring them into full expression.

PL63 1/2 oz \$8.99

Yellow Yarrow Restores strength and perseverance when feeling challenged or influenced by others, or vulnerable and lacking self-confidence. Especially effective during periods of change and new beginnings.

PL64 1/2 oz \$8.99

Yoshino Cherry Gentle refreshing beauty and grace. Embodies the peaceful heart, the open mind and the fully expressed soul.

PL77 1/2 oz \$8.99

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.

PL65 1/2 oz \$8.99

Zucchini Restores strength and vitality during and after a crisis, accident or illness.

PL66 1/2 oz \$8.99

How do I take essences?

Essences are traditionally taken under the tongue, 2 to 4 drops, 2 to 4 times a day for 3 to 4 weeks. Take the drops more often rather than increasing the number of drops per dose if you feel you need to take more. For example, take 4 drops 6 times a day rather than 6 drops 4 times a day.

It is perfectly safe to take an essence as often as every 5 minutes in crisis. Trauma Solutum and Classic Five are VERY effective in an emergency or highly stressful situation. You should begin to feel calm within 15 or 20 minutes (4 or 5 doses).

Be aware that any essence will help you in an emergency, so use what you have on hand. When you get home, take what you know you need, or check yourself using dowsing or muscle testing to determine which essences will be best for you.

You can take your essences directly from the bottle, or combine several essences in one dropper bottle to take for several days. Put 4 to 7 drops of each selected essence into a dropper bottle filled with pure water and 1 or 2 teaspoons of brandy or vodka (or half vinegar). Shake the bottle well to blend the essences, and take 4 drops 4 times a day, or use muscle testing to determine your dosage schedule.

Be careful that the dropper doesn't touch your lips, teeth or other parts of your mouth or skin. If the dropper does make contact or if you accidentally drop it, rinse the dropper well in hot water before putting it back into the bottle. (I once let a dropper slip into a bucket of very dirty water that had been used to clean a kennel... to say the least, I took the dropper completely apart, washed it carefully in hot, soapy water, and thoroughly rinsed it before putting it back into the bottle. Use common sense!)

I also recommend you open just one bottle at a time so you don't mix up droppers and bottles. If you put the Hawk essence dropper in the Calendula essence bottle, the Calendula is compromised. If you take the dropper out of the Calendula and put it back in the Hawk, both are compromised. Essences have an indefinite shelf life as long as they do not become contaminated with dirt, saliva or other essences, so take care when using them and they will serve you well.

Here are more suggestions for use:

- Put a few drops in a cup or bottle of water and sip throughout the day.
- Add 5-10 drops to a comfortably hot bath and soak for 20-30 minutes. Your skin and the tub should be clean before soaking.
- Mix a few drops into your favorite massage oil or lotion and use in a full body massage or rub on your feet.
- Apply to your chakras or other energy centers on the body.
- Using a cotton swab, apply essences directly to acupuncture/acupressure points on the body.
- Put a few drops into a spray bottle filled with water and spray yourself, your family, your environment, your pets, your plants.
- Hold the bottle in your hand or place it next to your body where you feel it is needed.
- Apply essences topically by the drop or from a spray bottle. This is especially effective for physical injuries like bruises, cuts and scrapes. It is also an excellent way to administer essences to babies, small children and animals if you want to avoid giving them alcohol by mouth. Let the drops fall on their head, put the drops in your hand and rub into the ears or down the back, into the bottoms of the feet, or drop on the forehead or into the belly button. In the case of unconsciousness or other disability, these methods can be used on adults, too.

Aura Sprays Formula Descriptions

Center & Integrate For gathering scattered thoughts and feelings, transforming stagnant or discordant energies, and integrating experiences in present time. Aids grounding and restores balance. Includes the following **featherhawk essences** plus essential oils:

Turkey Vulture Guardianship and Confirmation. Gives the gift of Spiritual Economy, achieving the greatest result with the least effort through flexibility, adaptability, and the willingness to go where the energy takes you.

Infinity Horizontal Balance and harmonize the left and right hemispheres of the brain and the rhythm between feminine and masculine, yin and yang. Feel grounded when “walking a tightrope in midair,” knowing your feet are firmly under you and you are stable and safe.

Black Tourmaline Encourages the transformation and letting go of toxic energies throughout the Whole of You --- body, mind, soul, and emotions. Fills any resulting voids in your energy field with clear, neutral energy and vitality. Keeps you very grounded and present, able to shield yourself from toxic thoughts and substances in your environment.

Canadian Red Cedar and Frankincense 100% pure essential oils

Clarity & Focus For concentration and contemplation, for keeping your mind on the task at hand. Excellent for meditation, study and research, business meetings, family gatherings... any place or situation in which you want to be fully present and paying attention.

Includes the following **featherhawk essences** plus essential oil:

Hawk Serenity and clear inner vision. Release small details and gain freedom to see the big picture. Move quickly between the details and the overview to maintain flow and rhythm. Gain awareness of a greater reality. Supports the translation of concept into form, of knowledge into wisdom.

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.

Crow Embrace and expand Sacred Law to create transformation. For joyous participation in life, especially in community with others. Crow protects the electronic transfer of information (phone, cell, fax, modem, cable), and frees your mind from the accumulation of “symbol language” in the Mental body that can occur working with electronics. To clear your phone line, cell phone, computer or other electronic equipment, take Crow essence, write “Crow” on a sticky note and stick it on the equipment, and invoke the energy of Crow.

Octahedron Expresses the element of Air. This is the atmosphere of ideas, dreams, thoughts, and reason that permeates your inner landscape. Brings balance to the mind and encourages the mind/ego to acknowledge the heart as leader while valuing its own ability to “do.” Repairs, rebuilds and restores the Octahedral matrix in and around the Whole of You.

Gypsum Allays the tension of the outer quest by linking the conscious mind with the inner mystic.

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.

Atlas Cedar 100% pure essential oil

Cleanse & Purify For cleansing yourself and your environment of stagnant energies. Recall your passion, see life through innocent eyes, and remember the wonder of the child's heart. Aids the release of emotional hooks and strengthens your physical and emotional foundation.

Includes the following **featherhawk essences** plus essential oil:

Firefly Brings in light to "stitch up" rips and tears in the etheric body that may be caused by trauma, injury, or unhealthy attachments. Helps you discern the difference between attachment (being emotionally hooked) and connection (when the threads binding you to another are freely chosen, gently held, and willingly released). Firefly lights the path enabling you to maintain awareness of your connections without being attached to them. Keeps your spiritual path clear of unnecessary clutter.

Pyramid Express words and actions with fire and passionate detachment. Commit intelligently to your goals, while letting go of your expectations so Creator can surprise you. Pyramid means "fire in the midst," a flame of purification and initiation that burns deep in the center of you. Be focused and centered, building a strong foundation from which to expand into your Divine Self. You can call on Pyramid to drop down over you and hold a sacred space of quiet guardianship.

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.

Rhodochrosite Reach into the past to heal the deepest wounds, enveloping them in a powerful energy of forgiveness and love, balance and harmony for healing and transformation. Uplifts the heart at all levels.

Rose 100% pure essential oil

Heaven on Earth Embrace Heaven on Earth NOW. Honor your soul's purpose and inner guidance. Allow movement and transformation to occur through the breath of love, integrity, and joy.

Includes the following **featherhawk essences** plus essential oil:

Mary Surrender to Divine guidance. Accept what you know to be true about your role in life even when you do not fully comprehend its higher purpose. Take it on, live it, breathe it, become it. When you have fully embraced and embodied your divine gifts and purpose you may come to understand your crucial place in the puzzle of Life.

Hawk Serenity and clear inner vision. Release small details and gain freedom to see the big picture. Move quickly between the details and the overview to maintain flow and rhythm. Gain awareness of a greater reality. Supports the translation of concept into form, of knowledge into wisdom.

Dolphin Keeper of the Divine Breath. Heals spiritual DNA and restores Joy and Breath to the sorrowful spirit. Allow your breath to help you let go of unwanted emotions held in body and soul.

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.

Brazilian Rosewood 100% pure essential oil

Spirit Shield For healing the loss of innocence, maintaining innocent perception, and remaining free of judgment.

Includes the following **featherhawk essences** plus essential oils:

Sacred Tears Selfless dedication, joy, compassion, and graciousness. Stay on course with hope and clear focus regardless of outer experiences.

Gypsum Allays the tension of the outer quest by linking the conscious mind with the inner mystic.

Green Tourmaline Opens the heart. Encourages deeper connection with the plant kingdom and assists in the study of plants, especially for healing. Transforms stagnant or dark energy into fuel for living without releasing it to the outer environment - the epitome of effective recycling!

Vortex Not currently available individually

Firefly Brings in light to "stitch up" rips and tears in the etheric body that may be caused by trauma, injury, or unhealthy attachments. Helps you discern the difference between attachment (being emotionally hooked) and connection (when the threads binding you to another are freely chosen, gently held, and willingly released). Firefly lights the path enabling you to maintain

awareness of your connections without being attached to them. Keeps your spiritual path clear of unnecessary clutter.

Jaguar Walk fearlessly through the darkness with grace and power, tracking your journey and what is important to you. Your fierce independence serves you well, as you rely on your instinct and intuition to guide you. Reclaim your birthright and expand your horizons.

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!)

Brazilian Rosewood and Grapefruit 100% pure essential oils

Essential Solutions - Formula Descriptions

Abundance Soultion™ 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.

Includes the following **featherhawk essences**:

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 companion for crisis, emergency, and daily stress. Safe for all animals and birds, and all of nature.

Includes the following **featherhawk essences**:

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 Soultion™ 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.

Includes the following **featherhawk essences**:

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.

Birtheright Souolution™ For reclaiming your right to be who you are, where you are, NOW. Seven within the One: aligns and balances the chakras.

Includes the following **featherhawk essences**:

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 Souolution™ Recapture the spontaneous joy and trust of childhood. Encourages creativity and free expression; relieves hopelessness and helplessness. Helps you become grounded and shed old patterns. Excellent remedy for children and grown-ups.

Includes the following **featherhawk essences**:

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 Soulution™ Clears computer radiation and residue from the energy field and physical body. Take before, during and after using the computer. Keep the bottle on your desk between you and the computer monitor.

Includes the following **featherhawk essences**:

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 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.

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 Soulution™ 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 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.

Includes the following **featherhawk essences**:

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 armor 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™ Excellent remedy for environmental and computer radiation. For embracing what you fear, judge, deny or resist in yourself and others. 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 sea salt and the following **featherhawk essences**:

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 Son), the Christ Light.

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

Grieving Soulution™ For honoring the importance of the grieving process, and allowing full participation in each step along the way. For making it through the most difficult times and recalling the joy.

Includes the following **featherhawk essences**:

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 Soulution™ Access inner peace and wisdom. For those precious moments of introspection and self-examination; quiet inner mind chatter and listen to the still small voice within.

Includes the following **featherhawk essences**:

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 Soulution™ 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.

Includes the following **featherhawk essences**:

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 to those experiencing the emotional ups and downs of “raging hormones.” Serves teenagers and adults, male and female.

Includes the following **featherhawk essences**:

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 Soulution™ (formerly Deer, Malachite & Yucca) 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. Transforms the effects of energy that moves through the body in narrow, horizontal bands, distorting the body’s alignment. Returns the physical and subtle bodies to their natural state of vertical alignment.

Includes the following **featherhawk essences**:

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™ For knowing you are a beloved child of God. Allow yourself to become, in your own eyes, what you are now in the eyes of God. Honor the inner strength that has brought you to this point. Release old walls of denial, give voice to your heart, and know you are valuable and important.

Includes the following **featherhawk essences**:

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 you face the daily challenges of transformation and ascension, you must keep moving, let go of the past, and align with the Greater Will within your own being if you are to remain whole. Sometimes you lose sight of where you are going or think you must figure out how to get there. Live the purity of your intention, knowing you are protected and safe now.

Firm footing on a constantly changing foundation. Keep moving, let go of the past, align with the Greater Will. Live the purity of your intention, knowing you are protected and safe.

Includes the following **featherhawk essences**:

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 Soultion™ 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.

Includes the following **featherhawk essences**:

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.

Includes the following **featherhawk essences**:

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.

Nature's Balancers Formula

Yarrow Blend Strengthens and maintains the integrity of your auric energy field, providing protection without armoring or creating an impenetrable wall. For maintaining a strong sense of Self with appropriate emotional and energetic boundaries. Boosts the immune system. Made with potentized water and a trace Atomidine®.

Includes the following ***featherhawk essences***:

Realignment SolutioTM (formerly Deer, Malachite & Yucca) 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. Transforms the effects of energy that moves through the body in narrow, horizontal bands, distorting the body's alignment. Returns the physical and subtle bodies to their natural state of vertical alignment.

Pink Yarrow Establish firm emotional boundaries, enabling you to help others without taking on their "stuff." Emotional support for going out on a limb and taking your next step with courage. Know your blessing is God's blessing.

Red Yarrow Protect the emerging creative force by consciously keeping it safe from outside influences. Sharing your ideas too soon can dissipate their power. Keep your dreams and visions to yourself and allow them to gain substance and density.

Yellow Yarrow Restores strength and perseverance when feeling challenged or influenced by others, or vulnerable and lacking self-confidence. Especially effective during periods of change and new beginnings.

White Yarrow Deflects negativity, psychic abuse and environmental stress by repairing and enhancing your auric energy field. Increases the strength of your personal boundary, reducing the effect of outside influences. An excellent remedy for highly sensitive people, and those who are confused or troubled by their empathic or psychic abilities.

White Clover A sweet, gentle energy of purity, cleansing and protection. Reconnect with the Child within and explore your life's dreams, knowing it is safe to do this now.

featherhawk Classic Flowers Formula

Classic Five For recovery from shock, fear and trauma; stress reliever.

Includes the following ***featherhawk Classic Flowers***:

Cherry Plum For times when you find yourself in a situation where you're afraid of losing control of your emotions and causing harm to yourself or others. Reconnect with your innate ability to remain centered and in control of yourself under challenging or stressful circumstances, knowing you will do the right thing.

Clematis You may be mentally "away" daydreaming about the future where you believe you will be happier, or perhaps you are simply avoiding the present moment because you feel unable to articulate your thoughts and feelings to yourself or others. Become fully present, focused and grounded in your body now and share your gifts powerfully and with confidence.

Impatiens You know very few people who do things as well or as quickly as you do, so you'd rather take on a task and see it through by yourself because others are often SO S-L-O-W. Relax and align yourself with the natural rhythm and flow of people, projects, and activities, come into the present moment, and allow patience to guide you.

Rock Rose If fear or terror has overtaken you and you feel as if you can't possibly cope with an accident, nightmare, disaster, or other extreme or uncontrollable event, this remedy will help you. Your fear may also radiate out from you and affect others. Find your inner peace and courage; reach beyond your fear knowing you can do what needs to be done, including helping others in distress.

Star of Bethlehem For understanding "shock and trauma" in a new way. Because we are so human, change in our fundamental beliefs and behaviors often requires a physical or emotional trauma to shift our energy, causing us to let go of the old to make way for the new. Star of Bethlehem supports the body to let go of shock, then helps it gain insight from the event itself allowing the trauma to become a catalyst for transformation.

Sets of featherhawk essences

Chakra Stone Essences

CS0..... 9 cobalt blue 1/2 oz bottles\$55.55

Attuned to the energies of the Classic or 7-Path Labyrinth; assist in balancing and aligning the chakras and related energies in the physical and subtle bodies. Fossil Bone, Fluorite, Citrine, Arrowhead, Fairy Stone, Silver, Gypsum, Clear Quartz, and Labyrinth

Classic Flowers™ (comparable to the Bach flower remedies)

CF0..... 39 cobalt blue 1/2 oz bottles\$244.44

Agrimony, Aspen, Beech, Centaury, Cerato, Cherry Plum, Chestnut Bud, Chicory, Clematis, Crab Apple, Elm, Gentian, Gorse, Heather, Holly, Honeysuckle, Hornbeam, Impatiens, Larch, Mimulus, Mustard, Oak, Olive, Pine, Red Chestnut, Rock Rose, Rock Water, Scleranthus, Star of Bethlehem, Sweet Chestnut, Vervain, Vine, Walnut, Water Violet, White Chestnut, Wild Oat, Wild Rose, Willow, Classic Five

Creativity & Ego Set™

SG00..... 9 cobalt blue 1/2 oz bottles\$81.66

Drawn from the Sacred Geometry Series, this set is especially attuned to the energies of the Chartres Labyrinth and the integration of the left and right brain, and the Feminine and Masculine and includes: Chartres Labyrinth, Cube, Dodecahedron, Golden Mean Harmonic, Icosahedron, Octahedron, Sphere, Tetrahedron, and Star Tetrahedron

Essences for Animals Set

EA0..... 9 cobalt blue 1/2 oz bottles \$55.55

Abandonment, Chestnut Bud, Manatee, Obsidian, Red Clover, Trumpet Vine, Walnut, Wild Tobacco Seed, and Zucchini

essences of light™

EL0..... 9 cobalt blue 1/2 oz bottles\$63.33

Light Serum, Sacred Heart, Continuum, Resurrection, Gold, Touchstone, White Rose of Sharon, Rose Ray, and Circle

Essential Harmonics™

EH0..... 16 clear 1/2 oz bottles\$144.00

White Lotus, C, C#, D, D#, E, F, F#, G, G#, A, A#, B, Divine Feminine, Divine Masculine, Wind

Heart Collection

HC0..... 9 cobalt blue 1/2 oz bottles\$62.00

Bear, Black-eyed Susan, Chrysocola, Golden Mean Harmonic, Green Tourmaline, Rhodochrosite, Sacred Heart, The Waiting Heart, and Wild Tobacco Seed

Nature's Balancers™

NB0..... 9 cobalt blue 1/2 oz bottles\$70.00

Alpha~Omega, Cathedral of Trees, Harmonic Balancer, Mary, Sacred Tears, Sun (Sol Renasci), Stone Canyon, The Waiting Heart, Yarrow Blend

Original Set

OS0..... 9 cobalt blue 1/2 oz bottles\$55.55

Hawk, Eagle, Catalpa Tree Flower, Tick, Wild Marjoram, Raven, Deer, Mint Flower, and Hibiscus

Peru Essences – Awakening to Unity

PE0..... 24 cobalt blue 1/2 oz bottles\$232.00

Becoming, Glacier, Salt Mine, Salt Spring, Sanctuary of Machu Picchu, Water of Machu Picchu, Temple of the Sun, Baptism, Saqsayhuaman – Sun, Saqsayhuaman – Moon, Despacho, Doorway, Serpent of Light, Golden Solar Disk, Guinea Pig, Lake Titicaca, Condor (Mallku), Monument to Humanity, Healing Cross, Ica Stones, Nazca Lines, Cahuachi, Pachacamac, Southern Cross

Sacred Geometry Series™

SG0 18 cobalt blue 1/2 oz bottles..... \$163.33

Chartres Labyrinth, Cube, DNA Matrix, Dodecahedron, Double Infinity, Fibonacci, Golden Mean Harmonic, Icosahedron, In the Beginning..., Infinity Horizontal, Infinity Vertical, Labyrinth, Octahedron, Pyramid, Sphere, Spiral, Tetrahedron, and Star Tetrahedron

Weeds & Seeds™

WS0 9 cobalt blue 1/2 oz bottles..... \$55.55

Dandelion, Johnson Grass, Poke, Violet, Chrysalis, Acorn, Locust Seed, Milkweed Pod, Wild Tobacco Seed

If we could see the miracle
of a single flower clearly,
our whole life would change.
- Buddha

Research Essences

New essences are co-created when inspiration strikes, and as you can see, inspiration has been striking a lot in the last few years! Rocks and crystals are one of my greatest loves and, well, I got a little carried away.

If you would like to participate in researching the properties of any of these essences and contribute your experiences and observations, please send me an email (nanci at featherhawk.com) with the one(s) you'd like to work with and I'll send you a PayPal invoice by email. As soon as I receive your payment, I'll ship them right to you.

Another option is to receive the essences with a number on them instead of a name, so you are completely in the dark about what is in the bottle. I've gotten some great information from people trying them out that way, so consider it! I can dowse to select the most appropriate 'mystery essence(s)' for you, if you want to experiment without knowing what you're working with, or I can just send one or more, randomly chosen. After you send in your observations, I'll let you know what you were taking.

So, with the name on the bottle or not, they are just **\$5.00 each, plus shipping**. Thanks for your help!

All Research Essences come in full-sized half ounce dropper bottles and are available with a vodka stabilizer, or the alcohol-free stabilizer, red shiso with distilled white vinegar. Be sure to indicate which you prefer.

Tibetan Project Essences

Journey Essence
1000 Armed Chenrezig
Barley (from Shigatze)
Brahmaputra River
Juniper (from Jokhang Monastery)
Katah (from Sera Monastery)
Kora Flower
Kora Mani Stone
Lake Monasarova
Monastery (Guge & Tholing)
Monastery at Monasarova
Potala Monastery
Prayer Beads (Mala)
Prayer Wheel
Quan Yin
Sages Ashes (from Drepanang Monastery)
Shakyamuni Buddha
Shell from Prayer Wheel
Spirit of Mt Kailash (also part of Spirit of the Mountain)
Tibetan Singing Bowls
Tsampa (from Ganden Monastery)
Windhorse Prayer Flags
Yak Butter
Yak Butter Tea (Shigatze)
Yak Hair
Tibetan Master Blend

Spirit of the Mountain Essences

Spirit of the Andes
Spirit of Denali
Spirit of the Great Smoky Mountains
Spirit of the Maroon Bells
Spirit of Mt Blanca
Spirit of Mt Kailash (also in the Tibetan Project Essences)
Spirit of the Sangre de Cristo Mountains
Spirit of Uluru

Mammals

Fox
Lion

Birds

Hummingbird
Turkey

Environmental & Energetic

Medicine Wheel
Holy Night
Sand Dollar

Plant Kingdom

Thyme
Crape Myrtle
Star Gazer Lily
Red Rose
River Birch

Mineral Kingdom

Abalone	Dumortierite	Phenacite
Adamite	Emerald	Pipestone
Aegirine	Galena	Pyrite
Agate	Garnet	Rainbow Hematite
Alexandrite	Goethite after Pyrite	Red Rock of Sedona
Amber	Granite	Rhodonite
Amblygonite	Green Apophyllite	Rhodozite
Ametrine	Halite	Ruby
Aragonite	Hauynite	Rutilated Quartz
Azurite/Malachite	Hemimorphite	Selenite
Barite	Infinite Stone	Selenite - Fishscale
Beryl	Iolite	Shark's Tooth
Beta Quartz	Ivory	Shiva Lingam
Bloodstone	Jacinth/Hessonite Garnet	Singing Quartz
Blue Quartz	Jade	Sodalite
Bornite	Jade - California	Spirit Quartz
Calcite - Aqua	Jasper	Stibnite
Calcite - Green	Jasper - Red	Stichtite
Calcite - Orange	Jet	Strawberry Quartz
Calcite - Peach	Kunzite	Sugelite
Calcite - Red	Kyanite - Blue	Sulfur
Calcite - White	Kyanite - Orange	Talc
Calcite - Yellow	Labradorite (Moonstone)	Tanzanite
Carnelian	Larimar (Pectolite)	Tektite
Cavansite	Lava	Tiger's Eye
Celestite	Lepidolite	Topaz
Chalcedony	Magnesite	Tourmalinated Quartz
Charoite	Magnetite	Tourmaline - Watermelon
Chrysanthemum Stone	Moldavite	Tremolite
Chrysoprase	Mother-of-Pearl	Ulexite
Cinnabar	Nebula Stone	Uvite
Coal	Onyx	Wood Opal
Coral	OpalPeridot	Wulfenite
Covellite	Paraibe Tourmaline	Zincite
Dinosaur Bone	Petrified Wood	

Themes and Soul Issues

Essences work with the Whole of You as an individual, Body, Mind, Soul & Emotions. It is important to remember these are GUIDELINES, not hard and fast rules. You do not need to take all of the remedies listed under each category. Read the descriptions in this handout (or more extensive descriptions on the website (www.featherhawk.com)) and choose one or two that stand out for you or seem to best describe either your situation as you understand it, or the state of being you would like to recall from within yourself.

Abandonment

Abandonment
Angelica
Birthright Soulution™
Chicory
Classic Five
Holly
Sweet Chestnut
Trauma Soulution™
Aura Sprays
 Center & Integrate
 Clarity & Focus
 Spirit Shield

Abuse

Birthright Soulution™
Black-eyed Susan
Centaury
Hibiscus
Impatiens
Mint Flower
Pine
Pink Yarrow
Star of Bethlehem
Sweet Chestnut
Trauma Soulution™
Vine
White Yarrow
Aura Sprays
 Clarity & Focus
 Cleanse & Purify
 Heaven on Earth
 Spirit Shield

Addiction

Agrimony
Angelica
Aspen
Chestnut Bud
Clematis
Lavender
Nicotiana
Olive
Trauma Soulution™
Yellow Poplar

Yellow Yarrow

Animals

Abandonment
Animal Emergency Soulution™
Chestnut Bud
Manatee
Obsidian
Red Clover
Trumpet Vine
Walnut
Wild Tobacco Seed
Zucchini
Aura Sprays
 Cleanse & Purify
 Heaven on Earth

Anger / Resentment

Beech
Black-eyed Susan
Holly
Impatiens
Larch
Saguaro
Willow
Aura Sprays
 Cleanse & Purify
 Heaven on Earth

Anxiety

Aspen
Cerato
Elm
Larch
Mimulus
Moontime Soulution™
Mustard
Nicotiana
Trumpet Vine
Yellow Yarrow
Aura Sprays
 Clarity & Focus

Awareness

Cucumber Magnolia
Firefly
Hawk
Killdeer
Lapis Lazuli
Mimosa
Obsidian
Owl
Ruby
Silver
Aura Sprays
 Center & Integrate
 Clarity & Focus
 Heaven on Earth
 Spirit Shield

Body Image

Azurite
Clematis
Cube
Dittany of Crete
Fibonacci
Fossil Fern
Horse
Realignment Soulution™
Red Coral
Snow Leopard
Aura Sprays
 Cleanse & Purify
 Heaven on Earth

Change / Transformation

Butterfly
Chartres Labyrinth
Dragonfly
Eclipse
Fibonacci
Fossil Bone
Labyrinth (7-Path)
Obsidian
Robin
Rose Blue Girl
Spiral

Childhood Issues

Abandonment
Aspen
Birthright Souldution™
Centaury
Chicory
Children's Hope
Deer
Ground Ivy
Holly
Larch
Mimulus
Oriental Spruce
Pink Yarrow
Seashell 1
Seashell 2
Violet
White Clover
White Yarrow

Communication

Azurite
Catalpa Tree Flower
Clear Quartz
Fossil Fern

Creativity

Hibiscus
Horse Chestnut
Pele

Dark Night of the Soul

Black-eyed Susan
Deer
Garlic Chives
Locust Seed
Raven
Sweet Chestnut
Aura Sprays
 Center & Integrate
 Clarity & Focus
 Heaven on Earth
 Spirit Shield

Despair / Depression

C
Cucumber Magnolia
Elm
Gentian
Gorse
Harmonic Balancer
Hornbeam
Mustard
Olive

Pine
Sweet Chestnut
Wild Oat
Wild Rose
Yarrow Blend
Aura Sprays
 Center & Integrate
 Clarity & Focus
 Cleanse & Purify
 Heaven on Earth
 Spirit Shield

Emergency / Trauma

Angelica
Cherry Plum
Classic Five
Comfrey
Crab Apple
Dill
Lavender
Queen Anne's Lace
Red Clover
Rock Rose
Star of Bethlehem
Trauma Souldution™
White Yarrow
Yellow Yarrow
Aura Sprays
 Clarity & Focus
 Cleanse & Purify
 Spirit Shield

Environmental Challenges

Angelica
Beech
Corn
Crab Apple
Environment Souldution™
Harmonic Balancer
Malachite
Pink Yarrow
Vitex
White Sage
White Yarrow
Yarrow Blend
Aura Sprays
 Clarity & Focus
 Cleanse & Purify
 Heaven on Earth

Exhaustion / Fatigue

Dill
Elm
Harmonic Balancer
Hornbeam

Oak
Olive
Pacific Ocean
Sacred Heart
Trauma Souldution™

Family Issues

Bloodroot
Children's Hope
Firefly
Ironweed
Opossum
Redwood
Spider
Transition Souldution™
Walnut
Wolf

Fear

Aspen
Cherry Plum
Manatee
Mimulus
Rabbit
Red Clover
Salvia
San Pedro Cactus
Star of Bethlehem
Trauma Souldution™

Feminine Issues

Corn
Dill
Follow Your Dreams
Hibiscus
Moonstone
Moontime Souldution™
Pele
Pink Yarrow
Pomegranate
Raging Hormones Souldution™
Saguaro
Willow
Woman's Wisdom Souldution™
Aura Sprays
 Center & Integrate
 Clarity & Focus
 Cleanse & Purify
 Heaven on Earth
 Spirit Shield

Focus / Clarity / Study

Aluminum
Chestnut Bud
Clematis

Eagle
Gentian
Hawk
Impatiens
Trumpet Vine
White Yarrow
Yarrow Blend
Aura Sprays
 Center & Integrate
 Clarity & Focus
 Heaven on Earth

Forgiveness

Arrowhead
Love/Heart
Mint Flower
Rhodochrosite
Seashell 2

Grief

Angelic Carekeeper
Grieving Soultion™
Ground Ivy
Trauma Soultion™

Grounding / Stability

Black Tourmaline
Birthright Soultion™
Citrine
Corn
Cube
Fairy Stone
Fossil Bone
Hematite
Infinity Horizontal
Mint Flower
Opal Matrix & Silver
Queen Anne's Lace
Saturn
Smoky Quartz
Snake
Tetrahedron
Turkey Vulture
Aura Sprays
 Center & Integrate
 Clarity & Focus
 Cleanse & Purify
 Heaven on Earth
 Spirit Shield

Heart & Love Issues

Bear
Black-eyed Susan
Chrysocolla
Golden Mean Harmonic

Green Tourmaline
Love/Heart
Rhodochrosite
Sacred Heart
The Waiting Heart
Wild Tobacco Seed
Aura Sprays
 Cleanse & Purify
 Heaven on Earth

Highly Sensitive / Boundaries

Corn
Black Tourmaline
Boundaries
Classic Five
Harmonic Balancer
Luminous Egg
Pink Yarrow
Sweetgrass
Trauma Soultion™
Violet
White Yarrow
Yarrow Blend
Yellow Yarrow
Aura Sprays
 Center & Integrate
 Clarity & Focus
 Cleanse & Purify
 Heaven on Earth
 Spirit Shield

Immune System / Cleansing

Cedar
Celery
Clay
Crab Apple
Tomato
White Sage
Wild Tobacco Seed
Zucchini
Aura Sprays
 Cleanse & Purify
 Heaven on Earth

Intuition / Inner Listening

Amethyst
Cricket
Daffodil
Dittany of Crete
Follow Your Dreams
Harmonic Balancer
Hibiscus
Lapis Lazuli
Silver
White Rose of Sharon

Life Cycles

Calendula
Moontime Soultion™
Raging Hormones Soultion™
Wild Marjoram
Woman's Wisdom Soultion™

Masculine Issues

Agrimony
Calendula
Dandelion
Elm
Impatiens
Nicotiana
Oak
Rock Water
Saguaro
Salvia
Vine
Wild Oat
Aura Sprays
 Center & Integrate
 Clarity & Focus
 Spirit Shield

Meditation

Amazonite
Amethyst
Angelic Carekeeper
Angelica
Chartres Labyrinth
Dawn Redwood
Harmonic Balancer
In the Silence
Labyrinth
Lavender
Queen Anne's Lace
Smoky Quartz
Vision
White Chestnut
Aura Sprays
 Center & Integrate
 Clarity & Focus
 Heaven on Earth

Menopause

Beech
Black-eyed Susan
Classic Five
Crab Apple
Hibiscus
Olive
Pink Yarrow
Raging Hormones Soultion™
Trauma Soultion™

Woman's Wisdom Soulution™
Aura Sprays
 Cleanse & Purify
 Heaven on Earth

New Beginnings

Autumnal Equinox
Cucumber Magnolia
Eagle
Hawk
In the Beginning...
Red Yarrow
Resurrection
Sphere
Spring Equinox
Yellow Yarrow
Aura Sprays
 Spirit Shield

Patience

Icosahedron
Impatiens
Kestrel
Saturn
The Waiting Heart
Wolf
Aura Sprays
 Clarity & Focus
 Cleanse & Purify

Peace / Peacefulness

Battle
Bear
Catalpa Tree Flower
Golden Mean Harmonic
In the Silence
Manatee
Pacific Ocean
Raging Hormones Soulution™
Skunk
The Waiting Heart
White Chestnut
Winter Solstice
Winter Solstice 2000
Aura Sprays
 Clarity & Focus
 Cleanse & Purify
 Heaven on Earth

Relationships

Angelica
Bloodroot
Double Rainbow
Eye of the Storm
Fluorite

Ironweed
Aura Sprays
 Cleanse & Purify

Sacred Spac

Boundaries
Cathedral of Trees
Corn
House Cat
Icosahedron
Light Serum
Poke
Polar Bear
Sphere
Stone Canyon
The Waiting Heart
Yarrow Blend
Aura Sprays
 Center & Integrate
 Clarity & Focus
 Cleanse & Purify
 Heaven on Earth
 Spirit Shield

Self Esteem/Confidence

Cardinal
Catalpa Tree Flower
Cerato
Copper
Gentian
House Cat
Larch
Rose Ray
Skunk
Sparrow
Sun (Sol Renasci)
Wild Tobacco Seed
Yellow Yarrow
Aura Sprays
 Center & Integrate
 Clarity & Focus

Service

Paulownia
Seagull
Vine

Shadow, Explore

Black-eyed Susan
Purple Tulip
Raven
Sun (Sol Renasci)

Soul / Life Purpose

Follow Your Dreams

Fragrance of the Soul
Gentian
In the Beginning...
Larch
Mary
Mockingbird
Niagara Falls
Salvia
Scleranthus
Seagull
Wild Oat
Yellow Poplar

Stress / Tension

Amazonite
Cherry Plum
Classic Five
Dandelion
Dill
Gypsum
Lavender
Moontime Soulution™
Nodding Foxtail
Salvia
Trauma Soulution™
White Yarrow

Surrender

Eye of the Storm
Follow Your Dreams
Manatee
Mary
Niagara Falls
Nodding Foxtail
Resurrection
San Pedro Cactus
Aura Sprays
 Center & Integrate
 Heaven on Earth
 Spirit Shield

Personal Sessions with Nanci Wesling

Essence Therapy, whether you do it yourself or seek the assistance of an experienced essence therapist, helps you let go of patterns, habits and emotional baggage that no longer serve you, and fill those now-empty spaces with the healing frequencies of nature.

When you check yourself for essences regularly and take those that are needed, in addition to healing old wounds and resolving life issues, you experience a sense of calm confidence that insulates you from the seeming chaos and disorder of today's crazy world and creates a sense of sanctuary wherever you are.

In a personal session, I ask you to share the issues and questions that inspired you to ask for help. These can be physical, mental, emotional or spiritual. Using my pendulum, I ask Creator, the essences and both our higher selves to guide the work. The essences that come up may be directly related to your issue(s), or they may offer new insights into what's happening beneath the surface. The essences often help identify underlying issues, resolve them at the source, and restore harmony to what I call the Whole of You — your Body, Mind, Soul, and Emotions — providing guidance and support as you remember the qualities that live within your heart and soul.

The frequency of each essence resonates with these qualities, even though they may have been hidden away since early childhood (or before), calling them back into expression and affirming who you are. The words in each description give your mind something to think about while the frequency works its magic on your subtle energy system. And the essences themselves, with their innate intelligence, offer valuable perceptions that help you discern new ways of seeing yourself and your situation. Often when I check myself for essences I tell them I need help and guidance, and sure enough, that's what I get — important information, direction, and confirmation. These wonderful, gentle intelligences know more about me and the world than I ever will, and I am grateful for their support and assistance.

Depending on the length of your session, you may check for 10, 20, 30 essences or more, and each one clears away a layer, opening the way to the next layer, and the next, and the next... in a gentle process of discovery and release.

I recommend you begin with an Essence Reading or 1 hour session. Follow up with one or two sessions a month for 3 to 6 months, or as you feel the need for additional support.

♦ **Essence Reading \$111** Your Reading is a two hour in-depth exploration of the issues you bring to the session. The cost is \$111 and includes a Personal Essence Formula. For distance sessions, add \$3.00 for first-class shipping or \$6 for priority mail.

♦ **30 minute (\$35) or 1 hour Session (\$65)** We'll focus on one or two specific issues and follow the lead of the essences as they identify insights to help you move forward. Your session may include sound healing, energy work, and/or spiritual counseling. If needed, you may request a Personal Essence Formula for an additional \$10. For distance sessions, add \$3.00 for first-class shipping or \$6 for priority mail. Tune yourself up once or twice a month to maintain balance and harmony.

♦ **Personal Essence Formula selected by featherhawk is \$20** and includes first-class shipping. Add \$3 for priority mail. If **you select the essences** (up to seven per formula), the cost is **\$10** plus \$3 first class shipping or \$6 for priority mail. Personal Formulas come in a one ounce dropper bottle in a base of **water and 25% vodka alcohol** OR the **alcohol-free blend of red shiso herbal infusion and distilled white vinegar**. Please specify your preference. If you do not specify, alcohol will be sent.

Schedule your personal session by phone or email, or come to my office in Prospect, Kentucky:

812.949.0478 or 502.435.6445 (cell) or email: nanci@featherhawk.com

Path to Wellness
9509 US Hwy 42, Suite 207
Prospect, Kentucky 40059

How to Order

- By mail - payment is accepted in cash, check or money order payable to featherhawk. Mail to featherhawk, PO Box 125, New Albany, Indiana 47151.0125. Be sure to include your mailing address, phone number, email address if you have one, list of products, and choice of stabilizer (alcohol or alcohol-free).
- By credit or debit card, or by eCheck online - use the PayPal® shopping cart on the website: <http://www.featherhawk.com>
- By email – Email your choice of products and stabilizer (alcohol or alcohol-free – if ordering essences) plus your mailing address and phone number. I'll email you a PayPal® invoice.
- By phone - call the toll free order line: 877.226.7858. Be sure to include your mailing address, phone number, email address if you have one, list of products, and choice of stabilizer (alcohol or alcohol-free). I'll email you a PayPal® invoice. If you do not have email, we can make other arrangements.

Shipping & Handling Fees within the USA

\$0.01 to 45.00	\$6.00
\$45.01 to 95.00	\$9.00
\$95.01 to 299.00	\$14.00
\$299.01 and over	No Charge

*** * * Attention International Customers * * ***

Before placing your order, please be sure that the **featherhawk** products you wish to order will be accepted by your local customs authorities. Ask your local customs office about any import duties, taxes or other fees they may charge you for importing these products. Duties, taxes and other fees are not included in the price you pay to featherhawk, nor is featherhawk responsible for the cost of shipping and returning orders that your local customs authorities will not allow you to receive.

You will be asked to pay the shipping fees to your country and back if your local customs authorities will not accept the package.

PLEASE NOTE: **featherhawk's** PayPal® Shopping Cart now automatically adds international shipping and handling fees to your order. If the actual shipping cost is at least USD\$3.01 MORE than the amount that is automatically added, I will email you a PayPal invoice to cover the additional cost. If the actual amount is at least USD\$3.01 LESS than what you paid, I will refund the over-payment. Thank you for understanding.

Shipping & Handling Fees --- International

\$0.01 to 50.00	USD\$16.00
\$50.01 to 100.00	USD\$20.00
\$100.01 to 200.00	USD\$25.00
\$200.01 and over	USD\$30.00

Packages are generally shipped via International Priority Mail.

Prices and shipping charges are subject to change without notice.

Acknowledge the Sacredness of Your Journey
Accept the Power of Your Light
Know the Universe Supports You Always
Honor Your Courage

The logo for Featherhawk is written in a fluid, cursive script. The word "Featherhawk" is written in a dark, elegant hand, with a trademark symbol (TM) at the end. A large, stylized flourish or underline extends from the bottom of the word, looping back under the 'h' and ending under the 'k'.

featherhawk essences
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