



*The common Lilac, native to the Balkan Peninsula in southeastern Europe, is a well-established ornamental plant in gardens and parks throughout North America. In colors from white to dark lilac, the flowers of this large shrub with heart-shaped leaves bring a sweet fragrance to Spring.*



# White Lilac

*Syringa vulgaris*

for helping those with a quiet, sensitive inner nature feel more socially confident

Billowy, lofty clouds of white, sweetly-scented heaven,  
the White Lilac  
helps one share one's beauty abundantly with others.

This essence is especially helpful  
to people who feel ill at ease in social situations or amongst large groups,  
reflecting a quiet or sensitive inner nature.

These feelings may manifest as a sense of tightness in the throat or solar plexus  
and can result in headaches or stomach complaints,  
as the pressure of exposure is internalized stressfully  
and held tensely by the physical body.

White Lilac essence  
helps one to feel more at ease and confident socially,  
as it works to strengthen etheric boundaries in the emotional body  
where one may fear rejection or humiliation by others  
if one comes out and expresses oneself.

White Lilac essence  
can help one to loosen up and join the fun of social situations.

It gently encourages one to enter community  
by softening one's view of others and their power.

The essence helps one to relax  
and see others and self less seriously  
and to allow humor to replace inner stress.

Once one feels more secure and less threatened by the fear of making mistakes,  
one can loosen up  
and allow inner beauty to shine.

When this happens,  
the soul not only becomes more socially confident  
but the group becomes richer  
as it is allowed to know and embrace  
one who walks here with sensitivity and depth.

