



**EMF Balance™** offers us protection, clarity and peace as we seek balance and stability in a changing world. This blend of intuitively selected Flower Essences (and in the sprays, Essential Oils) helps us adjust to the invasive, increasingly prevalent layers of electromagnetic fields in our environment.

A blend of intuitively selected Flower Essences (and, in the sprays, harmonizing Essential Oils) in a base of prayer-intoned spring water.

Electro Magnetic Fields (EMF) exist within our bodies and they surround the Earth, allowing energy to intelligently communicate through our nervous system and the earth's gridlines. It is only now, after polluting and disrupting these natural energy flows with the powerful toys and technology of our culture, that we are finding our own electrical systems disrupted and dis-eased. Anxiety, headaches, an inability to sleep or think clearly, or depression may be the result of extended exposure to unhealthy electromagnetic frequencies that affect the subtle bodies and the internal messaging of the physical body.

We have nowhere to hide from this frenetic age and its erratic frequencies. Our own body's EMF is not able to adjust to meet the fast pace of the environmental changes around us. Intuitively, we know these technologies are somehow toxic, yet we also need to stand strong and participate in the modern world. EMF Balance™ helps us adjust by strengthening our auric field and allowing the power of Nature to hold us safe and sound.

**Flower Essences** (in tinctures\* & sprays):

- **Lake Superior Sand** – a purifier that recharges and cleanses... relieves burnout, helpful to sensitives.
- **Mountain Pulsatilla** – brings us back into our heart, clearing whiney, critical or fidgety behavior... helps to elevate our view to see the heaven around us.
- **Spiderwort** – helps to heal the holes in the auric body created by negative EMF influences.
- **Beach Sunflower** – offers inner strength and self-healing in unsupportive environments.
- **Pyramid Point** – helps one to experience a stronger connection to Angelic protection and guidance.
- **Pokeweed** – enhances one's life force, energy, endurance and will... helpful to those who continually give away their energy in service and healing... replenishing.
- **Enchanted Rock** – grounds and connects one's body to the deep healing forces of the Earth... may be placed on disrupted areas of the Earth to restore Earth's sacred energies and promote healing along gridlines.
- **Monkshood** – releases fright, anxiety and world tension... promotes clear thinking and positive, calm emotions.
- **Elephanthead** – calms the need to talk excessively... releases tension caused by listening to or participating in "incessant chatter"... soothes cell phone fatigue.
- **Mercury Transit** – grounding... balances states of "foggy brain" confusion... aligns one's mind with the active capacity to intuit sharp-witted, wise decisions and receive clear thoughts.
- **Yellow Saxifrage** – addresses the helplessness one feels as a recipient of the unregulated, invasive and increasingly prevalent layers of EMF in one's environment... helps heal the core feeling of victimization while restoring a deep current of loving-heart energy that radiates out – as healing, warming and nurturing as sunshine.

- **Yellow Dock** – promotes a strong sense of self while instilling an ability to stand tall and comfortably in situations of competition or lack of support... helps one to comfortably stare at a computer screen without losing life energy to it.
- **Star Gentian** – helps one stay open and optimistic towards change... allows one the inner flexibility to come into alignment with new technology and a changing world.
- **Bear Butte** – helps to absorb malignant frequencies while elevating one's physical energies to a place of love, harmony and spirit consciousness.

#### Essential Oils (in sprays only):

- **Himalayan Cedar** [India, organic practices] – calming and relaxing to the over-analytical mind... stimulates clarity & objectivity when under stress... helps one to remain emotionally composed and confident... promotes self-esteem and an inner confidence in one's abilities that allows one to both be present and composed regardless of external stress.
- **Green Manderine** [Italy] - encourages social nature while calming the emotions to help in settling down. Purifies aura, enhancing intuition. Inspires joy.
- **Fir Balsam** [Canada, wild-crafted] – allows one a sense of freedom from old patterns & problems... grounding while allowing one the emotional space to consider new ideas & ways of operating in the world.
- **Cardamom** [Guatemala, organic practices] – relaxes stress from the nervous system, encouraging clarity while releasing irritability & strengthening focus... helpful for loosening up emotionally... warming to the emotions. Weakness or fatigue vanish.
- **Juniper Berry** [France, wild-crafted] – purifies and cleanses, helping to restore a sense of sacredness and protection, releasing anxiety, mental fatigue, nervous tension & stress that can accompany technology use.
- **Gingergrass** [France, wild-crafted] – relaxing, uplifting, invigorating, clarifying, centering... soothes mental stress & anxiety... reduces stress... tonic.

\* The tinctures contain the Flower Essences in spring water & organic brandy, 20% alcohol by volume, as the preservative.

Statements about the products have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. The creators of the products are not physicians, and their ideas, procedures, and suggestions are not intended to substitute for the medical advice of a trained health professional. If you are pregnant, nursing or using antabuse, please consult your physician before taking.

## Using Tinctures

*Gently shake the bottle before each use.*

Gently shaking the bottle “wakes up” the essences. Take 3-4 drops in your mouth. Add 3-4 drops to your drinking water, your cooking, your bath, your body lotion, a decorative water fountain, a bowl of water in your room (and stir occasionally), your laundry, your dishwasher, your cleaning solutions, your plant water, your pet's water bowl or anything else that feels “right” as you are intuitively guided.

The tincture can be used frequently, so take it whenever you feel a need for the support it offers. Every time you take it your emotional body becomes more balanced, allowing the truly beautiful support of Nature to be realized as the frequencies of your emotional, spiritual and physical bodies lift to higher and clearer levels.

## Using Sprays

*Gently shake the bottle before each use. Avoid spraying in eyes. For external use only, to be sprayed around body or surroundings.*

Gently shaking the bottle “wakes up” and blends the flower essences with the essential oils. Spray above your head and let it rain down on you. Spray your palms. Spray yourself in the shower. Spray a handkerchief and breathe in as needed. Spray your bed sheets, rooms at home, car, classroom, office or work space.

The spray can be used frequently, so spray it whenever you feel a need for the support it offers. It charges the space around you, clearing negative patterns and creating supportive energies that allow your emotions to become more balanced. It also affects others coming into that space, offering healing energies and allowing relationships to become more harmonious.

Spray any space that feels “right” as you are intuitively guided, and expect a beautiful story of fantastic change to unfold.