

Essential Clarity™

Focus, Attention, Memory

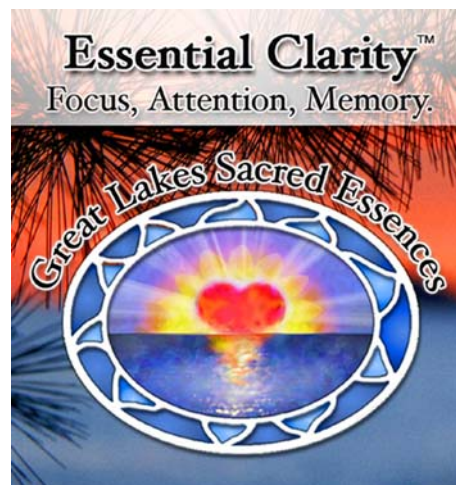
Essential Clarity™ supports focus, attention and cognitive clarity while encouraging a greater sense of organization, self-esteem and inner peacefulness.

A blend of intuitively selected Flower Essences (and, in the sprays, harmonizing Essential Oils).

Flower Essence Combination:

(in tinctures and sprays)

- **December Thyme** – blossoming on winter solstice under 5 inches of snow... relaxes an over-active, agitated mind or body... calming one to experience a freer flow of higher mental & spiritual forces, allowing for inspiration, clarity & a sense of peace.
- **Two Hearted River** – helps bring one back into the heart & the flow of Divine intention when energies are being drained by over-commitment or dual agendas.
- **Sugar Maple** – for over-work, stress or worry... helps restore mental focus while teaching the valuable lesson of pacing that honors rest & play as well as production.
- **White Water Lily** – offers those with a dreamy psychic nature a sense of protection & trust in the physical... helps one's physical, mental & spiritual ground on the Earth plane, into the here & now.
- **Hoary Puccoon** – for conditions of constant fret, excessive compulsive worry or behavior, negative thoughts & recycling events & conversations... helps the mind release its addiction to over-analyzing & critical, self-defeating behaviors.
- **Lupine** – inspires a sense of Divine order that helps one face challenging tasks in an organized manner... aids in clearing chaotic or dysfunctional patterns that separate one from one's innate joy & productivity.
- **October Pear** – from pear trees in October miraculously blossoming while also bearing fruit... helps to center one's energies on achieving a clear goal, reminding one to keep first things



first & stay focused with one's time & actions... releases self-doubt & fear of actualization while encouraging devotion to clear plans, efficiency & success.

- **Desert Plume** – supports task organization & defining one's goals... enhances self-confidence while imparting clear personal authority to be decisive & act from defined intent.
- **Rabbit-brush** – helps one integrate both the "Big Picture" and the little details of a project... for feelings of overwhelm & worry over big projects... helps one set blueprints for success.
- **Tangerine** – encourages the fun & passion that keep one focused & energetic while taking care of the details of practical & mentally challenging tasks... helps one focus on details with accuracy without losing sight of the larger picture.
- **Agawa Bay** – inspires one to commitment to stay with it and complete one's projects, offering closure & the freedom to move on without the stress of unfinished business.

Essential Oils:

(in sprays only)

- **Pink Grapefruit** [USA, organic] – helps one feel connected & inspired, promoting both self-confidence & group awareness... for feeling sunny, light, cheerful, radiant & energetic toward projects... strengthens nervous system... balances emotions & brightens dark moods.

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.

- **Amyris** [Haiti, wild-crafted] – calming... reduces stress, anxiety & nervous tension... relieves anxiety while improving mental clarity.
- **Litsea Cubeba** [China, organic] – reduces stress while improving mental clarity... focusing, uplifting.
- **Gingergrass** [France, wild-crafted] – relaxing, uplifting, invigorating, clarifying, centering... soothes mental stress & anxiety... reduces stress.
- **Scotch Pine** [Hungary, wild-crafted] – eases fatigue... restores mental activity.
- **Vanilla** [Madagascar, organic] – reduces stress while improving feelings of self-esteem & security... gives one a sense of peaceful presence while elevating one's general mood.
- **Pink Pepper Tree** [Kenya, wild-crafted] – warming, uplifting, peppery... for encouraging awareness, warmth, vitality & emotional stamina... helpful for keeping grounded & secure during times of change... stimulating, strengthening & motivating... adds “spike” & interest to the blend.

**In a Base of
Prayer-Intoned Spring Water.**

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 dishwater, 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.