

## Radiant Life™

*Confidence, Courage, Self-Esteem*

Radiant Life™ encourages self-esteem, inner strength and confidence... supports the courageous transcendent human within.

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

### Flower Essence Combination:

(in tinctures and sprays)

- **Dandelion** – strengthens one's core intent with a spirit of tenacity... helps one to remain sunny and stress-free while strengthening one's determination in the midst of adversity.
- **Tansy** – helps one to feel valuable... heralds true self-consciousness that honors both inner and outer beauty.
- **Sipapu** – for healing from birth trauma at core levels and grounding to Earth, our bodies and our purpose.
- **Beach Sunflower** – offers inner strength and grounding in abusive or non-supportive situations.
- **Bearberry** – helps one to hold true to one's self when one's energies are being drained by domineering and controlling people and/or situations.
- **Yellow Dock** – promotes a strong sense of self while instilling an ability to stand tall and comfortably in situations of competition or non-support.
- **Thistle** – inspires strength of focus and intent, helping one to be clear and to the point... helps mild-natured souls feel the confidence to stand up for themselves.
- **Scorpionweed** – increases one's sense of awareness, accuracy and intuitive alertness while advancing one's own position to react with appropriate defense and protection.
- **Wood Avens** – encourages the self-esteem, self-support and confidence needed to truly be of service to one's community.



- **September Strawberry** – especially for those with sensitive hearts... blesses the heart with the courage to do new things... strengthens one's knowing and helps one to stay in one's heart when challenged.
- **Mars** – supports inner strength, confidence and wisdom... helps one to stand tall and weather one's storms with a sense of clarity.
- **Serpent Mound** – aligns our energies with the strength of the God force within us, activating our true energy to participate in co-creation.

### Essential Oils:

(in sprays only)

- **Highland Lavender** [France, organic] – sweet, gentle and loving... Lavender nurtures by calming and relaxing both one's physical and emotional bodies, allowing one's mind to settle down and receive life peacefully.
- **Bitter Orange** [Italy, wild-crafted] – encourages confidence, courage, self-esteem... both happy and upbeat, the oil quells anxiety and restless emotions, allowing one to feel more peaceful and centered.
- **Roman Chamomile** [USA, organic practices] – calming & relaxing, helping stabilize nervous, irritable or anxious emotions... encourages one to express one's true feelings while releasing the need to be self-critical.

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.

- **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.
- **St. Johnswort** [France, organic practices] – balancing and healing to the nervous system... helps to elevate mood and restore balance after emotional, mental or nervous exhaustion... can relieve anxiety, irritability, nervousness and melancholy.
- **Jasmine Sambac** [India] – promotes optimism and self-confidence while inspiring both assertiveness and courageous action... helps dispel depressive thoughts while quieting stress and nervous tension.

### **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 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.