

**Women's Moon Series™**  
**Reactivating vital 'woman' power**  
**with wisdom & balance**

We and nature are one. Women's menstrual cycles tend to follow the moon's rhythm. Modern times often obscure feminine nature, yet women's innate wisdom remains part of us and can be reactivated. Our Women's Moon Series™ is a three-part series addressing the underlying physical, spiritual and emotional challenges of being a woman in today's world. Use this series in its entirety to help balance mind, body and spirit for archetypal women's issues.



**Rising Moon™**

*Balancing Women's Cycles*

First in the Women's Moon Series™, this Combination Essence addresses the challenging stage of the young woman, with the mystery of a monthly cycle beginning and bringing feminine empowerment. But with the empowerment can come mood swings, cramping and headaches. The challenge is to balance, stabilize and maintain the energies.

A blend of intuitively selected Flower Essences  
(and, in sprays, harmonizing Essential Oils)  
in a base of prayer-intoned spring water.  
The preservative in tinctures is organic brandy,  
20% alcohol by volume.

**Flower Essences** (in tinctures and sprays):

- **Silverweed** – meets feelings of vulnerability, loss of control or unsettled emotions around one's cycle... supports the strength of bonding between women.

- **Lake Huron** – not knowing when to stop... overdoing it... unable to turn it off... irritable, moody, excessive.
- **We-tide** –helps one to find the balance between extreme polarities, helping one to tie down and ground what is important.
- **Gulf Waters** – blessing as a balancer during key life transitions and developmental changes in one's body and body image.
- **Motherwort** – supports appropriate nurturing of the self & soothes the stress of worry that comes from over-concern for another's welfare.
- **White Avens** – restores self-care, self-trust for those prone to tantrums, threats or self-destruction.
- **Spring Beauty** – works with feelings of impatience, intolerance and rage.
- **Wood Betony** – helps one to work with the cycles of one's life in a balanced and respectful way.
- **Moonflower** – for healing wounds of abandonment, rejection or betrayal.

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

- **Green Manderine** [Italy] – both settling and joyful... calms over-activity while offering up a smile.
- **Cypress** [France, wildcrafted] – said to help regulate menstrual cycles... soothing and relaxing to the nerves... reduces excess fluid... can calm the flow of heavy menstruation... soothes anger and mood swings.
- **Roman Chamomile** [USA, organic practices] – very helpful in overcoming stress and anxiety... anti-inflammatory... eases cramping, headaches, anxiety, worry, nervous tension... meets weepiness, exhaustion, depression or hysteria with inner peace and stillness.
- **Ylang Ylang Extra** [Comoros, wildcrafted] – helps to calm anxiety while soothing anger or frustration... helps one to recognize one's value and develop genuine self- appreciation and love... dispels depression.
- **Blood Orange** [Italy] – happy, upbeat... eases insomnia... relaxes stress... stimulates digestion... balances the emotions... revitalizes and energizes... good for those who tend to overwork or are perfectionists... very helpful for PMS or SAD as it calms stress and helps one stay happy and upbeat.

- **Vitex** [Croatia, organic practices] – Vitex or Chaste Tree has been associated with women’s health since antiquity, offering balance to the hormones... it is said to regulate and tone the female system, restoring balance... Vitex is reported to be helpful easing PMS, bloating, depressive feelings, irritability, mood swings, weight gain, skin breakout, headaches and painful periods.
- **Rose Otto** [Bulgaria] – since antiquity used for headaches, menstrual difficulties & nervous tension... nurtures the heart... activates intuition.
- **Gingergrass** [France, wildcrafted] – calms digestion, helps with cramping, headaches, discomfort or queasiness... relaxing, stress-reducing, uplifting.
- **Opoponax** [Kenya, wildcrafted] – thought to be very helpful easing menstrual cramps... relaxes one while releasing feelings of being out of control of one’s emotions.

## 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.

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