

Sacred Renewal™

Provides energetic restoration and recovery from stress, exhaustion or overwork

Sacred Renewal™ balances chakras while replenishing emotional and physical energy after depletion due to stress, exhaustion, overwork, emotional trauma or illness.

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



Flower Essence Combination:

(in tinctures and sprays)

- **Lake Superior Hue** - helps (after depletion) to restore color frequencies and energetic vibrancy to one's aura.
- **Sunburst Calcite** - amplifies one's ability to connect to greater sources of universal power... radiant, prayerful, grounding.
- **Ochlockonee River** - revitalizing... helps one feel held, nurtured and connected to the Earth... renewal after illness or loss.
- **Baby's Breath** - rhythmic, gentle breath... helps one be present in the moment & open to a softer, more spacious mental perspective... offers strength from a balanced relationship with time & respect for Divine unfoldment of events.
- **Corncockle** - restores pranic energy (life breath) to ease tired, depleted, worn-out conditions due to overwork or lack of play and rest.
- **Bear Butte** - helps carry off pressures and stresses of life... absorbs malignant energy while accelerating physical frequency to a place of love, harmony and spirit consciousness... made at "the heart of everything that is".
- **Makah** - integration and connection in a fragmented world... helps restore attention & gratefulness while releasing a need for constant motion and "getting to" the next destination... made at the Strait of Juan de Fuca.
- **Sugar Maple** - restores creative, procreative and sexual energy... teaches rhythm, pacing, and an ability to honor rest & fun as well as production, allowing for true abundance and strength.

- **Lion's Tail** - encourages freedom to engage in creative, spontaneous play and re-creation that is vital to happiness and life.
- **Moss** - supports recovery & healing on all levels of our being... releases negative patterns, self-defeating habits & our need to be self-critical.
- **Star of Bethlehem** - assists in the remembering then healing & releasing of past trauma & wounds... breaks up hurt or anger stored in the body that can be a source of chronic pain, illness or depression.
- **Lilac** - rest, relax, slow down, take a break... a remedy for stress contributing to neck, shoulder or lower back tightness & overall nervous tension & stiffness.

Essential Oils:

(in sprays only)

- **Highland Lavender** (France, organic) - rejuvenates, protects, heals, balances, uplifts... calms fear, anxiety, anger, irritability, mental exhaustion... can assist sleep.
- **Red Manderine** (Italy) - inspires, refreshes... eases anxiety, the feeling of emptiness, nervous tension, sleeplessness, restlessness... lifts spirits.
- **Cananga** (Indonesia, wild-crafted) - calming... eases anxiety, nervous tension & stress.
- **Manuka** (East Cape, wild-crafted) - extremely anti-microbial... helps with breathing, clears the mind.

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.

- **Jasmine Sambac**, absolute (India) - confidence, sensuality, openness, inspiration... relaxes tension, releases emotions, calms nerves, grounding.
- **Katrafay** (Madagascar, wild-crafted) – traditionally used to relieve headaches, tension, joint & muscle pain.
- **Labrador Tea** (Canada, wild-crafted) – said to benefit liver, kidneys & circulation, and reduce stress... helpful for meditation... very relaxing.
- **Pink Pepper Tree** (Kenya, wild-crafted) - warming, uplifting, peppery.

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.