

Spring Fling Collection

I choose to step into optimism and hope; to clear away what no longer serves me and open to purity of mind, body and spirit, embracing my innate joyfulness, creativity and inspiration.

True health is the harmony of life within us, consisting of peace of mind, happiness and well-being. It is not merely a question of physical fitness, but is rather a result of the soul finding free expression through the mind and body of the individual. - Dr. Randolph Stone

It's spring. It's a time of rebirth and new beginnings. What have you planted within yourself? What are you germinating? What is sprouting? What are you nurturing and supporting to grow in your world? What does your paradise consist of? Pause for a moment and reflect on your surroundings ... your mental state of being ... your emotional wellness. Are there any areas that could use a bit of support? Perhaps these could help:

Purity

Oh those busy, busy minds! Not only are they filled with personal thoughts, but there is a constant bombardment of information and too often mental overload is the result. Grapefruit and Juniper helps to cleanse the subtle bodies, while Fennel protects you from further negative or psychic influences. Keep the energy clean and clear!

Creativity

At times we get wiped out by all of life's blows and are unable to connect deeply, resulting in a dullness in all things. Reconnect now to your creative aspects for new beginnings, new visions, new dreams. The Coriander and Geranium in this blend lovingly bring your feminine creativity to the forefront, whether you are male or female. It is the deep intuitive force of creation not bound by the linear thought processes that Creativity lives for.

Joyfulness

The winter blues are a reality for many people and we all have times of feeling down or perhaps even some times of nervous anxiety, restlessness or depression. Let the uplifting energies of Jasmine, Lavender and Bergamot support you to release the worries, bringing you back to the present moment. Feel the love and joy that exists simply because you are here.

Inspiration

If you feel like you are suffocating and need some fresh air, fresh thinking and fresh inspiration, Fir and Eucalyptus are here to serve you. They can bring in a deeper, broader life experience and release you from the constrictions you've imposed on yourself due to caution, habit, fear or responsibility. Breathe in the fresh air and be inspired.

This kit contains each of the blends listed above in a 120 ml mist application housed in a chrome tote.

Special points of interest for those who work with or are interested in how this blend works with other systems:

- Chakra system: Purity—strong 3, with 5, 6, 7 support. Creativity—2 & 6 primarily. Joyfulness—4 with 2 & 7 support. Inspiration—4 with 6 support.
- Animal Medicine: Purity—Woodpecker to release negative emotions and Cougar to protect against negative influences. Creativity—Beaver for creativity and Crow creating new light from darkness. Joyfulness—Bear for healing and Penguin to promote hope. Inspiration—Seal to move through the emotions and mind to understand the depths of the soul and Condor for the extraordinary vision and powerful flight.

Handcrafted Medicinal-grade Aromatherapy to Support the Full Flourishing of your Life

Kit containing 4 - 120 ml misty blends www.essencesbysuzanne.abmp.com & www.awakening-essence.com