

FES

Flourish

Formulas™



Flourish — To thrive and prosper; to achieve success and fare well; to express with artistry and flare; to reach higher development and excellence
Latin: *florire, flor* (flower)

To grow like a flower



Twelve Flower Essence Formulas for Body/Soul Wellness

Flower essence therapy, founded by Dr. Edward Bach in the 1930s, is based on the profound understanding of the vibrational healing properties of flowers. All cultures throughout the world cherish a soul language of flowers for expressing deeper forms of healing and sacred awareness. Flowers impart vibrational energy patterns of vibrant life force, expressive form, ethereal color and beauty. *They help the human soul to flourish by developing this same flowering capacity.*

True to their name, the *Flourish* line of **FES** flower essence formulas is designed to achieve the highest potential of body-soul wellness. The *Flourish* line is the result of many years of research, involving plant studies, case reports submitted by practitioners around the world, clinical interviews, and extensive use in natural disaster relief. Most formulas, or their key components, have been used for more than a decade. Many formulas have been revised or re-named as research has developed.



Mustard is one of Dr. Bach's leading flower essences for depression. It is a key component of the *Illumine™* formula.

FES Flourish Formulas™ used for Disaster Relief in China

My medical team is working at the invitation of government officials to do relief intervention following the Sichuan earthquake and the Taiwan hurricane. The FES Flourish Formulas™ are indispensable for our work. I have found that five of the formulas have a progressive healing effect. We begin with Post-Trauma Stabilizer™ for shock, Grief Relief™ for devastating anguish and loss, Fear-Less™ for deep-seated anxiety and fear of the future, Illumine™ for chronic levels of depression and despair, and Magenta Self-Healer™ for restoration of health and vitality and the ability to envision new possibilities for life.

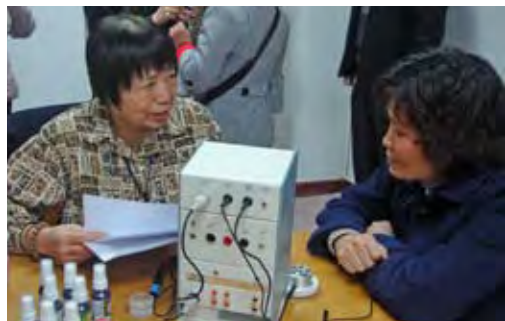
Upon our last stop in Bei-Chuan, China, during our earthquake relief work, we offered flower essences to our hosts. They all displayed urgent need for Post-Trauma Stabilizer™ and Grief Relief™. We saw tears in the eyes of these “tough guys” when they received the formulas, information on the directions and possible responses. After we demonstrated the use of flower essence therapy and delivered the FES Flourish Formula™ indicated for each disaster victim, most of the participants reported that they were finally able to shed tears and sleep through the night for the first time since the catastrophe.

Dr. Julia Tsuei, MD M. Med. Sc. FACOG
School of Medicine, National Yang-Ming University Taipei, Taiwan



Sichuan Earthquake,
China, May, 2008

Dr. Julia Tsuei trains relief workers to use the FES Flourish Formulas™ with electro-dermal screening



Key highlights of the FES Flourish Formulas™

- * The *Flourish* line of twelve formulas encompasses the most fundamental body-soul issues facing people of all ages and lifestyles, including foundational remedies for animal care. While each formula has a specific keynote, the entire *FES Flourish Formula™* line encompasses a broad-based wellness approach for those new to flower essence therapy, or for those who require basic catalysts to initiate a healing response.
- * Each formula represents years of research and careful consideration in order to develop efficacious, synergistic components that form a greater wholeness.
- * Many factors are taken into consideration in the development of each formula, including botanical signature, color, form and environmental habitat of the flowers, as well as key healing themes and flower affinities demonstrated through years of clinical research.
- * Each *FES Flourish Formula™* is designed to address foundational body-soul health issues. Their role is to clear and stabilize, so that more individualized flower essences can be of greater impact.
- * The *FES Flourish Formulas™* are easy to understand and select for self-healing, or can be used as entry level remedies for large populations in clinics, hospitals or relief programs.
- * Each formula is carefully calibrated and hand-potentized by FES with meditation, prayer and positive dedication. As each petal contributes to the whole flower, each component of the *Flourish* formulas is alchemically combined to form a greater whole that shines with radiance and clarity.
- * The *FES Flourish Formulas™* are a fusion of flower essences and minute proportions of the purest food-grade essential oils. They are calibrated to address the entire body-soul matrix, working in multi-level ways to promote health and well-being. All ingredients are prepared according to the highest standards of integrity and purity, and are wild-crafted or certified organic and/or Biodynamic.

To learn more about flower essence therapy, or to submit your case report on any of the FES Flourish Formulas™ call FES at 800-548-0075 or log on to our website at www.fesflowers.com.

Practical Directions

Formulated for Direct Use — The *FES Flourish Formulas™* are conveniently packaged with spray tops, ready for direct application. The standard oral dosage is one or two sprays in the mouth, four times daily in-between meals or before eating. For emergency or intense healing episodes, dose more frequently until the condition has stabilized.

When to Use — The two most important times for application are when the body-soul matrix is shifting between wake and sleep: upon awakening, and just before sleeping. Many find it helpful to keep a bottle of the formula on the night stand for this purpose, along with another bottle that is carried in the purse or briefcase, or kept at the place of work, such as the office desk. (Flora-Sleep should be taken just prior to rest, please see the special indications for this formula.)

Topical Application for Subtle Body Healing — The *FES Flourish Formula™* spray tops allow topical applications to be effortless and sanitary. One of the most effective topical applications is on the pulse point inside the wrist. Spray and then lightly rub in the mixture; then apply gentle pressure for a minute or so while breathing deeply. Other receptor sites, meridians or chakra points respond very well to flower essences, depending on the knowledge and skill of the practitioner and the particular symptoms being treated. For example, it is very efficacious to apply the *Sacred Heart™ Flourish formula* on points along the heart meridian, in tandem with oral doses.

Topical Application with Creme — The *Flourish* line is synergistically compatible with *Self-Heal Creme™*, or you can use any other carrier creme that is suitable. Apply one or two sprays per ounce of creme and then stir clockwise and counterclockwise.

General Misting — The *Flourish* formulas can also be very effective when lightly misted around the whole body, the head and surrounding body space. Be sure to close eyes and remove glasses before doing so. This method is a special favorite for many children.

Herbal Supplement Status — *FES Flourish Formulas™* are herbal supplements. The information provided is not intended to diagnose, treat, cure or prevent any disease. These products and the statements made in this brochure have not been evaluated by the U.S. Food and Drug Administration.

Special Considerations for Treating Animals

Misting — Many animals can be treated by misting on the body and in the air surrounding the animal. This method allows access to frightened animals and can also be used with marine animals when out of water. A light mist can be applied near the lips or nose to entice licking. Take care to learn the particular boundaries and reactions of each animal you are treating. Many birds enjoy misting, while other animals may be startled until they become familiar with the technique. Pet or hold the animal or otherwise establish bonding before treating the animal, so that flower essence dosing is viewed within a positive context.

Topical Direct — Lightly spray drops of the formula on the paws, behind the ears, on the pulse points or other energy receptors of the animal's body. The animal will either lick the essence or simply allow them to be absorbed through the skin. In some cases, you can spray the essence into your own hands and then massage into the appropriate area. You can also formulate a carrier cream for these purposes.

Food Biscuit — The *Flourish* formulas can also be sprayed onto tiny morsels of food — the most ideal is a dried biscuit. However, vibrational medicines like flower essences are best taken apart from food so that the more subtle influence can be registered without interference. Therefore, only one small biscuit should be used during the time of flower essence treatment and this activity should be separated from regular eating.

Water Bowl — Apply one or two sprays of the *Flourish* formula into the animal's water bowl at least twice a day. Fresh water should be put in the bowl each time and the essences stirred clockwise and counterclockwise to energize the water. For large animals — such as in water troughs for horses — increase the dosage accordingly. This method works well for horses or other animals that have private waterers and drink regularly. It is less successful for animals like cats who have irregular drinking habits, or where the same water source is shared by more than one animal. Also, the flower essences will evaporate and must be replenished regularly.

Ask about our *Animal Relief Formula*, available in dropper or spray bottles.



"I chose the FES Flourish Formulas™ to be part of our Wellness Program to bring the Native Community back to its roots, the Earth. They help us remember where we came from and where we are going. The FES Flourish Formulas™ provide an opening within one's soul for self-healing, to see all possibilities when things seem blocked or hopeless. These flower medicines provide healing for the major afflictions plaguing mankind in today's society, including Fear, Depression, Loss of Hope, and Loss of Energy."

M.R., Arizona





Primary Indications:

- * Use at the outset of any new project or work endeavor to facilitate a “seed fire” of positive alchemical forces and new directions
- * When the soul’s ability for positive manifestation is routinely hampered by hesitation, apathy or procrastination
- * To catalyze the general expression of positive yang or masculine fire forces (for both men and women)
- * To help realize a greater sense of abundance and personal prosperity, by establishing clear goals and sustained focus
- * When needing to assume an affirmative leadership role in family, community or work situations, especially if there is doubt or hesitation about such a role
- * To help sustain or renew one’s energetic commitment to a project or task, when beset by delays, obstacles or opposition

Being a busy store owner, mother of two teens and a housewife, life can become both stressful and overwhelming. After taking **Activ-8** for a few weeks, I noticed I was able to focus more on the task at hand, allowing me to accomplish my day-to-day activities in a motivated manner.

B.D., Fayetteville, North Carolina

The Activ-8 formula features:



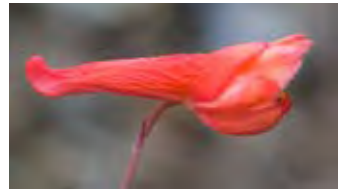
Blackberry – Stimulating the will to act upon the mind’s goals and intentions; counteracts lethargy and procrastination



Cayenne – A flame-like catalyst that sparks sluggish metabolism



Red Penstemon – Encouraging greater determination and tenacity when encountering obstacles or challenges



Red Larkspur – Infusing the soul with forces of charisma and leadership that radiate into the will and physical body



Sunflower – Positive self-awareness that shines out into the world



Madia – Ability to focus and channel light forces for awake expression in the world



Dandelion – Assisting the will toward sustained manifestation without burn-out, excessive tension or chaotic “over-drive.”



Blazing Star – Allowing the interior foundation of feminine receptivity, or “yin equilibrium,” to provide support and balance for outer action in the world

Essential Oils: Cinnamon and Cardamom essential oils provide positive fire forces of warmth and strength.



Primary Indications:

- * For any known condition that provokes fear or anxiety – such as public performance or travel
- * For use during any natural disaster or personal calamity. Works well in tandem or alternation with *Five-Flower Formula™* during the most intense and immediate episodes of panic and chaos; to deal with residual stress and ongoing symptoms, use *Post-Trauma Stabilizer™*
- * A beneficial remedy for those with a constitutional tendency toward fear, panic, anxiety, restless agitation or disturbed sleep accompanied by anxiety
- * An excellent remedy for children who are confronting new performance-based challenges in school or community
- * A good baseline formula for all animals who are prone to fear, or who exhibit nervous unease in certain situations

I lost my job after seven years with one firm. My greatest fear is job hunting. Usually it takes me months to work up the courage to make calls and start searching. My practitioner gave me a bottle of *Fear-Less™* to try and it worked almost instantly. I have been on two interviews and actively looking. Every time the fear arises, I take *Fear-Less™* and my fear abates enough for me to keep moving forward.

E.E., New York City

The Fear-Less™ formula features:



Red Clover – For rampant states of panic or anxiety triggered by social or environmental stimuli; works to calm the heart and to stabilize psychic receptor sites carried in the blood stream

Mountain Pride – A unique species of wild alpine Penstemon, to build strength and courage when confronting adversarial conditions



California Valerian – Providing a fortifying sheath for the nerves during times of excessive agitation and chaos

Oregon Grape – To counteract overly-guarded or paranoid states of consciousness; promoting a calm center of objective awareness



Mimulus – Tendency to withdraw or compromise one's activity due to fear and anxiety; ability to take risks and learn from demanding situations

Rock Rose – Terror or extreme fright; the need for positive grounding and internal anchoring in time of stress or turmoil



Green Rose – Nourishing for the heart in times of turbulence; helps to counteract fear with positive forces of compassion and connection to one's environment

Essential Oils: Bergamot and Cistus essential oils nourish the light structures of the energy body, while Lavender and Ylang Ylang provide calm and centering forces.



Primary Indications:

- * Promotes deep relaxation in order to facilitate falling asleep and staying asleep
- * Encourages more restful, undisturbed sleep so that one awakes feeling refreshed
- * Helps the soul more fully release from the body while sleeping, in order to experience dreams and related spiritual information
- * Calms specific energy centers (according to each individual's need) that are too awake in the evening. Examples of topical application include: between the eyes, left and right temples of the forehead, the heart center and the solar plexus (stomach region)
- * Facilitates recognition and release of chronic mental and emotional patterns that hinder rest and sleep, including specific sources of stress, anxiety, emotional upset or worry about the future
- * A beneficial travel remedy when the body needs to set a new internal clock for sleep
- * A beneficial night-time formula for children who are prone to nightmares, fitful sleep or other sleep disturbances
- * A good remedy for animals who have disturbed or agitated sleep, or who need to develop more consistent sleep patterns in harmony with their households

The Flora-Sleep™ formula features:

White Chestnut – release from deeply internalized states of worry, such as repetitive thoughts, and incessant mental agitation



Red Chestnut – release from repetitive worry or obsessive emotional upset directed toward others; over-anxious concern for situations that involve the free will and choices of others



Olive – promotes immune health and deep rest following prolonged stress or exhaustion from challenging life episodes

Chamomile – release of emotional tension & agitation, particularly from the solar plexus and stomach; calms the digestive system at night for metabolic regeneration



California Valerian – heals and calms the nervous system; promotes deep relaxation by guiding the soul to live in present time rather than feel anxious about future events

Aloe Vera – helps the body to replenish and restore itself during sleep; helps calm over-stimulation due to intense responsibilities at work or home



Alpine Aster – assists the soul to fully release from the body during sleep, so that deeper states of spiritual consciousness and dreaming can be realized

Flora-Sleep™ formula (continued)

St. John's Wort – provides spiritual protection and nourishment while sleeping; regulates nighttime and daytime forces of light and darkness to work harmoniously with each other



Essential oils: The essential oil of blue Chamomile helps calm the digestive system and soothe the emotions, while Sandalwood essential oil provides deeply relaxing, grounding and analgesic qualities.

Special Use Notes for Flora-Sleep™

Flora-Sleep™ facilitates a relaxation response in the body. It is best to use this formula about one hour before bedtime or rest, and then once more just before retiring. It can also be kept on the night stand, and used if one awakens during the night, to help gently guide the body and soul back to sleep.

Flora-Sleep™ can be applied topically to energy centers that may be overstimulated. Two key centers that typically need calming before sleep are the point between the eyes (third eye) and the solar plexus/digestive center about two inches below the naval. The typical dosage is one spray under the tongue or on the topical area to be treated.

Flora-Sleep™ is also very effective in a warm bath. Apply 4-5 sprays to freshly drawn warm water – stir the water clockwise and counter-clockwise for at least one minute. Immerse in the warm bath for 15-20 minutes and then go immediately to bed.

Flora-Sleep™ is intended to promote a healthy relaxation response when used for typical states of emotional or physical stress. In case of a serious medical condition, please consult a qualified health professional.

Thanks for the suggestion to put your sleep formula on the point between my eyes. I do a lot of computer work, sometimes late into the night. ... When I apply the essences topically to this point, I feel an immediate quieting and can quickly fall asleep. It's impressive, because I've tried many other things over the years that have not worked.

Ben K., Raleigh, North Carolina

I am a light sleeper and never seem to have dreams. With **Flora-Sleep™** I am not only waking more refreshed, I am actually having very significant dreams for the first time in years.

Kay S., Santa Fe, New Mexico



A symphony of white lilies to nourish feminine qualities of soul

Primary Indications:

- * For women and men of all ages – a baseline remedy to cultivate grace and receptive soul consciousness
- * To nurture and heal the soul's relationship with the mother, grandmother or the feminine archetype in community and culture
- * For regeneration from all reproductive and gynecological-related illnesses or surgeries – can also be added to *Self-Heal Creme™* and massaged into key body areas (*however, do not apply directly to open wounds*); use in alternation or tandem with *Magenta Self-Healer™* for foundational life force healing
- * For rape, sexual abuse, sexual slavery or related trauma involving the degradation or exploitation of feminine values; to restore grace, dignity and essential self-worth in the feminine identity; entry-level formula for rape crisis or domestic violence centers, in tandem or alternation with *Post-Trauma Stabilizer™* and/or *Five-Flower Formula™*
- * For all biological, cultural and spiritual milestones involving the feminine body and soul – including onset of Menstruation, Marriage, Motherhood, Menopause and Wisdom Elder
- * For relief work or natural disaster in which the Mother Matrix of the feminine is destroyed or damaged: including loss of one's mother, family network or home, destruction of the earth, militarism and occupation by force, rape and subjugation; alternate or use in tandem with *Post-Trauma Stabilizer™* and/or *Yarrow Environmental Solution™*

The Grace™ formula features:



Star of Bethlehem – The ability to re-claim and re-member one’s divine origin despite trauma, surgery, abuse or loss; the soothing “Mother Star” of the soul that restores and replenishes

Easter Lily – Integration of sexuality and spirituality as a force of wholeness in the soul according to each individual’s life path; healing trauma, abuse or degraded sexual experience which depletes dignity and integrity in the soul; the archetype of Virgin as a pure soul quality of the Divine Feminine



Mariposa Lily – The warm, nurturing presence of the Mother; the healing of wounds related to one’s mother or family of origin, or one’s own mothering abilities; the maternal feminine as a positive force in the soul

Splendid Mariposa Lily – The Mother of the World; the capacity to see all members of the human race as having one Mother; healing trauma related to race, religion, nation, class, ecological disaster or warfare; transcendent forces of feminine mercy and grace for healing miasmatic or culturally-based disease and illness



Star Tulip – Sensitive attunement and receptivity; capacity to express the softer “anima” side of the feminine soul; ability to listen at profound levels – remembering dreams, prayer and meditation; creation of a chalice-like vessel in the human soul

Shasta Lily – Unique and dynamic expression of the feminine in one's individuality; ability to lead with the feminine in the outer world without wearing a masculine mask that is false; luminous and creative feminine force



Fawn Lily – Incarnating the highest spiritual levels of the feminine into the family, community and world; counteracting the tendency to withdraw or retreat (become ice) in order to preserve one's essential feminine purity and delicacy; spiritual vitality and flowing warmth

Desert Lily – The ability to champion beauty, artistry and feminine grace in the world despite encroaching technology and urbanization; alchemical "water" forces of the feminine that counteract unbalanced expressions of fire and heat (firearms and warfare, technology, global warming, electric pollution, etc.); rejuvenation and rebirth through feminine water alchemy



Essential Oil: Rose attar essential oil provides an alchemical counterpoint to the white lilies, nourishing and stimulating the heart forces of love and compassion.

I consistently find remarkable benefits using *Grace™* formula for women who have endured rape or physical abuse. This formula – taken both internally and applied topically – works on every level of recovery. The women heal faster from physical illness and they have profound emotional insight that would ordinarily take years of normal counseling to achieve.

C.A., Boston, Massachusetts



Primary Indications:

- * To assist in re-building the soul's foundations due to the death of a beloved one – whether human or animal
- * To help in the dissolution of any meaningful relationship, such as divorce or dislocation
- * During any natural disaster punctuated by death, destruction and loss, both for relief workers and for victims
- * During times of personal loss or set-back when the soul feels empty and is searching for new direction or meaning

Through my father's death and taking *Grief Relief™*, I not only recovered from my past suffering but also received new insight about life and death. These flowers teach how to live joyfully and positively, accept one's death and find the spiritual vision of life beyond this dimension.

M.K., Tokyo, Japan

The Grief Relief™ formula features:



Bleeding Heart – For strengthening the heart forces especially at times of broken-heartedness and dissolution of relationships

Pink Yarrow – Helping feelings to find containment and centering during times of crisis and emotional diffusion



California Wild Rose – To provide encouragement and strength for the heart during times of hardship; to help in working through the thorns of life toward transcendent love forces



Love-Lies-Bleeding – Ability to accept suffering and sorrow, and to understand its larger spiritual meaning and life purpose



Borage – To relieve the weight of deep grief in the heart; to help uplift during times of depression and emotional heaviness



Forget-Me-Not – To build alignment with the soul presence of those who are no longer with us in the physical dimension; ability for the soul to realize that death and departure are not the end of a spiritual relationship



Explorer's Gentian – To help with crisis, loss and set-back; when the soul must learn to take another turn or make another choice in life purpose and path

Essential Oils: Melissa and Myrrh essential oils help to cleanse and heal, bringing renewed aspects of light and depth to the soul.



Primary Indications:

- * Builds strength, resilience and vitality in the body, through alignment with Earth's life forces
- * Provides grounding and stabilizing forces that protect from psychic dysfunction and immune distress in high intensity urban and technological environments
- * Facilitates harmonious and vitalizing connection with Earth substances and forces when used for healing, gardening, artistic or professional pursuits
- * Guides consciousness from "ego" to "eco" – so that ecological values move beyond abstract rules or political formulas, toward a vibrant awareness of the Earth as a living being
- * Motivates when feelings of discouragement, despair, or apathy threaten one's positive outlook and active commitment to work for the healing and transformation of the Earth
- * Increases appreciation of the Earth during travel, recreation or work by sensitizing awareness and perception for micro and macro manifestations of life
- * Cultivates connection for children who do not feel bonded with Nature due to excessive urbanization and technological influences
- * Fosters animal communication and connection – especially animals that may be suffering from urban stress – can be used by both caretaker and animal

The Grounding Green™ formula features:

Green Rein Orchid – Facilitating a more tangible and nourishing connection to the life force pulsating throughout the living being of Earth



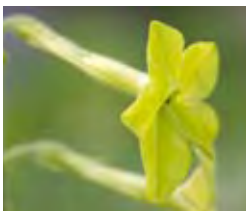
Green Bells of Ireland – Catalyzing awareness for the elemental matrix of the Earth as manifested through earth, air, fire, and water); ability to incorporate elemental qualities within one's physical body and daily activities

Lady's Mantle – Alignment with the living dew mantle (hydrosphere) of the Earth; ability to radiate magnetic healing forces through one's heart and hands; hydrating and replenishing forces within both body and soul



Green Rose – The expansion of heart consciousness to include all life forms; transcending fear, mistrust and defensive barriers that isolate and alienate the individuality; greater insight and compassionate communion with all living beings

Green Cross Gentian – Counteracting feelings of despair, depression or discouragement following natural disasters or environmental catastrophes; sustained commitment and dedication for earth healing despite adversity or setbacks



Green Nicotiana – Helping the heart-lung forces within one's body to breathe in relationship with the Earth; overcoming hardening forces within modern technology and warfare that create barriers to the breathing heart of the Earth; ability to feel and respond to the rhythmic life of the Earth as manifest in seasons, weather, alternation of day and night, etc.

Essential Oils: The "evergreen" essential oils of Silver Fir, Sitka Spruce, and Cedarwood impart warming, grounding and nourishing forces from the heart of the Earth.



Primary Indications:

- * A baseline remedy for all states of depression; providing alchemical integration of light and shadow aspects in the soul identity
- * For any life crisis or loss, resulting in prolonged despondency and lacking positive outlook toward the future
- * For Seasonal Affective Disorder (SAD) or any disturbance in emotional well-being, sleep or eating, related to changes in light and warmth
- * For pronounced tendencies in the family of origin or family tree toward depression and despondency; proactive steps on the part of the soul to transform the predisposition for depression
- * Beneficial for animals who may live around depressive caretakers or similar joyless environments, or those who exhibit signs of seasonal despondency
- * For depression following any health crisis such as postpartum depression, drug rehabilitation or major surgery; alternate with *Magenta Self-Healer™*

The Illumine™ formula features:



Mustard – Assisting the soul to find dynamic equilibrium between levity and depth; genuine movement and soul development by integrating sorrow and joy into greater wholeness

St. John's Wort – Helping to build and fortify the light structures of the soul; integration of light/dark and day-night rhythms toward greater cohesion and harmony; protection from splitting or disassociation within body, soul and spirit



Borage – Bringing greater upliftment and levity for the heart during times of depression or discouragement; buoyancy that helps the soul rise above drenching or deflating emotions

Explorer's Gentian – Helping the soul to welcome change and transition even when challenging; allowing life crisis to become a new opportunity for life purpose



Pine – Ability to transcend self-doubt, blame or morose pre-occupation with one's past failures; inner freedom from paralysis through renewed insight and recognition of one's future potential

Essential Oils: The radiant light qualities of Bergamot and Orange essential oils, along with the cleansing and strengthening qualities of Pine essential oil, are included in this formula.

*I've been trying to sell my house and find the right new home. ... I've been very discouraged! I tried **Illumine™** and I noticed a positive shift.*

N.L., Raleigh, North Carolina



Primary Indications:

- * A baseline formula for all children from infancy to pre-adolescence championing the inherent light within the child; helping the soul of the child to find expression and self-esteem
- * For any developmental challenges in the child such as learning impediments, emotional trauma, or inappropriate sexual disturbance in the child due to abuse or related cultural influences
- * During any time of crisis or dissolution in the child's family, at school or in the community – such as divorce, death or natural disaster
- * As a general protection against hardening or disturbing influences that disrupt the natural learning rhythms of the child, such as technology, travel, or homelessness
- * To assist in the over-all harmony of thinking, feeling and willing forces in the child, when the child may develop mental or physical abilities beyond the soul's capacity for balance and moral advancement
- * A key remedy for adults who need to re-visit, understand and heal a core part of their childhood experience in order to become fully functional adults
- * Helpful for new parents who may need to make deeper contact with the child's world; the formula can be used in tandem with the child

The Kinder Garden™ formula features:



Angelica – Helping the child to feel alignment with and protection from the spiritual world; counteracting hardening and materialistic forces that stymie the child's spiritual identity



Chamomile – Soothing and calming for the emotional center (solar plexus) of the child; harmonizing fluctuations in the feeling life, poor sleep or fickle appetite



Pink Yarrow – Providing clarity and definition for diffuse boundaries or an overly-porous sense of self; integration of the child's natural sensitivity with appropriate containment and centering

Chicory – Inner security and emotional freedom; counteracting negative attention measures, neediness or tantrums; re-directing psychic currents of energy to build heart forces that give and receive freely

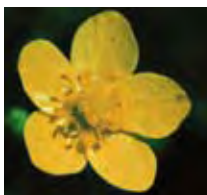


Mariposa Lily – Helps the child to receive nurturing and love; especially bolsters the mother-child bond and heals birth or family-related trauma

I love the *Kinder Garden*™ formula! I work mostly with mothers who have young children. I have seen kids who have intense tantrums given the spray and at first resist it, then when allowed to spray it in their own mouths, stop the behavior almost immediately. Most of the kids calm down right away and think it's fun to use the spray.

M.M., St. Johnsbury, Vermont

Kindergarten™ formula (continued)



Buttercup – Encouraging the pure light of the child to shine forth; helping feelings of self-doubt or low self-esteem that diminish the natural radiance of the child

Downy Avena – To help ground the mental consciousness of the child so that it remains in vibrant harmony with core feelings; thinking which develops through the avenue of the heart and moral perception; soul healing for Attention Deficit and related disorders



Essential Oils: The joyous qualities of Orange essential oil and the calming and centering qualities of Chamomile and Ylang Ylang are included in this formula.

We used *Kindergarten™* when our daughter's teething started, causing her to react emotionally. One of us held her while the other sprayed *Kindergarten* in the air above her. She always stopped crying right away, looked up, sniffed deeply and broke out in a big, beautiful smile. Amazing!

P.W., North San Juan, California





The Green Cross Gentian (*Frasera speciosa* or Monument Plant) grows in the lush mountain meadows of California's Sierra Nevada. It is one of the flowers in the *Grounding Green™* formula.

I live in a heavily urban area just outside of New York City. When I began using *Grounding Green™*, I had the sensation of feeling like I was living in a virgin forest instead of a big city. *Grounding Green* transports me to a woodland realm, to a truly benevolent place. It has a protective energy, particularly with respect to issues of urban pollution and excess.

M.F., Clifton, New Jersey

I started using the *Magenta-Self Healer™* with no specific goal in mind, just general improvement of my health. I'm 77-years-old and have diabetes. I have tried again and again to give up eating sweets and it's always been a struggle. About a month after I started using the *Magenta Self-Healer™*, I noticed that I wasn't eating sweets. I was amazed — I hadn't consciously tried, but it just happened. About another month passed and I noticed that I wasn't eating as much as I'd been.

W.O., Iowa City, Iowa

Mind-Full™ blend has been quite helpful for me. With getting my center up and running, my mind has been scattered in 50 different directions. I have found *Mind-Full™* to be refreshing and rejuvenating. Every time I start to feel tired or slightly overwhelmed, I use one or two sprays of this blend and I'm off and running again.

K.E., Union Grove, Wisconsin

I chose *Sacred Heart™* when going through a rough patch with my wife, having newly become a father. Almost from the first moment of taking it, I felt a release. There was more light, more space, more breathing around and through my heart. I began to feel and hear what my heart was saying to me and what I needed to do to heal my relationship.

G.H., Davis, California



Primary Indications:

- * As a foundational remedy in any wellness program; helping the body-soul to move toward a deeper level of health
- * For recovery from any major illness or surgery, to access deeper reserves of self-healing capacity
- * When healing progress for any trauma or illness seems stagnant; helping to boost immune forces by stimulating greater body-soul integration
- * For deeper insight into any illness or trauma, moving beyond materialistic causes to deeper soul-spiritual realization
- * To catalyze healing and recovery in the midst of shattering life experiences, such as the aftermath of personal or environmental disaster
- * To help children bolster immune forces during key developmental stages, growth curves or typical childhood illnesses
- * For animals who need to access sustained healing forces during illness or after surgery or other trauma

The Magenta Self-Healer™ formula features:



Self-Heal – Resourcing one’s inner capacity for wellness by learning to listen to the body and take responsibility for health choices and lifestyle

Sierra Primrose – Joy and exuberance for life; helping the soul to recover and embrace the gift of life on earth – often connecting with the deepest memories of childhood and spiritual purpose prior to incarnation



Echinacea – Core immunity; integration of the Spiritual Self with bodily identity despite shattering or devastating life events; ability to say “I” at the deepest level of body and soul

Pedicularis – Soul memory and insight as a force of healing; ability to understand and accept karmic events from a wider spectrum of time and soul purpose



Love-Lies-Bleeding – Transformation of personal pain and illness; transcendent capacity of the heart; compassion gained through suffering

Essential Oil: The regenerating quality of Helichrysum essential oil is included in this formula.



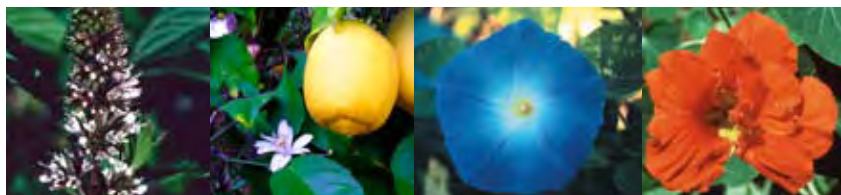
Mind-Full™

Imparting a vibrant state of mental coherence and clarity

Primary Indications:

- * A foundational remedy for any professional lifestyle that demands high level sustained mental focus and intellectual clarity – such as research, writing, teaching, office management, or public speaking
- * For students who are facing major exams or needing to bring intellectual focus to difficult subject matter
- * For general dullness and mental lethargy, especially during the daytime, or when sleeping and eating rhythms distort or disrupt mental clarity
- * As a supplementary aid for those with a history of learning disorders or mental confusion, along with other appropriate therapies
- * During any major project requiring extra forces of mental concentration and clarity
- * To assist when transitioning from over-dependence on stimulants for mental performance, such as caffeine

Application Note: *Mind-Full™* is best sprayed on the tongue and misted around the head with eyes closed. It can be taken as often as needed, typically 3-4 times during the period of most mental activity.



Peppermint

Lemon

Morning Glory

Nasturtium

The Mind-Full™ formula features:

Peppermint – Invigoration of mental activity; overcoming mental lethargy due to unbalanced metabolism and digestion

Lemon – Clarifying and purifying; counteracts mental fatigue with refreshing and purifying qualities

Morning Glory – Provides awakening forces; builds deeper rhythms for beneficial waking and sleeping, especially to counteract daytime sluggishness

Nasturtium – Helps redirect and balance vital energy, especially when depletion results from over-use of intellectual forces

Cosmos – Promotes higher mental function; greater access to the archetypal realm of ideas and their translation into speaking and thinking

Shasta Daisy – Ability to bring synergistic insight to thinking; integration of pieces of intellectual information into over-arching concepts

Rabbitbrush – Flexible and mobile mental consciousness; capacity to track simultaneous details and hold them within an encompassing field of awareness

Madia – Focusing capacity; ability to bring sustained mental concentration to tasks and projects; counteracts tendency toward diffuse or distracted mental behavior

Essential Oils: The clarifying and stimulating qualities of Lemon, Grapefruit and Peppermint essential oils are included in this formula.



Cosmos

Shasta Daisy

Rabbitbrush

Madia

Post-Trauma Stabilizer™

To recover and rebuild from
shock and trauma

Primary Indications:

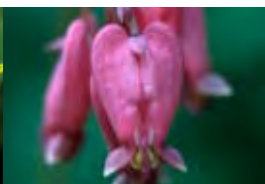
- * For loss or disruption of any kind that creates bewilderment, numbness or shock in the body-soul complex – including amputation or debilitating injury within the physical body; loss or disruption to one's home, community or environment
- * For relief work in any natural disaster or war zone – to address prolonged levels of shock and trauma and to help victims re-build and renew; beneficial for both humans and animals
- * Following any major surgery and during any sustained course of physical rehabilitation
- * Following the loss of a loved one or pet, if symptoms of shock or disassociation persist; can be used in tandem or in alternation with *Grief Relief™*
- * As a supplement to drug rehabilitation, when the soul faces shattering memories or acknowledges what has been lost or damaged in one's life
- * For re-occurring violent dreams and memories of past trauma, which intrude long after other forms of healing have brought physical stabilization

We received a donation of *Post-Trauma Stabilizer™*, to address the shock, pain and emotional numbness that often follows a major traumatic event such as occurred on September 11, 2001. Those taking this formula have found it to be enormously helpful in bringing about a thawing process that allows them to re-access their emotions, and bring them to the surface, in a way that they can once again be processed, and be released, instead of being held in the body.

Dr. J. G., New York City



Arnica



Bleeding Heart



Echinacea

The Post-Trauma Stabilizer™ formula features:

Arnica – Foundational for all forms of shock and trauma, helping subtle energy bodies to be re-integrated into the physical body; facilitates recovery from dissociative states following traumatic events

Bleeding Heart – Intense grief and longing; especially for those who have died or for social connections and circumstances that have been severed due to disaster or injury; reconsolidation of the heart forces

Echinacea – Depletion within the immune system and core identity following shattering events or injuries; helping to knit together and re-constellate the spiritual-physical individuality toward new wholeness

Glassy Hyacinth – Recovery from profound depths of sorrow and suffering; when the soul has been pulled underground and must experience re-birth

Green Cross Gentian – To address intense feelings of despair or defeat; when one’s relationship to community, home or body must find new connection and grounding; renewed resolve to serve, hope and give

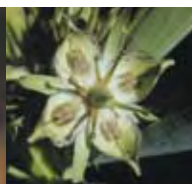
Fireweed – Stimulates phoenix-like forces in the soul: the ability to catalyze “alchemical ash” as the seed ground for new forces of healing and vitality

Five-Flower Formula – Dr. Bach’s composite remedy for rescue and relief to body and soul; providing calm and stabilization during times of adversity, injury and natural disaster

Essential Oils: The calming and centering qualities of Lavender and Hyssop *decumbens* essential oils, along with the protective and consolidating qualities of Yarrow essential oil, are included in this formula.



Glassy Hyacinth



Green Cross Gentian



Fireweed



Five-Flower



Sacred Heart™

Integrating heart strength & compassion in relationships

Primary Indications:

- * To help any couple's relationship evolve to its highest capacity by learning to both give and receive with vibrant heart forces
- * To heal and re-build after divorce and other failed relationships, allowing the heart to find renewed expression and new social possibilities
- * As a general heart elixir to improve close social relationships with family and friends; so that the heart operates from a place of honesty, integrity and genuine caring
- * For those who have pronounced caretaker responsibilities in professional or personal life; to help the heart find its center of authentic strength and appropriate boundaries; for the tendency to suffer from "compassion fatigue"
- * To regenerate heart health, when prone to physical illness, heart-related stress, or a family history of heart disease; can be mixed into *Self-Heal Creme™* and massaged into the chest/lung area, or used in tandem and/or alternation with *Benediction Oil™*
- * During challenging episodes of adolescence and young adulthood; when learning to form meaningful relationships with others and establish appropriate boundaries
- * To help parents and other close guardians develop nurturing relationships with children, through strong heart forces that engender affection and respect
- * To help caretakers of pets enjoy loving, heart-based relationships while maintaining healthy boundaries and clear communication

The Sacred Heart™ formula features:



Bleeding Heart – Appropriate differentiation and separation; capacity to consolidate heart forces when a relationship has ended for any reason; ability to end or amend dysfunctional relationships that deplete integrity

California Wild Rose –

Commitment in relationships; ability to work through trials and thorns by holding a higher ideal of love; the transformation of love from a romantic wish to a living force of deeds and sacrifice



Centaury – The ability to serve and love from a source of strength and individuality; transforming the tendency to appease, placate or act as a dysfunctional enabler in a relationship

Holly – Foundational flower essence for the highest spiritual expression of love and compassion; antidote for jealousy, envy, revenge, and mistrust



Pink Monkeyflower – Allowing vulnerability and trust in a relationship; to heal over-defended and guarded tendencies in relationships due to prior soul wounds, abuse or shame

Pink Yarrow – Loving connection with others while maintaining containment and appropriate emotional responsibility; healing the tendency toward unbounded sympathetic forces, depletion due to emotional merging or dysfunctional enmeshment



Quince – Ability to lead with heart strength; learning to exercise appropriate authority and transparency in any relationship in order to cultivate honesty, authenticity and individuality

Essential Oils: The heart strengthening properties of Rose essential oil and the protective and containing qualities of Yarrow essential oil are included in this formula.



Let your Life Flourish!

The *FES Flourish Formulas*[™] are something we need during this time in the world... . A medicine person recognizes good medicine when they see it and other kindred spirits that walk this planet. Your company makes truly wonderful medicines for the healing of our souls and the planet.

Etie Uluooka, Aleut Healer and Teacher, Alaska




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