

# Delta Gardens

Flower Essence Catalogue  
Spring 2000

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# Table of Contents

Message from the Founder/Director	3
Flower Essences	4
About Delta Gardens	4
Taking Flower Essences	4
Selecting Flower Essences	5
The Medicinal Herb Flower Essence Set	6
Blessed Moonlight Vial Collection	11
The Pet Set	15
Delta Gardens Elixir Combinations	16
New England Tree Essence Set	18
Delta Gardens Vibrational Amulets	20
Supplemental Sets	22
3 Trillium Set	22
Protection Set	22
Essences for Men	23

## Message from the Founder/Director

It is the fondest wish of those pioneering in this field, that the beauty, versatility and power of these remedies is somehow communicated; that those reading a publication such as this one, come to understand something of the potential that exists in flower essences and thus become inspired to try some of these remedies and let their experience be the proof. On the other hand I have come to appreciate the vast difference between "trying out" a few essences one sees in a catalogue, and making the flower essence journey.

Although the flower essence journey indeed begins with sampling and testing, it continues through working with a practitioner, reading some of the abundant materials now available on flower essences, taking classes and becoming adept at treating one's self and others. Through all of these steps, the power of nature gradually reveals itself, and the answer to a simple question: "What is a flower essence?", gradually grows larger.

Delta Gardens continues to explore this question through a busy 10 year practice with adults, children and animal, and through the research and development of remedies from new flowers or with newly refined energy processes to bring an essence to full potency.. It has been the daily crucible of this work that has yielded answers to many questions about flower essences, and, in truth, these answers continue to bring forth more and more profound questions, about flower essences, about nature, about health, about life.

It is also my wish to continue to research flower essences through the experiences of others that use our essences. I am deeply gratified when those who choose to purchase and use the products of Delta Gardens, give us feedback about their experiences. This feedback is vital for us to continue our own journey, to continue to explore the questions that arise from each individual's response to each essence.

Please enjoy the essences, enjoy the journey and stay in touch.

Blessings,

David Dalton  
Founder/Director of Delta Gardens

## Flower Essences

Flower essences are liquid, energetic remedies derived from living flowers. They bring the natural dynamic energy of the plant directly into the human electro-system where they work to bring about movement towards greater health and balance. Because of their energetic and living quality, they work directly and deeply in the emotional system assisting in the release of early wounding and trauma. These early imprints, suppressed within the emotional system are today considered one of the main causes of many types of disease or imbalance.

Flower essences are prepared by exposing a water-flower infusion to direct sunlight or moonlight for a specific period of time. Water is able to hold the vibration set off by the interplay of the light and the flowers. The resulting "water" or essence is mixed with a high quality brandy or vinegar which acts both as a preservative and a stabilizer. The final step is a dilution and potentization of the essence into dropper bottles. These are called "stock" essences. Delta Gardens essences are sold at the stock level of potentization.

## About Delta Gardens

Delta Gardens, founded in 1986, is a center for flower essence research and education, based in Newburyport, Massachusetts. David Dalton, the founder and director of Delta Gardens, is an internationally acclaimed researcher, practitioner and educator in the field of flower essences. Delta Gardens offers monthly classes in flower essences for beginners, as well as for skilled students and practitioners. The flower essences of Delta Gardens are known for their potency, reliability and versatility.

## Taking Flower Essences

Flower essences are taken orally - usually three drops under the tongue - from a dropper bottle a few times per day. They can also be rubbed onto the hands and feet, added to drinking water or sprayed into the air from a misting bottle. Flower essences can be used for adults, children and pets. Since flower essences are vibrational in nature, they are absorbed immediately into the system. Each person responds to flower essences in a slightly different way. For some the results are immediate and quite dramatic; for others, the shift is subtle and gradual. Over a period of time, however, flower essences can produce deep and profound change in the psyche.

## Selecting Flower Essences

Although a thorough assessment by a skilled, certified practitioner is the ideal way of determining which flower essences to take, many people successfully select their own flower essence combinations. This can be done by reading the flower definitions and selecting those that resonate with one's present issues and challenges. Many use intuition, kinesiology or dowsing to select essences. Flower essence combinations may be mixed together into what is called a dosage bottle. A dosage bottle is a one-ounce dropper bottle containing pure water and a tablespoon of brandy or vinegar. 3-4 drops from each stock bottle are added to the bottle, which is then shaken. The full potency of the combination is then ingested from this single bottle. Although many people in this work differ in opinion regarding the suggested number of essences to use, we suggest keeping the number to no more than three at first. The fewer the essences, the more precise the healing action will be.

Flower essences are a perfect complement to many of today's health practices. They enhance the effects of energy work, physical therapy, acupuncture, psychotherapy, cranial-sacral work, massage, aroma therapy and many other forms of healing and treatment.

Flower Essences are safe, natural and non-toxic. They are not intended as a substitute for regular professional medical care.

*"No knowledge, no science is necessary to apart from the simple methods described herein; and they who will obtain the greatest benefit from this God-sent gift will be those who keep it pure as it is; free from science, free from theories, for everything in nature is simple." - Edward Bach*

## The Medicinal Herb Flower Essence Set

Medicinal herbs make very powerful flower essences. It is as if their work with humanity as helpers in treating disease on the physical level has strengthened their healing imprints as essences. The Medicinal Herb essences are made from flowering herbs grown in pristine wild habitats or in our very lush, protected garden areas. They are made through the "sun infusion" method as developed by Dr. Edward Bach in the 1930's. The definitions of these essences were developed through "attunements" with the plants and through data collected through several years of case research. There are presently 48 medicinal herb essences. You will find longer, more clinical definitions of these flowers in the Delta Gardens Publication: Stars of the Meadow © 1999 (available on our web site at [www.deltagardens.com](http://www.deltagardens.com)).

Each plant is listed by common and Latin name. Also listed is the color of the plant used and the main elements (earth, air, fire, water) expressed by the plant.. These elements will be useful to the practitioner in understanding the healing action of the flower essence.

**Golden Amaranthus** (*Amaranthus hypochondriacus*) fire/earth/air Learning to let go of over-control; becoming aware of the power of the higher self; tuning into the ease of life; developing ways to flow with the currents; eases transitions through remembrance of the power of the soul in survival over physical death.

**Pink Amaranthus** (*Amaranthus hypochondriacus*) fire/earth/air - The paradox of the heart center is that, although it is an area that demands care and protection, when opened, it possesses mighty power and resources; helps one feel the power of his or her own heartfelness and balance tendencies to weaken, or give away strength in the process of giving love; reawakening surrender to love.

**Blackberry Lily** (*Belamcanda chinensis*) orange; earth/fire/air -For unconscious/unresolved problems in the past concerning close relationships; for healing deep fears around sexuality; releasing repressed sexual trauma

**Black Currant** (*Ribes nigrum*) yellow; air - For deep fears related to identity shifts and crises; for the fear of non-existence or loosing the ego; opens one to soul identity.

**Blessed Thistle** (*Carduus benedictus*) red-yellow; fire - Eases fear of life; fear of moving with life; eases guilt and fear of punishment; enhances feelings of enjoying life; eases stress in stomach area; eases fear of forces beyond one's control.

**Bluebell** (*Mertensia virginica*) blue; air/earth - Access to more positive aspects of personality; for those who dwell in the negative; for those who cannot cycle out of cynicism; for grumpiness, withdrawal or aloofness.

**Blue Vervain** (*Verbena hastata*) blue; earth/air - For those who feel obliged to live their lives as leaders, role models or providers; for those who cannot yield to a safer, healthier, more practical approach because of pride, ambition or role identity; for those who always feel that the buck stops with them. Ease and Versatility develop.

**Borage** (*Borago officinalis*) blue; earth/fire/air - Gives peace, lightness and courage; brings relief to burden, depression or melancholy.

**Bull Thistle** (*Cirsium vulgare*) pink-purple; earth/fire/air - Strengthens anchoring forces; releasing fears of being trapped in places or situations; releasing fears of being controlled by others.

**Butterflyweed** (*Asclepias tuberosa*) orange; fire/air - A remedy for "love addiction"; helps those who cannot commit to long-term relationships; for fear and sadness when initial stages of "being in love" shift.

**Canada Thistle** (*Cirsium avense*) pink; earth/fire/air - Letting go of pain, guilt or trauma which has been group or family inflicted.

**Celandine** (*Chelidonium majus*) yellow; earth/air - Enhances many aspects of communication; for self expression; receiving inspiration or higher thought; for communication blocks and misunderstandings.

**Columbine** (*Aquilegia vulgaris*) white; air - A dwarf mutation of wild pink columbine; provides insight into true identity and highest purpose; helps those who feel uncertain or lost in life choices.

**Comfrey** (*Symphytum officinale*) purple; earth/ air/ water - Brings forward repressed parts of the self; feelings, memories and parts of the physical which may be shut-down by the subconscious are opened.

**Elecampagne** (*Inula helenium*) yellow; air/earth - Learning to identify more deeply with newly discovered power and beauty in one's self; balancing and integrating new experiences of spirituality. Use when new feelings, talents, insights are awakened.

**Fraxinella** (*Dictamnus albus*) purple; fire - Completion, purification, insight; endings and beginnings. Using this essence brings a transformative energy that helps with lingering confusion or pain. It brings rapid movement into the chakras from upper to lower; ideal for final stages of healing trauma; for healing recent trauma.

**Geranium** (*Geranium maculatum*)- Helps bring about a cheerful nature; good for children who are downcast; good for adults who are prone to worry.

**Gravel Root** (*Eupatorium purpureum*) pink air water - Helps those who suffer from loneliness or fear of being alone; helps with anxiety over friendships and relationships.

**Habanero Pepper** (*C. chinense habanero*) white; fire/earth - Holds one in connection to the physical while doing emotional work; prevents separation, drifting, vertigo; promotes clarity and presence, at the same time providing movement to repressed feelings.

**Hyssop** (*Hyssopus officinalis*) blue; earth/fire - Releasing guilt; helps those who have built personalities and lifestyles around guilt imprints; reawakens impulses of worthiness and receiving.

**Horseradish** (*Amoracia rusticana*) white; earth/fire/air - Old recurring thoughts or ideas receive energy to come forward for action, release or manifestation; one feels more power/energy to act; obsessive thinking patterns are discarded.

**Hemp Agrimony** (*Eupatorium cannabinum*) lilac; earth/air - Enhances the awareness of the interconnectedness of all things through the heart; feelings and perceptions of aloneness, or disconnectedness are eased.

**Indian Pipe** (*Monotropa uniflora*) white; air/water/earth - Expanding awareness of the presence of universal love; developing a sensitivity and receptivity to a higher love vibration; seeing and feeling the love in every moment; for stages when one feels unloved.

**Indian Tobacco** (*Nicotiana rustica*) yellow; air/earth - Helps to steady irrational fears or confusions; keeps balance in the mental body during expanded states; for releasing subconscious fears of spirituality.

**Japanese Knotweed** (*Polygonum cuspidatum*) white; fire/earth/air Enhances group awareness, sensitivity and telepathy; provides energy, calmness and insight; enhances group experience and ceremony.

**Jack-in-the-Pulpit** (*Arisaema triphyllum*) green - deep red; water - For developing authentic spirituality; helps one resolve conflicts between past spiritual experiences and present spiritual insight.

**Lemon Balm** (*Melissa officinalis*) yellow-white; air/earth - Produces a calm which allows deeper exploration or work; one's mind remains keen while enveloped by peacefulness; useful in combination with remedies which catalyst movement or a stirring of emotion.

**Lilac** (*Syringa vulgaris*) pink-purple; earth/air - For uprightness, lightness; helps those who burden themselves, refusing help from others.

**Lobelia** (*Lobelia siphilitica*) blue; air/earth/fire - Courage to express, own and speak the truth regarding one's self; for shyness or shame around expressing one's sexual nature.

**Loveage** (*Levisticum officinale*) green-yellow; fire/air - Moving into the world with a sense of safety and joy; developing a sense of exhilaration in walking one's path; confidence in taking action.

**Lungwort** (*Pulmonaria officinalis*) blue-pink; air - Helps strengthen the lungs as a vehicle to release trauma, tension and deep feelings, and to bring life-energy-prana into the system; a companion to breathwork, rebirthing, yoga, kundalini or breathing meditation.

**Marshmallow** (*Althaea officinalis*) pink with purple center; air - Teaches how to soften interactions with those who we do not feel connected to; helps one to feel ease around people, especially those that we do not like; helps us to feel love when angry or hurt.

**Milk Thistle** (*Carduus marianus*) purple; air/fire/water - Letting go of deep anger, resentment or other held feelings which block the flow of love; allowing forgiveness to lead the way to a deeper experience of love; provides a bridge to lessons of unconditional love.

**Missouri Primrose** (*Oenothera missouriensis*) yellow; air/fire/earth - An essence for self-esteem; helps those who cannot recognize or utilize their own power; those who will not take in their own value; those who are shy or inexpressive of their own truths.

**Motherwort** (*Leonurus cardiaca*) pink; earth/air/fire - Balancing inner softness with strength; knowing the power of one's feminine energies; for strength, assertiveness and setting healthy boundaries.

**Onion** (*Allium cepa*) white; earth/ air/ fire/ water - For releasing sadness; helps all phases and aspects of the grieving process; for children during disappointment or loss; supports inner child work.

**Pink Lady Slipper** (*Cypripedium acaule*) pinks; earth/air - Realizing the beauty of one's earth and human natures; for problems with sexuality; awakens relationship with nature.

**Potato** (*Solanum tuberosum*) white-yellow flower-purple tuber; earth/air - For anchoring the self on the earth plane as one expands, awakens and develops; a remedy for the tendency to sublimate or romanticize painful experiences; brings a sense of stability in the growth process by providing a deep reference point of self when new experiences pull one off center.

**Scarlet Pimpernel** (*Anagalis arvensis*) red; earth/air/fire - Helps with many aspects of difficult emotions; can help one understand and transform intense emotions; helps with release of blocked energy in heart; treats obsession, anxiety and fear.

**Skullcap** (*Scutellaria lateriflora*) blue; air - Increases awareness of one's intuitive response to others; helps one to feel and know another from the other's perspective; enhances empathy in the healing process.

**Solomon's Seal** (*Polygonatum odoratum*) white; earth/air - Eases-softens extreme pride arrogance, or willfulness; helps those who are not willing to change; helps one develop alternatives.

**Star Jasmine** (*Trachelosperumum jasminoides*) white; air - Helps lighten feelings of somberness, heaviness or fatigue; helps with types of depression from feeling overburdened; brings the joy of spirit closer to the physical; a "lightener" in many combinations.

**Stinging Nettle** (*Urtica dioica*) green; earth/fire - For releasing pain and grief related to partings and endings; for those who are often in conflict with others; for healing deep hurt from abandonment.

**Sumac** (*Rhus glabra*) green; fire/air - Brings a gentle strength and stamina to the system; assists in maintaining connection with the heart during difficult phases and transitions in recovery; good for those who feel that they have somehow missed life or have been passed by.

**Teasel** (*Dipsacus sativus*) pink; air/ fire/ water - For imbalances in giving and receiving; heals energy "leaks" in chakra system; for holding and maintaining energy within the system; for treating emotional pain which causes energy depletion.

**Water Lily** (*Nymphaea odorata*) white; water/earth/air - For those who attract drama; for over reliance on acting out extreme emotional states for control; for emotional ease.

**Wood Betony** (*Stachys officinalis*) purple;earth/air - Helps clarify deeper meanings of relationship, friendship and sexuality; for those who prefer to be alone but are working on authentic ways to connect with others.

**Wormwood** (*Artemisia absinthium*) yellow; air/fire - Breaking and moving out old patterns that have attached to the heart; letting go of identities based on lower frequency woundedness; for removal of unconscious imprints and energetic "cords", after processing.

## Blessed Moonlight Vial Collection

As the sun rules deduction, the moon illumines intuition. These very special essences were the culmination of several years' work of raising the health and energy of one of our garden areas to a peak where the essences could be made. All of the essences of this set were made under specific phases of the moon.

The journey of making the Moonlight Vials was very magical. In the early 90's, when most of the direction of my work was researching essences made in the traditional Bach method, I discovered that the flowers in my garden had different feelings around them in the evening than during the day, and that the moon in its different phases enhanced some of these feelings. Some would be stronger as the moon was waxing, others while the moon was waning. Some stronger at the full moon and others at the new moon. Through guidance, prayer and trial and error, in 1995 I found a method of bringing these special moon qualities of the flowers into form, using exposure of the water infused flowers to certain phases of the moon along with the intervention of a precise sound or tone for each essence. The sound or toning acts as a key to assist in anchoring the pure vibratory quality of the essence into form. The complete story of these essences, along with a more detailed description of their healing definitions will be available in the fall of this year.

Practitioners using this set of essences have consistently commented on their unusual, deep working and "celestial" nature.

Note : The preservative used for the mother essences in the moonlight vial set is an organic apple cider vinegar. Organic vinegar tends to develop sediment as the fermenting process continues in the bottle. Sediment can appear over time in the stock bottles. This is natural and in no way affects the quality or potency of the essence.

Note: Previously, the names of the flowers used were listed to name each essence. Unfortunately this caused a little confusion since some of the same flowers appeared in the Medicinal Herb Set. To avoid this confusion, I renamed each essence by its healing action rather than its flower. The name of the plant continues to appear in the small print on each bottle.

*"The moonlight vials are an exquisite portrait of the evolution of the soul. Health and balance develop through treating the spirit of the individual rather than aspects of his or her nature."*

**Vial #1 Core Connection** - Connection to Core Channel, Prime Force Alignment; remembering mystical connection to Source.

**Vial #2 Core Identity** - Anchor to childhood memories of core identities; remembering childhood connection to Life Purpose; reawakening to subtle imprints held as a child.

**Vial #3 Ancestral Link** - Opening ancestral links, especially to those who have chosen to guide us; resonant with the fairy kingdom.

**Vial #4 Connection to Guides** - Opens to frequency of inner harmonies; access to "whispers" of the "higher self" or voice of guides.

**Vial #5 Heart Link** - Awakens emerging heart to higher functioning; "seeing" with the heart develops; energy made available for cleansing of heart blockages and hurts.

**Vial #6 DNA Link** - Unscrambles coded messages in DNA. Helps pieces come together related to higher purpose.

**Vial #7 Home Link** - Stimulates certain original zodiac cluster codes in the outer energy field. Meaning of "home" shifts to accommodate a new celestial context.

**Vial #8 Nervous System** - Activates the nervous system to fire in original sequences. Increases clarity and understanding of new information that requires a shifting of context.

**Vial #9 Most High** - Channel in solar plexus opens to receive pivotal energies of the Most High and of the Earth's Core. This transformational energy is dispersed as needed into human system.

**Vial #10 Archangel** - This is an elixir of tenderness. It forms a rhythm in the core of the being, resonating with the angelic stream as it pours into human consciousness. Peace and reassurance of one's soul safety in the world are strengthened. All that is soft and gentle remains sealed and protected. Enhances work with Archangels.

**Vial #11 Lovejoy** - Opens the "lovejoy" experience as an energy. All chakras are influenced to gradually accept this energy. Enhances the awareness of the "sacredness of all".

**Vial #12 Soul Self** - Helps protect and support the changing relation of the self from the personality cluster to the emerging soul.

**Vial #13 Central Channel Link** - Activates pumping action of central channel; temples and cranials receive energy; trance-like state and channeling skills can develop.

**Vial #14 Soul Type Link** - Promotes renewal, appreciation and discovery of one's soul qualities and type patterns. Race, gender, physical attributes, talents, preferences, etc. are awakened and aligned as instruments and pathways to destiny and higher frequencies.

**Vial #15 Heart Thought** - Energizes upper portion of the core channel assisting specific parts of the heart and the brain to receive higher energies. Flashes of insight, memory and knowing can occur. "Heart thinking" develops.

**Vial #16 Prayer** - Enhances all aspects of prayer; opens to deeper prayerfulness. A shifting develops to prayer as a form of communing, exchange, receiving, giving and accepting.

**Vial #17 Senses Link** - Heightens senses; vision, hearing and touch receive higher energy.

**Vial #18 Heartful** - Awakening fullness in the heart; directs energy from other centers into the heart area. Brings heart to the expressive level of consciousness.

**Vial #19 Release** - Forms the essential core pattern of spiritual development as "attainment through releasing"; provides strength and insight required for movement of the consciousness into the light; helps with resistance to transition; lessens ego pain of holding on.

**Vial #20 Strength** - Anchors conviction, certainty and strength. Gives witness to central truths of one's life; opens a knowing which gives courage during struggle or soul testing.

**Vial #21 Earth Light** - Helps bring light energy deeply into the physical. Pushes out toxic build-up; can be used in conjunction with many therapies for physical disease.

**Vial #22 Harmony** - Gives peace, balance and harmony to the individual by integrating all systems around the core channel; renewal of soul purpose and identity develop.

**Vial #23 Soul Dreams** - Brings forward deeply held dreams, desires and fears for releasing or embracing; permits functional levels of manifestation to orchestrate bringing in of blocked desires. One can reawaken wanting in alignment with soul.

**Vial #24 Light Body** - Stimulates connection of the "light vehicle" to awakening junction centers in body.

**Vial #25 Soul Powers** - Promotes an acceptance of power. Energy is made available to different systems for use. Soul gifts or powers are made more clear. One can express oneself through various channels with more strength and clarity.

**Vial #26 Chakra Alignment** - Creates a rhythmic synchronicity to movement of chakra system. These then realign with pumping of core channel and pulse of the earth.

**Vial #27 Soul Thought** - Lifts thinking to more refined levels; conducts higher thought into the nervous system; helps blend thinking with higher guidance. Brings in clearer archetypal thoughtforms to work with our own; enhances the creative process, psychic activities and visualization.

**Vial #28 Angelic** - Access to angelic stream carrying "innocent light" into the world.

**Vial #29 Heart Ignition** - "The heart stands in the center of all that is new". Vitalizes core functions of the heart chambers. Ignites a yearning for completions and fulfillment of mission and destiny.

**Vial #30 Guardian Angel** - Access to guardian angels; protective sheath develops for higher work and travel.

**Vial #31 Masculine Soul Link** - Develops masculine aspects of soul related to sexuality, birthing and parenting and "being".

**Vial #32 Starseed A** - "Pillar of Light" - Adds soft and fluid movement of blue-white light up and down the core channel; integrates this movement with breath through the belly.

**Vial #33 Feminine Soul Link** - Opens energies connecting to the deep feminine archetype - the Mother of All. Provides a deep, reassuring sense of unconditional love and safety.

**Vial #34 Starseed B** - Breath through the heart brings pink and amber hues to core channel; frequency of masters stimulated.

**Vial #35 Starseed C** - Breath through crown brings multi-colored frequency of ascended hierarchy.

**Vial #36 Starseed D** - Breath through third eye brings the color blue into the core channel.

*"This flower essences stuff was not an easy thing for me to understand. First I remember being skeptical because I didn't think they worked. Then I got scared because I could actually feel them working. And now I'm just happy because I feel so much better from taking them".*  
-George Bule, Connecticut

## The Pet Set

Animals are extremely responsive to flower essences. These descriptions come directly from ten years of research as a "pet practitioner". Although most of my research has been with cats and dogs, I have also worked with horses, birds, reptiles, rodents and rabbits. The publication *Stars of the Meadow* also describes some animal applications of the Medicinal Herb Set.

**Amaranthus** - Strengthens an immune system weakened through long-term use of drugs, chemicals and processed foods.

**Beet** - Strengthens and balances the blood; for mineral imbalances in the blood.

**Blackberry** - Helps with sluggish metabolism or digestion.

**Cedar** - Helps with bladder infections, colon problems, and weakening of the hind legs.

**Celandine** - Helps hard to train animals.

**Comfrey** - Assists in healing bones after fractures or dislocations.

**Dandelion** - For liver cleansing and animal hyperactivity.

**Foxglove** - Strengthens the heart area.

**Garlic** - Helps rid fleas or parasites.

**Lily of the Valley** - Helps animals feel loved; good for displaced pets.

**Luffa** - For skin imbalances, fur loss, rashes, itching, hypersensitivity.

**Marshmallow** - For animal anti-social behavior.

**Milk Thistle** - For shelter animals; recovering balance after early mistreatment.

**Snapdragon** - For excessive biting and chewing; for nervousness or stress expressed through the mouth and jaw.

**Tomato** - Cleanses toxins; strengthens kidneys; helps with egg binding in birds.

**Yarrow (pink, yellow, white)** - To prevent sensitive pets from absorbing stress from their surroundings or symptoms from their owners; can alleviate pet allergies;

## Delta Gardens Elixir Combinations

These essences are some of the most recent creations of Delta Gardens. They are created using the principle of "resonance", where minerals, oils and essences are combined with sun and moon energies to harmonize similar qualities for specific purposes. The deeper "earth" qualities of the minerals combine well with the more ethereal nature of the flowers to produce distinct and specialized vibrations.

**Lemongrass/Moldavite** - Enhances spiritual practices; aligns expanding vibration to receive assistance from star impulses; focuses cosmic energies into the brow and heart chakras. Allows one to feel and circulate higher energies through the system.

**Pearl/Lilac** - Elixir of hope, expansion and upliftment. Take one drop per dosage for best results. One feels the purest essence of love and support.

**Wine Tourmaline/Lilac** - Provides courage in the face of new beginnings; for those who fear or resist change. Take this essence when coming to terms with these fears. Take also when initiating change,

**Wine Tourmaline/Lily of the Valley** - A powerful cleanser for physical, mental, emotional and spiritual levels; take when fasting, releasing, transforming, shedding identities; carries the imprint of Christ Energies.

**Blue/Green Aventurine** - Reduces stress; develops confidence; changes energies in the conscious-subconscious interface so that one is more able to manifest consciously rather than through the subconscious; good for those who have made resolutions to create more abundance.

**Mahogany Tiger's Eye/Snapdragon** - Strength, courage and building of the immune system. Take for three weeks, stop for three weeks. Do this cycle three times; good for timidity.

**Blue Topaz** - Provides balance to the entire system during times of stress, change or challenge. The vibration of balance extends to mental, emotional, physical and spiritual levels. Best used in short term for specific times of stress.

**Snow Pea/Amethyst/Rose Quartz** - Helps one learn the lessons of judgment. One learns deeply when to judge and when to withhold judgment. Excellent for groups working together.

**White Poinsettia/Clear Quartz** - Stimulates clarity in the dream state; assists in lucid dreaming.

**Black Pansy/Garnet** - Helps the system release thoughtforms associated with viruses.

**Dandelion Root/Silver Colloid** - Helps the system release bacteria.

**Lapis/Blue Aventurine/Ruby in Snow** - For the purest joy. Combines the peace of the Mother with the burning of love in the heart.

**Daffodil/Sunflower/Citrine** - Development of self love, self appreciation; self esteem

**Lily of the Valley/ Pearl** - Anchors original soul imprint. For cases of deep depression or cult abuse where other-than-original-soul energies have replaced some of the original consciousness. Use with soul retrieval.

**Clear Quartz/Jet** - For exploring and releasing darker regions of psyche; for those who are afraid of their own thoughts or behaviors.

**Snowdrop/Lilac** - For regulating body temperature; good for those who need to accustom to dramatic changes in environment.

## New England Tree Essence Set

**Black Cherry** - Gives support and lightening to the "heavy-hearted; brings joy, strength and enthusiasm; helps those who are bored, distant and nonchalant.

**Black Locust** - Provides steadiness and balance for those who have wide mood swings or are given to bursts of extraversion and retreat; Helps one find the core or center of one's being.

**Blue Spruce** - gives vitality and nourishment to those who burnout or over use life force, working intensely to finish projects at the expense of their health. Helps steady, strengthen and distribute life force; helps those who are renegotiating priorities.

**Catalpa** - Promotes the release of old and deep pain that has caused difficulty in the lung-heart area. For processing unresolved grief from childhood or past lives. A complement to breathing therapies.

**Crusgalli Thorn** - Helps those who are overprotective; balances attitudes about freedom and control; eases fear of aloneness.

**Hickory** - Helps those who wish to change but cannot. Helps the transformation of ingrained, life-long beliefs that no longer serve the individual. Eases the hardening of fear that clings to untenable ideas and positions.

**Linden** - Provides angelic relief to deep worry and anxiety. Steadies the "high-strung" or overexcited psyche. Helps balance cycles of work, play and rest.

**Magnolia** - For developing insight and understanding for issues one is struggling with; helps one deepen spiritual awareness; helps spiritually minded people with balance and integrity.

**Pear** - Helps lighten those who are very serious, assists those who are recovering the ability to express joy and playfulness. Good for children who are high achievers.

**Red Cedar** - Provides stability to the wandering soul. Imparts strength and wisdom to the "soul tested" psyche. Eases turbulence in the stomach region, especially for those who have changed jobs, residences or schools. Good for children who are leaving home for the first time.

**Red Pine** - For those who waver in allegiance or are indecisive; helps with commitment, loyalty and certainty.

**Red Oak** - Helps one experience the "totality of one's being;" good for those who feel narrow or fearful of exploring new talents, horizons or aspects of the self; a good complement to many expansive therapies.

**Redwood** - Helps those who resist the things that cannot be changed; helps with a general ease in life; good for fear of change, aging.

**Washington Hawthorn** - For releasing unconscious-self-directed anger; developing equanimity and selfless love.

**White Birch** - Tempers an overly aggressive personality. Gives an overly masculine temperament an appreciation of its female aspects. Good for adolescents struggling with identity issues.

**Witch Hazel** - Helps those struggling with dilemmas or paradox in their lives; helps one make sense of opposing ideals; helps one integrate practical matters with ideals.

## Delta Gardens Vibrational Amulets

The Delta Gardens amulets are very small bottles (1/32 oz.) which contain flower essences, gemstones and essential oils. Each amulet is fitted with a small so that it can be worn around the neck on a cord or chain. Each has been designed and created to hold a specific vibration that is transmitted to the wearer in a steady pulse. All amulets are infused with specific energies of the sun, moon or elements to bring forth the unique frequencies required for each one.

**Ascension Amulet** - Contains herkimer diamond, moldavite and phenacite with daffodil, daisy and rose flower essences; brings a strong expansive vibration into the field. Wear occasionally at first. Best to wear during activities such as prayer, meditation, healing or ceremony.

**Protection Amulet** - Contains obsidian, flonite, angelica flower essence, sage and hazelnut oils. Protects from absorbing lower vibrations or from negative thoughtforms. Especially beneficial for healers, those working in organizations or for traveling to sacred sites.

**Peace Amulet** - Contains pink lepidolite and lavender oil. Use for anxiety, worry or times which challenge mental balance.

**Prosperity Amulet** - Contains gold, silver, herkimer diamond, mugwort oil and saint johnswort oil. This amulet brings the vibration of giving and receiving into balance opening the wearer to a more elevated prosperity consciousness.

**Purification Amulet** - Contains amethyst, clear quartz, moonstone, and lavender oil. Promotes multi-level de-tox for system. Use when fasting or clearing the system of mental, emotional and physical toxins.

**Heart Amulet** - Contains peridot and rose oil. Strengthens the heart area. Helps to integrate the love vibration into the system.

**Dream Amulet** - Contains rhodochrosite, herkimer, mugwort oil and tarragon essence. Stimulates dream remembrance and clarity. Good for dreamwork, lucid dreaming. Pin to pillow. Note: occasional use is recommended since some have reported less restful sleep when using it.

**Angelic Amulet** - Contains moonstone, rose quartz, gardenia and white rose. Strengthens connection to the angelic kingdom.

**Grounding Amulet** - Contains tiger's eye, smokey quartz, garnet and juniper. Helps one to hold expanded states and maintain mental clarity; eases irrational fears.

**Strength Amulet** - Contains malachite, lapis, amber and ruby with frankincense and hazelnut oils.

**Tree Spirit** - Contains tree agate, clear quartz, white pine needle, birch, olive, cedar and cypress oils. Assists those who work with tree energies; for journeying.

**Mother Earth** - Contains turquoise, yellow topaz, sunstone and fools gold, with sage, clover, geranium and sweetgrass. for those working to heal the earth, for those doing earth-grid work; wearing this amulet helps heal and transform both the earth and the wearer.

## Supplemental Sets

### 3 Trillium Set

This set contains the flower essences of three different species and colors of trillium each with its unique vibration but together working as a system. Preliminary investigation of these essences shows them to be of assistance in balancing and harmonizing the energies of the chakra system. They can be used separately or together in combination with each other.

**Red** - This essence works well with a bottom heavy system, adding strength and balance to chakras 1 and 2, which may be pulling energy from other higher chakras. A person needing this essence might exhibit one or more of these traits: over-concern about appearance or aging, obsessive fear of poverty or of losing one's material security, disdain for those who are not within one's circle of family and friends, ruthlessness, intense ambition, a sexually addictive personality.

**Lavender** - The next three chakras benefit from this essence. Overly sensitive, emotional, dependent, manipulative, passive aggressive, powerless, self-centered, or overly dramatic people can benefit from this essence. The effect on the personality is to enhance emotional security, self-reliance, grounding practicality and independence.

**White** - Balancing the upper chakras can restore a level of evenness to those who are overly: romantic, intellectual, driven, zealous, drug-dependent or escapist.. It can also treat many types of spiritual imbalances.

### Protection Set

When the protective layer of the energy field is compromised from stress of any kind, then the individual becomes vulnerable to many unwanted conditions and experiences that our healthy fields normally keep out. These include accidents, illnesses, anxiety, sleeplessness, obsessions and energy loss. Each of these essences enhances and strengthens the field keeping the individual safe and healthy. All of these can be used internally or in mist bottles.

**Angelica** - Provides assistance in sealing the energy field that is challenged or compromised from growth, processing, or developmental movement; a wonderful essences to assist anyone going through periods of rapid change. This sealing occurs from outside of the field

**St Johnswort** - Provides a sealing and strengthening to the energy field that is weakened from shock, burnout or from an expanded or escapist nature. Protects from dreamtime imbalances. The sealing action of this essence occurs from within the energy field in the area where the field connects to the belly.

**Rue** - Repels negative energies directed towards one by others. This includes unconscious energies from anger or hatred, or direct and conscious efforts to hurt one through curses, spells, etc..

**Yarrow (white, gold, pink)** - Strengthens the energy field to repel others' thoughts, emotions as well as harmful spectra of waves, such as radiation, microwaves, etc..

**Garlic** - Repels parasitic energies which have a tendency to attach to the field. Helps with some forms of obsession and some types of fear.

**Emergency Protection** - Combination of the above 7 protection essences; to be used in special emergency situations: acute distress and sleeplessness; psychic attack; travel to other countries; some types of depression and burnout; acute fears and anxieties. Not to be used as a replacement for professional or medical help for these conditions.

## **Essences for Men**

Designed especially to bring balance to the male of the species. These essences should be handled only by the person taking the essence. Practitioners should follow directions that come with the essences.

**Fire Opal/Garnet/Rainwater/Spring Water/Clover Honey/Vinegar** - For pure male energy, strength, protection and the "Sword of Michael".

**Yarrow/Pink Tourmaline/Rose Quartz** - For bringing forth the feminine side of the male - open, loving, soft and sensitive.