






Upliftment








At various times in our lives all of us can benefit from a little upliftment. The suggestions below can help banish occasional blues and help us yet again feel the sunshine. If you have deeper or long lasting concerns please consult a health practitioner.

Aromatherapy makes use of natural plant scents to promote emotional and physical healing
 Use: add a few drops to a handkerchief or ceramic aromatherapy lightbulb ring. Various blends are available, too. Brands which may be used with confidence are Simplers, Oshadi Aroma Vera and Tisserand.

Bergamot **Lemon Balm/Melissa** (costly) **Jasmine** (costly) **Tangerine** **Neroli** (Simpler's)

Baths are used worldwide to help balance the emotions. Adding epsom salts and/or non-iodinized sea salt to the water enhances its' beneficial qualities. Just prior to entering the bath add 5 drops of essential oil and stir the water in a figure 8 motion. Use extra care if you have sensitive skin.


Lemon Balm/Melissa (costly) **Jasmine** (costly)


Herbs A wonderfully sunny herb in the mint family is **Lemon Balm** which is best enjoyed fresh as a tea. It's very easy to grow (a source for seeds is below). Should you prefer the convenience of an organic liquid **Herb Pharm Lemon Balm Extract** is a good choice. **Lemon Lift Tea**, in tea bags or bulk, is available from Jean's Greens (see below).


Tea preparation: Boil water in a non-aluminum pot. Turn heat off. Add a small handful of fresh or dried herb and cover. Steep 3-5 minutes. Strain and drink. Alternatively, add one to three droppersful of extract to a teacup of hot water. Sweeten with honey, if desired.


Flower Essences are unscented vibrational remedies which gently help transform self-limiting beliefs and unresolved feelings so we may achieve our fullest potential. This elegant yet simple method is one of the fastest growing healing modalities worldwide. Refer to *Flower Essence Repertory* by Patricia Kaminski and Richard Katz, co-founders of the Flower Essence Service, for essences to resolve other issues. Traditional use: under the tongue or in any beverage, Adults 2 drops 3~4 times daily. Children: 2 drops 2 times daily.


Mustard ~ to release melancholy and despair that occurs without an obvious reason
Gentian ~ discouragement after setbacks, faith to continue
Gorse ~ transforms hopelessness into optimism **Borage** ~ cheerful courage, buoys the heart

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 A reliable source for teas and healing preparations:
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 Flower Essence Service (FES) or English (Healing Herbs) essences:
Flower Essence Service P.O. Box 1769, Nevada City, CA 95959 USA
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 An excellent source of organic heirloom (rare) seeds:
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Isadora is available for telephone consultations and to travel for consultations and classes.