

7 Facts About
*Flower
Essences*
For Perfect Well-being



1. What are flower essences and how do they work?

They are herbal infusions that stimulate our positive qualities.

2. How do I take them?

Several drops under the tongue several times daily, apart from food; or topically on wrists.

3. How do I know which essence(s) to take?

When in doubt, start with Pear Essence to sensitize you to the others; or see which one "jumps out" at you in the list on the back.

4. Can flower essences be taken with other herbs and medications?

Absolutely. Vibrational and not biochemical, they can complement other products, therapies, and treatments.

5. Are they safe to use?

Yes, as seen by their usage for animals. There is no overdosing, contraindications, or side effects.



6. How long should I stay on a flower essence?

One to 2 weeks is standard when used singly, or until you feel stabilized in the corresponding quality.



7. How can I learn more?

Visit www.Spirit-in-Nature.com for our Home Study Courses, books, posters, online educational materials, and more!

Spirit-in-Nature Essences

is the oldest firm outside the U.K. Time-tested and well researched, they have been assisting people, pets, and plants since 1977. *We wish you perfect well-being.*

info@Spirit-in-Nature.com
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530.478.7655 or
800.347.3639 (34.RENEW)

THE ORIGINAL
Spirit-in-Nature Essences™



To develop these qualities, try these essences:

Calmness:	LETTUCE
Uplifted Spiritual Awareness:	COCONUT
Cheerfulness:	CHERRY
Simplicity, Guilelessness:	SPINACH
Unselfishness:	PEACH
Mental Vitality:	CORN
Mental Strength, Endurance:	TOMATO
Self-assurance:	PINEAPPLE
Humility Rooted in Calmness:	BANANA
Flexibility; Self-acceptance:	FIG
Moral Vigor, Moderation:	ALMOND
Peace, Emergency:	PEAR
Good Memory:	AVOCADO
Peaceful Clarity:	APPLE
Enthusiasm:	ORANGE
Purity of Thought:	BLACKBERRY
Tender Sweetness:	DATE
Dignity:	STRAWBERRY
Kindness, Compassion:	RASPBERRY
Love:	GRAPE

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Flower essences do not replace proper medical care by a trained physician.