

BALANCE IN GRIEF RANGE

The Balance in Grief Constellation came into being as an adjunct to the Balance Constellation I had previously created. At the time, I had a number of people suddenly bereaved, or at a crossroads in their lives. I felt that the Balance Constellation needed additional gem and flower essences added to it, in order to aid the healing process further for these people. The results were fabulous!

Not only does it bring your mind, body & spirit into balance; it also enables you to let go of the past; to feel deep peace and acceptance of what has been and to release yourself from deep grief.

The combination of the **Elixir** for internal use, together with the intuitively created blend of Lemon; May Chang & Mandarin in the **Energy Spray** and **Healing Cream** work in synergy to uplift you; release you from grief and loss, & allow you to move forward.



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The *Gem & Flower Essences* used are:-

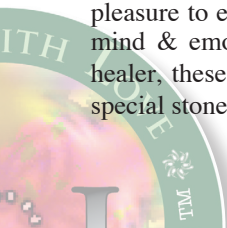
Dandelion Flower and Leaf – made from specially chosen flowers & leaves from my garden - detoxes and balances the solar plexus, brings the “sun” energy into the body. The leaf is said to promote a healthy heart & circulatory system.

Self-Heal – gathered from my lawn, self-heal only grows in lawns that are free from all chemicals. It treats wounds; heart disease; mouth ulcers; liver complaints; is anti-inflammatory & is believed to have cancer-healing properties.

Lady’s Mantle – gathered at dawn, with the dew still on the leaves, my Lady’s Mantle Flower Essence has very protective qualities. It can gently bring into balance your physical, mental and emotional bodies. This in turn enables us to be more centred; calm and accepting of life.

Evening Primrose – brought into my garden by the birds, this beautiful natural yellow Flower Essence balances the body; hormones and emotions in both men and women and works in synergy with the other gem and flower essences present. It has known benefits to balance and heal the prostate gland in men.

Green & Red Ocean Jaspers – arguably the most phenomenal healing gemstone I have ever had the pleasure to encounter! Balances all aspects of the body, mind & emotions; also believed to be another cancer-healer, these two gem essences were created with very special stones – all-round healers!



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South African Green Jade Heart - brings balance into the heart; emanates peace & tranquillity; a stone of joyous love. As an elixir, it brings the deep green energy of the heart to all parts of the body, releasing emotional instability, particularly of irritability and impatience, replacing these feelings with peaceful joyousness.

Blue and Orange Calcite Combination - balances your Throat & Sacral Chakras – your points of communication and creativity; enables you to clearly communicate your needs & wishes; also enhances your creative abilities & hidden talents, allowing them to blossom.

Imperial Golden Topaz No. 3 - there are four Golden Topaz Essences, each made in antique cut-glass crystal bowls (befitting their “Imperial” heritage!). *Balance* contains no.3. They are said to recharge you spiritually & physically, linking you to the highest universal forces! When drinking the elixir, I feel my lower three chakras come back into balance, before shooting golden energy up to my crown chakra & aligning all points in-between. The great news is that these wonderful stones are also believed to strengthen your liver, gall bladder & endocrine system!

Hawthorn Blossom - the blossoms I chose to make this Essence came from three very special trees locally. Hawthorn Blossom is for emotional healing of the heart and even within the high vibration essence, you can still taste the subtle aroma of the flowers! Exquisite!



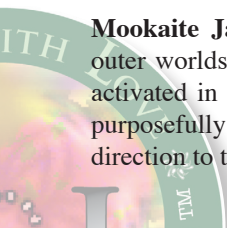
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Apache Tear – a form of Black Obsidian, which works in a gentler way. As an essence it releases negativity in a gentle manner. It comforts in times of sadness & grief; heals long-held grievances & rifts, & allows light and love to emanate into the beings of all involved. A great stone for ridding us of self-limitations and increasing our spontaneity.

Dravite Tourmaline - as a Gem Essence, this gentle, strong grounding energy encourages you to gently accept all parts of yourself, releasing negative emotions, enabling you to break old patterns of behaviour in order to move forward. It is also believed to be linked with cleansing and strengthening the lymphatic system, enabling us to rid our bodies effectively of physical “waste” as well as emotional baggage.

Iolite – the five stones chosen to make this elixir were a beautiful deep violet blue. Iolite is known as the stone par-excellence for the treatment of malaria; reducing fatty acids in the body to help the body to detox by regenerating the liver & also kills bacteria. Linked with communication, it enables you to step out of your own way and intuitively know what to do and say perfectly at any time. It has been known to release discord within relationships and may help you to sever co-dependency within relationships.

Mookaite Jasper – brings into balance our inner and outer worlds. As an elixir, it enables your energy to be activated in gentle ways allowing you to move forward purposefully with deep, calm inner knowing as to which direction to take.



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Mother of Pearl - is a stress-relieving stone; relaxing, soothing and calming. As an elixir, it stimulates your intuition, imagination, sensitivity and adaptability; enables you to bring your emotions into balance and harmony; releases past hurts & enables you to express feelings of love to yourself and others.

Black Obsidian - is highly protective & wards off bad energy & psychic attack. It also brings up negative emotions and recollections from the past, including past lives. It forms part of the Balance in Grief Constellation because of its ability to cut negatives ties and emotions, allowing you to be free to move forward in your life.

Additional information :-

- All Elixirs are preserved in a water/ Raspberry Vodka combination
- Additional ingredients in the Energy Spray – Polysorbate 20 (from Coconut) as an emulsifier and St Helen's Spring Water
- Additional Ingredients in Healing Cream – Hand made Hypoallergenic Base Cream plus Carrier Oils of Apricot Kernel, Peach Kernel and Wheatgerm

