Spiritwater Gardens

Your Guide to
Healing and Transformation

Spiritwater Gardens

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Welcome to Spiritwater Gardens

"……water changes its quality according to the information it takes in."
Masaru Emoto

Our gardens lie on the southwest bank of Sugar Camp Lake in Northern Wisconsin. We are on a patch of Heaven on Earth with tall pine trees on the half that slopes down to the lake, cultivated gardens on the level half, and 5 acres of virgin timber across the road.

Seventeen years ago, we made a promise to the non-physical realms of the highest light frequencies, that we would keep a portion of the property permanently undisturbed. Almost immediately a huge portal opened and new energetic ley lines were activated. Spiritwater Gardens burst from its chrysalis and the co-creative activities on the land began.

We are water worshipers around here! Waters infused with things like starlight, or purple violets or blue quartz nourish our flowers. Waters that hold the intelligence of the flowers and gems receive the highest quality purification treatments we know of. The waters are the recipients of prayers and mantras to preserve their purity. In every moment we are aware of the miraculous services that the waters of flowers, gems and vibrations hold for our entire energy system. [So vital is water to the transmission of energy and information, that it can be demonstrated that molecular signals cannot be transmitted in the body unless done within the medium of water.] The waters of Sugar Camp Lake are the recipients of purification rituals and the blossoms of many flowers from us. Sometimes we even see each raindrop that falls on our gardens infused with the image of Universal Mother Mary. Ours are truly the waters of spirit.

We are proud to be small enough (when I say "we," I am referring to my non-physical co-creative assistants) to still answer the phone and do complimentary personal readings for you to help you sort and filter through all of the 190 essences that we have available.

Divine realms are perfect advisors on these matters and we are here to support you in having all of their information to discover which flower essence is perfect for you. To learn more about how we choose essences for you, see complimentary readings at **www.spiritwatergardens.com.**

Although we have over 500 individual flower and gem essences, our concentration focuses on preparing combinations of essences. These combinations "amp" up the abilities of the remedies to create real transformation to our subtle energy systems. We are no longer simple Model T Fords; no we are complex light being vehicles, nourished by light – especially the light of flowers and gems. Our flower, gem, and vibrational combinations can transform you from caterpillar to chrysalis to butterfly.

Intention

"Co-creation moves us from the place of individually based determinations to a vast expanse of information far more comprehensive than we can begin to imagine."

Elizabeth Patric

Our gardens are devoted to the **co-creation** of healing combinations of flowers, gems and etheric vibrations with assistance from non-physical realms. Co-creation means that we realize that there are vast arenas of knowledge and assistance of which we know very little of. At Spiritwater Gardens, we set the intention to co-create our products with the guidance of these higher realms. This perspective from "upstairs," gives us the ability to see the whole picture and this is particularly important from the vantage point of the human energy system. Questions like "Which aspects of my energy field should I address first?" or "What are the natural forces occurring in this moment that would be auspicious for my healing?", may seem overwhelming from a finite perspective but are addressed superbly by subtle realms.

It's like the difference between being an individual car down on earth at rush hour weaving its way through a maze of traffic,

potential delays, and traffic jams; without any real knowledge of what's even coming up around the next bend, as compared to the traffic helicopter that can see the whole picture. When we speak of co-creation we mean that as human beings, we consciously acknowledge the wiser, wider perspective "traffic helicopter" realms to help us make better, more all encompassing decisions.

Every day, before we do anything else, we connect with the elementals, devas, nature spirits, ascended masters, archangels, angels of pure consciousness and others for assistance. (Learn the details of this ritual in ***Flowerspeak*** in the "Book" section. Together, with their instructions, the work of co-creating divinely guided combinations of flower, gem and vibrational remedies unfolds. Our intention is to remain open each and every day to the advice from the divine realms and to co-create with them, a Heaven on Earth. Not only has this sublime guidance resulted in the Essence Collections, but also a series of CDs – ***Portals in Consciousness, LaHoChi - High Frequency Hands-on Healing Manual, Flowerspeak: The Flower Whisperer's Guide to Health, Happiness and Awakening, and Remote Healing Program - p.66.*** We remain eternally grateful and eternally open to guidance that manifests such wisdom, healing, and transformation.

What are Flower Essences?

"We can't solve problems by using the same kind of thinking we used when we created them."

Albert Einstein

The essence of a flower is the life force of the flower imprinted in a vehicle like water. The art of "capturing" or imprinting the energy pattern of a flower has been perfected and is remarkably simple. The amazing research of Dr. Masaru Emoto has shown how information and memories can be held in water. This research supports the notion that water has the ability to become imprinted with the vibrational qualities of the flower. This allows for an easy entrance and absorption into the human body, composed mostly of water. The flowers can easily then be absorbed through the physical and energetic systems of the body and infuse the body with their healing vibrations.

The "deva" of the flower holds the energy pattern of the essence in a liquid vehicle. Visualize a deva as a sort of permanent firework or "spark" that holds the wattage of the flower essence. Nothing physical is transferred to the water, but a potential of light information (deva energy) is vibrant and alive in a co-created flower essence. When making flower essences, 1 or several of the blossoms, if they are small, are carefully placed in a crystal bowl filled with purified water and left in the sun. (For step-by-step details on making flower essences see ***Flowerspeak*** in the "Book" section). If you were to take a Kirlain photograph during this process, you would see that a mist-like imprint with small trailings of light transfer to the water. At Spiritwater Gardens, we preserve our flower essences with organic Bulgarian rose water and then amplify under heliospheres and use mantras to further "hold" the essence. Generally, gem essences are made using the same process used in making flower essences.

How Do Flower Essences Work?

"Releasing spiritual and medicinal properties stored in the flowers is one of the great keys to unfolding God's plan on the earth plane."

Gurudas

Just as there are nutritional elements found in plants that are useful for the health of the physical body, so too, there are patterns of biomagnetic energies discharged by the flowers that assist with the health of various energetic layers of your body's energy field. To understand how these patterns can help heal and evolve us, it is helpful to understand the life force field of the human being.

The physical body exists because of an energy field surrounding it. First there has to be an energy field, then the physical body can manifest. The energy body is composed of subtle bodies (which are specialized bands of frequencies vibrating at fixed distances from the physical body), chakras (energy centers vibrating within the physical body that upload and download energy) and the meridian system (an intricate web of channels through which energy can flow). An energetic imbalance will always show up in the energy system first and then the physical body manifests the problem. It makes sense to address healing at subtle levels to get to the root of physical imbalances.

There are myriads of different flowers holding endless "blueprints" to assist with healing physical, mental, emotional, and spiritual challenges. When the amplified energies of these essences are intermingled with all aspects of the human body, a lot happens. The actual pathway that the flower essences take as they move through the physical body to the energetic bodies is complex. The remedy, after being dropped on (or under the tongue), instantly settles mid-way between the circulatory and nervous systems. The two systems contain quartz-like properties and an electromagnetic current, especially enhanced in individuals who have been consciously working to improve the energetic flows in their fields. The essence moves in the current to the energy meridians. The meridians are the interface or doorway between the physical and ethereal properties of the body and the essences can either move immediately into some aspect of cellular activity in the physical body, or move to the subtle bodies or the chakra system. *(Gurudas, p.27-29.)*

Flower essences can be used in thousands of different ways. They are excellent for physical problems like detoxification, traumas, allergies, addictions, back problems, insomnia, lack of energy, viruses, parasites, protection from radiation, and hundreds of other imbalances. Psychological problems that flower essences address are almost endless as well and include anger, abuse, depression, joy (encouragement of), relationship problems, harshly judging one's self and fear. There are flower essences for each of the chakras, improving faith, shape shifting, exploring portals, improving clairvoyance, bringing more magic into our lives, attracting fairies, protection from negative energies, improving our ability to meditate, and for discerning divine guidance over all the other voices.

Energy fields can be contagious. If you walk into a room with 15 people that have low self-esteem, your energy field has two choices. It will either begin to manifest some of the "symptoms" of the group and ultimately you will be dealing with a self- esteem issue, or else (and preferably!) your energy field will stay conscious and you will have enough awareness to maintain your own fine tuning and transcend the collective consciousness in the room. If you are able to maintain your own vibration, others will tune to your consciousness. It is like being a musical instrument in a room full of discordant instruments. If you maintain your fine tuning, all the other musical instruments will become fine tuned as well. This has become known

as the "tipping" point, or the point at which collective consciousness makes a shift. Flower essences are excellent tools for maintaining our fine tuning amidst discord and chaos.

What are Essence Combinations?

"If you were born without wings, do nothing to prevent them from growing."

Coco Chanel

Each essence combination formula is a number of individual flower essences chosen by non-physical realms, used to heal a particular set of imbalances that humans tend to carry in their energy fields. It's like having one light turned on in a room as compared to many lights shining at the same time. Stronger transformations occur. We see on the etheric realms that sacred geometric structures seem to manifest as a result of combinations of flower and gem essences used at the same time. Combinations of flower essences offer a formidable way to directly heal certain vibratory levels of imbalances. We offer over 190 different divinely guided combinations described in this catalog in the "collections" sections

"I bought your book Flower Speak from booktopia and I couldn't wait to receive it. I thought WOW!! your work is beautiful..I keep reading it, it has become a flower bible for me and I have learnt more from reading your book. Thank you so much your an inspiration! Love Life! Love Flowers!

What are the Complimentary Readings?

Our complementary readings are the very heart and soul of Spiritwater Gardens. With over 190 combination essences to choose from, we are happy to help you with your flower essence choice, supporting the energetic change of your vibration. Divine guidance has shown a way, during an early morning meditation, to connect with your field with your permission and "be shown" options that will help your healing and evolution. The essences that

are chosen are auspicious and will result in a grace and ease in your transformation. This is a gift given freely to me and we are guided to make this available to you at no charge or obligation. You can email Elizabeth at **lizjchan@gmail** or call for a complimentary reading. See more at **www.spiritwatergardens.com**.

TESTIMONIALS

"Reading your response and recommendations, you'd think that you knew me personally."

"I am holding back tears of joy…reading the beautiful words about the Mary Essences. I feel that you truly know exactly what I need right now. Thank-you."

"I am not sure that I tell you often enough about all the times you are so "on track" with my readings. Somehow, I always get a confirmation."

(Lots more testimonials at www.spiritwatergardens.com.)

What are Vibrational Remedies?

"Reality is what we take to be true."

Gary Zukav

As a child, growing up in the wilderness of the Adirondack Park in upstate New York, my playmates were the devas, fairies and nature spirits of the forests. When I was about 10 years old, I lost the ability to "see" but in the 1980's a perceptive elderly Shaker at Canterbury Village in New Hampshire (where I was their head herbalist) "reminded" me of my ability to see non-physical realms associated with the interface of nature and earth.

As I make up the essences, I am aware of the devas co-creating the essence with me. As I physically add a flower essence to a combination formula, for example, I see the deva adding its "essence" on the etheric level. It appears to be almost like adding

a tuning fork energy to the water. The water and the deva that represents the imprint of the flower we are adding get in "resonance," and the vibration of the deva, is transferred to the water. As more flowers are added, there is what appears to be a cascade of impulses traveling into the water holding the essence combination.

So it was not a surprise to me when I started to notice (for the first time during the preparation of the initial series of Galactic Grace Essences) that non-physical beings that I would call devas or star elementals would add their vibration or resonance to the water as we watched. As we added a flower or gem essence, other things were going on! This was a little disconcerting, but I knew that I should get out of the way. I remembered Einstein's quote, *"We can't solve problems by using the same kind of thinking we used when we created them."* It was clear to me that I needed to get "out of the box" of my limited thinking about how to heal. I had learned to love the devas associated with the flowers and knew that their ability to heal me was miraculous. As I worked with them, I learned that I could call them to help me heal, even if my essences were not close by. I had watched remotely how they would work on others that had picked up the phone to call me for help, even if they didn't have essences in their possession. I had to learn how to honor the non-physical realms. At first my skepticism really got in the way and that seemed to block their energies a bit and make them much less blissful and delighted. Which of course made me less blissful and delighted, and eventually I learned to honor their activities.

Years and years ago, we used to have a lot of combinations already made up on our shelves. In order to honor the non-physical realms, we now make up each flower, gem and vibrational remedy at the time the order takes place. This allows the non-physical realms to fine tune the formula for each individual. We will often see a lot of non-physical activity (along with laughter and delight) as devas join in to make the combination perfect for each person with their magical touches and flourishes.

We Never Charge For Animals

If the pet's guardian is taking our essences, we will make essences at no extra charge for the pets in your household. We need the names of the pets. This helps the whole household get well, as pets, with

their infinite capacity for compassionate assistance, will try to hold imbalances that their guardians are holding that need to be cleared.

Preservation, Bottling and Enhancement of Essences

We grow our own flowers at Spiritwater Gardens and gather a lot from our north woods Wisconsin and upper Michigan surroundings. Elizabeth also takes pilgrimages to areas suggested by divine guidance including Adirondacks, Olympic Peninsula, Kauai, Kansas Prairie, and the Florida Keys. Our essences are preserved with the higher vibration of organic Bulgarian rosewater. We never use alcohol to preserve our essences. In my experience watching the deva energies, I can see that the higher the vibration of the liquid, the more that the devas "dance" with delight in decoction. We look for our essences to have an energy that is pure, vibrant and robust. We vastly prefer essences preserved with higher vibrations as they calibrate at much higher frequencies and undoubtedly address a wider spectrum of energy levels, then their alcohol based counterparts.

Our essences come in 2 oz. cobalt blue, round bottles with droppers. Individual flower essences can be ordered and come in 1/2oz. cobalt blue bottles. The essences, once bottled, are placed under a heliosphere for 55 minutes. Several different mantras or prayers are also recited during this process. These combinations create a truly powerful health ally that will propel you in your healing and evolution along your soul destiny path.

TESTIMONIAL

(This from a woman who Elizabeth's guides showed that she was to take FEMALE BALANCE and CHAKRA 2) "Thank you so much for this reading. I had a hysterectomy five years ago and have never felt right since. I was also molested as a child. Your essences, almost immediately brought balance & clearing and I truly feel better than I have in years, I don't even get the hot flashes anymore!"

How Take and Take Care of Your Essences

When you receive your package of essences, it will contain a note with a dosage amount that has been divined for you. Standard dosage is 20 drops two times a day for 21 consecutive days. Taking the dosage as a number of days in a row helps to set your intention and support the shift in a more powerful way as contrasted to a random or occasional dosage. The essences can be put on or under the tongue, in a glass of water or in a bottle of water that can be sipped all day. It is important not to touch the dropper to the tongue, as then the electrical pattern of the essence can be contaminated by the pattern present on your tongue.

Your essences come with energetically alive devas and it is only natural to want to take care of them and keep them happy. It is better to keep essences in a more sacred place such as an altar or perhaps beside a quartz crystal. It is best not to keep them on top of computers, televisions, refrigerators, or other electrical devices. If there are a lot of chaotic vibrations around, keeping essences in a more secluded place is better. The devas like to feel cared for and honored.

How Plants Communicate their Uses to Us

In my book, ***Flowerspeak,*** (see "Book" section) 55 flowers with beautiful color photos "speak" of their incredible gifts. The book also addresses the way in which plants communicate their healing abilities to us. A plant can be "read," and communicates information to us through various signs and "body language," a theory known as the "*Doctrine of Signatures.*

Many believe that there was an ancient civilization on earth that was still divinely guided, that predicted that humanity, at some point would choose the road of "free will" and that "downfall" would cloud the auric fields of humans and fill them with negative imprints and patterns that would compromise their health and well being, until they "remembered" and no longer needed to receive the "lessons." (It was a long learning curve!). This forward thinking civilization made sure that a solution or a way through the veil would be available to those who loved the earth. They put the corrective electromagnetic properties into flowers, crystals and other natural objects that are helping us become the Light Gods and Goddesses we were meant to be.

TESTIMONIALS

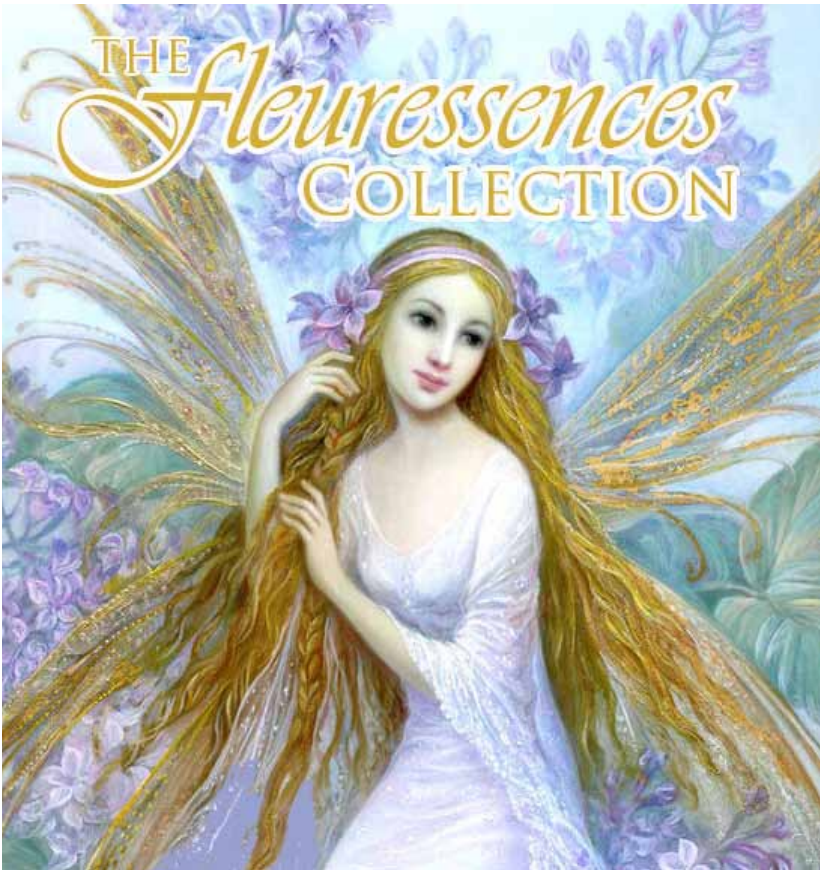
"Again, thank you for your reading for essences, the healing, and the mentoring this past month. Just to offer you this, after five years since my diagnosis with leukemia and just 2 months of flower essences, all my blood count numbers tested normal during a recent follow up appointment. Its been a long road and I am thankful for your part in my healing journey."

"Elizabeth, I just wanted to share with you that I work with a therapist in Sedona on a regular basis. After taking your essences for a few weeks, she could tell a big difference in how easy it was for me to move through what typically would have been very difficult for me. The only difference, I told her was that I was taking your essences. She was very impressed by how you create and do readings for these essences."

"She has been a spiritual guide and loving support through innumerable peaks and valleys in my life. Liz is my "go to" whenever there is a crisis large or small. She has brought healing to my life on all levels; physical, mental, emotional and spiritual. Her healing energies have lifted me from depression numerous times, enriched my relationships with my husband and children beyond measure, and healed chronic physical symptoms. What's more, I've witnessed her healing capabilities grow exponentially over the years and I'm excited to experience the incredible transformations to come."

"I cannot even find the words to express my eternal gratitude to Liz, her powerful healing energies, and all the beings of Light and Love that surround, uphold and protect us. I praise God for Liz's wonderful, powerful, loving presence in my life. Infinite gratitude! Thank you, thank you, thank you!"

Fleuressences Collection



Fleuressences Flower Essence Collection

Fleuressences were the original essences that we were guided to make at Spiritwater Gardens. Most of the flowers used in these combinations were grown organically in our gardens or collected in pristine environments in the wilderness areas of Northern Wisconsin or upper Michigan. About 10% of our essences come from other suppliers who only use red Shiso as their preservative and whose farms we have visited.

The Fleuressences line tends to be combinations of flowers that address healing of body, mind, and spirit. They clear common "issues" that show up in energy fields as healing unfolds. Brief descriptions of each essence in the collection are found below and complete descriptions with each of the flower combinations described at **www.spiritwatergardens.com**.

"O Holy One, I ran through the fields and gathered flowers of a thousand colors_____
And now I pour them at Your feet.

Their beauty and their brightness shout for joy in Your Presence.

You created the flowers of the fields and made each one far more lovely than all the skill of man could design.

Accept my joy along with theirs, this field of blossoms at Your feet.

Holy One
as the winds blow through these flowers till they dance in the ecstasy of creation, send Your Spirit to blow through my being till I too bloom and dance with the fullness of Your life."

ISHPRIYA R.S.C.

ABUNDANCE / MANIFESTATION - Combines 14 flower essences that clear old patterns of thinking and negative imprints in the energy field that have created limited thinking related to our ability to create an overflowing of generosity and abundance in our lives. Help us to embrace the ecstatic quality of being that manifests abundance. Helps us to receive and releases guilt and jealously. For those interested in manifesting their goals and dreams.

BLESSED CREATIVITY - Combines 15 flower essences that will increase creativity and will emphasize the purpose behind it. Focus on the healing / spiritual service divinely guided creativity can perform. Helps to draw creative ideas from the cosmos; for artists of all types.

BROKEN HEART - A combination of 24 essences that clear negative patterns from those aspects of the energy field related to the heart chakra. For those who have had their heart broken in this life or others. Helpful for moving to greater depths in intimate relationships. For those who tend to sabotage their efforts at relationship, restores wholeness, gives courage and unconditional love.

CHANNELING EASE - There are essences in this formula for moving back and forth between dimensions, sensitizing the nervous system, working co-creatively with divine beings, adapting to change and transition and helping us to see "time" in a different way. This formula is wonderful for artists and writers working co-creatively with non-physical realms.

CHAKRA 1 - 62 divinely guided essences for comprehensive fine tuning of the root chakra. For staying grounded, "digging in" and getting things done, being realistic and seeing situations clearly and for setting goals and getting concrete results.

CHAKRA 2 - Our assistance on ethereal realms showed us 50 flowers to use for this energy vortex related to going with the flow, transitions and change, creativity, spontaneity and sensuality.

CHAKRA 3 - 57 essences are combined to amplify and activate every aspect of our empowerment center, gives us forward momentum and vitality; all the energy, stamina and focus to get the job done.

CHAKRA 4 - A formula for the heart chakra containing 70 essences that address every aspect of a heart chakra's blueprint to perfection. Flowers for the threefold flame activation at the heart chalice, unconditional love, better breathing, compassion, and improving our ability to give and receive.

CHAKRA 5 - 42 essences to clear and fine tune the throat chakra that helps us to speak our truth, speaking public, be a better listener, formulate concepts, translate incoming information or codes and helps to align the mind with the heart.

CHAKRA 6 - Holds 55 essences that activate and fine-tune all aspects of the third eye, creates inner flows of information, center of intuition and "mission control". Amplifies intention.

CHAKRA 7 - For the crown chakra and our "antennas" that are receptors for information / codes / activations coming in from the cosmos. Activates the 1000 petal lotus flower. 84 flowers.

CHANNELING EASE - There are essences in this formula for moving back and forth between dimensions, sensitizing the nervous system, working co-creativity with divine beings, adapting to change and transition, and helping us to see "time" in a different way. This formula is wonderful for artists and writers working co-creatively with non-physical realms.

CHILDREN'S BALANCE - A combination of 24 essences that address the many facets of child's life - this is for children between the ages of 3 and 12 years. Brings about balance in all ways. Calming, stabilizing for the emotions, emphasis on protection from negative energies, gives sense of purpose, self esteem, and an inner trust of one's own wisdom. Helps with transitions, restores within the child an enduring sense of delight, optimism, and faith.

CO-CREATION - A combination of 25 divinely guided flower essences assist in dissolving ego illusions, interfacing with non-physical realms, gives direction, allows us to surrender and let go, activates a chakra at the base of the skull necessary for co-creational activities, helps us to shift dimensions, and hear the divine voices.

DIVINE GUIDANCE - Includes 14 flowers that bring greater connection to the higher voice within us all. Calms the emotions and mental chatter so that we can get quiet enough to "hear." Clears the "hearing band" of samskaras (a Sanskrit word for "scars.") in the field. For those who tend to hear the voices of ego, society, peers, parents, or emotions and want to hear instead their higher spiritual guidance. (See Portals in Consciousness CDs for Journey to the Divine Guidance Portal).

EMOTIONAL ACCORD - In Sanskrit, there is a wonderful word – svarupa, which means perpetual bliss. It is said in those traditions that if we master our emotional bodies, the energy that we would use in the typical roller coaster emotions, will instead be transformed into spiritual fuel for

our ever expanding awareness and consciousness, therefore bringing limitless bliss. This flower essence combination is all about the fullness of being able to experience the wide spectrum of emotions so that our glass can be endlessly full, but at the same time, not wasting a drop of our precious spiritual fuel for becoming the most complete expression of Creator's glory. Contais Broccoli, Grootendorst Rose, Cucumber, Moonflower, Arrowroot, and much more.

FAIRY CONNECTION - Holds 27 essences and gems that give us greater sensitivity and connection to the nature spirits, fairies, devas and other non-physical beings that interface with the earth's surface and natural world. Full of essences that support frequencies of joy, delight, playfulness, laughter, and celebration. Also connects us more fully to nature and the wilderness of our soul. For relishing every moment. Includes Staurolite, Fairy Stone, and Lemurian Seed Crystal gem essences.

FATHER / SON - Essences for supporting greater sensitivity and healing for the father – son relationship. Re-patterns habitual tendencies that no longer serve the relationship. Clears deep seated anger, brings clarity, aids in forgiveness and unconditional love, and brings humility. Shows the divinity of each.

FEMALE BALANCE - This amazing essence combination will support all aspects of being feminine. Brings out the Goddess. Helps to express the multiplicity of roles inherent in being female. Balances hormones and addresses female reproductive issues at all stages of life. Calming, inspiring, creative, and lighthearted. Refer to fleuressences.com for detailed information.

HEALING WAYS - Offered for both those who need healing and for healers wanting to improve their healing abilities. Gives greater insight into the nature of "disease" and imbalances and how to heal these issues. Opens healing channels for healing energy to pour through both healer and recipient of healing. Holds a blueprint of a molecule in perfect health, thereby giving that information to every cell in the body. Brings about more communication in the body. Gives protection, centeredness, nourishment, and healing. Dandelion removes miasms from the energy; these are large negative structures that hold patterns of disease in the field. Clears "baggage" from seven generations of ancestors. Anyone with any type of illness should have this formula. (Not described on website – it mysteriously disappeared and we decided that we had to be careful not to make physical health claims online – call for a list of the flowers included and more information.) This is a complex formula.

INNER CALM - Good for individuals showing symptoms of anxiety and stress. It is amazing to see all of the ways patterns have developed to hold anxiety in our energy systems. Wonderful if you feel that there is chaos all around you and you want to stay calm and detached. Helps us to recognize run-away thoughts that lead to even more layers of tension. Good for focus and concentration. Helps light workers hold light amidst darkness

LIGHTENED UP - For greater efficiency in processing through our issues. On the physical level, this means better digestion. On the mental level, it means working through the issues that come up, rather than wallowing in them. On the emotional level this combination assists with letting go of nostalgia and sentimentality. For letting go of accumulations on all levels. Contains Honeysuckle, Sweet Cicely, Camilla, False Solomon's Seal, Jasmine, Yarrow, and much more.

LIGHT HOLDER - Holds 14 flowers that assist you in becoming a vessel of light. This essence combination purifies and then pours powerful electronic energy through our cells. Visualize a 100 watt light bulb becoming a 10,000 watt light bulb! Greater life force, helps the bones become more crystalline in structure and therefor hold more light. Stabilizes the emotions so life force is not dissipated. For transformation into light Gods and Goddesses.

MOTHER / DAUGHTER - Re-patterning the difficult tendencies that can arise in the complex mother / daughter relationship. Helps us to master roller coaster emotions, breaks up deep seated anger and confusion, attunes us to forgiveness, helps us to know the power of our words and to use our voice carefully, helps us to establish boundaries, helps us to let go of the way we "think things are supposed to be," and helps us to be better givers and receivers.

ONE - 21 flower essences to help you to hold and return to the perfection of ONENESS. For letting go of dualistic thinking, especially helpful if you feel separate, alone or disconnected. Its qualities encompass radiance, grace and flow and bring about the living reality of perfect consciousness. Holds a precise jewel like structured flower that holds us in a higher state. Holds the blueprint for an enlightened human.

PEACE WARRIOR - This formula brings together a powerful array of flowers unsurpassed in their ability to keep you in a place of calm and stability when called to be in a leadership position. Brings courage, positive outlook, compass direction for that which is right and true, and gives the ability to see the big picture. (Wild White Calla Lily, Blueberry, Manilla

Palm, Jade, Yellow Water Lily, Red Clover, Oxeye Daisy, Arrowhead, Coral Pink Rose, Red Rugosa Rose, Gardenia, The Mary Rose, Sweet Pea, Osteospermum, Star of Bethlehem, Silver Rod, and Willow).

PLANT RADIANCE - Contains 19 essences just for the plant kingdom. We forget that the plants have energy fields and are sometimes challenged related to their ability to hold a healthy energy field like humans and animals. Good for plants that are disappointed that they are inside and would rather be outside. Also for plants in the gardens and in natural settings. When plants auras are strong they are able to ward off pests – put just a few drops in a watering can whenever you water.

PROTECTION - Contains 22 flower and gem essences that give unparalleled protection from man-made dissonance, electromagnetic challenges, negative astral energies and from those who compromise your energy field by sapping your energy. Gives discernment and helps you to solve problems that relate to feeling attacked on a psychic level. 3 orchids enhance this formula and create a shield of protection and imprint your field with templates of information tuning you to intelligence that shows you how to protect yourself from the inside out. Diamond and turquoise gem essences enhance this formula offering even more protection. The most important aspect of this formula is that it improves our ability to love ourselves and love others unconditionally.

RELEASE HABIT - This essence has been of particular benefit to those who have thought habits that are no longer serving them. One example was a woman in her 50's who realized that as a child she had decided that because the world was not as sweet as she had expected it would be, she would eat sweet foods instead. This thought habit no longer served her and the essence revealed this for her. Habits and patterns are often based at the heart chakra, where we have convoluted our behavior to conditionally love ourselves rather than unconditionally love ourselves, so the flowers in the formula often are heart related. You will see that some of the flowers that the divine wanted us to include are sometimes addictive and the higher octave of the flower as an essence will clear the addictive pattern (Flowers-Bleeding Heart, California Poppy, Chicory, Coffee, Coastal Sea Rocket, Comfrey, Grape, Lemon, Painkiller Plant, Painted Leaf, Pink Water Lily, Pumpkin, Purple Pea, Queen Palm, Sage, Strawberry, and White Nicotina).

SELF WORTH - 16 flower essences especially formulated to promote an improved sense of self esteem and unconditional love for self without judgment. Clears long held negative judgments about ourselves and deep self doubts. As they clear, we are given clarity about our life's path and

purpose. An essence for forgiving, liberation, clearing guilt, loving self and improving our ability to know our soul and our soul destiny path here on the earth plane.

SOCIAL ANXIETY - This combination of flower essences is for those who have difficulty in social situations. It is excellent for empathic personalities who tend to absorb negative energy from the surroundings and from other people, which is often an underlying reason that they tend to avoid social interactions. Helps us to see how to set up energetic boundaries and keeps our fuses from blowing. Gives patience and courage.

SPIRITUAL PARTNERSHIP - Especially formulated with 13 essences for enhancing any endeavor involving two individuals – clears blocks related to being in true spiritual partnership whether a committed personal relationship or business partner. This is also for animal / human relationships. Helps each see the divinity of the other, keeps us from projecting negative thoughts related to the future of the relationship. Improves our ability to laugh at ourselves and love each other unconditionally.

SUGAR CRAVINGS - The desire for sweetness in natural. Sometimes the habits that we have developed (often beginning in childhood) to make our lives more delicious are patterns that no longer serve our desire to heal and evolve at accelerated levels. The physical body is meant to partake of sweet nectars, but the emotional, intellectual and spiritual aspects of us don't need to eat sweets. It is helpful to ask, "Just who is it that wants this sweetness?" Is it your biochemistry? Is it parasites? This combination of flowers is surprisingly effective at reducing sugar cravings. Flowers in this formula show you the way to most enjoy a life on earth saturated in sweetness.

TESTIMONIALS

"Love the energy/kiniesiology technique it is really helpful already and I just used it on choosing gemstone malas for my intuitive practice, lots were speaking to me helped me to clear those not really the best for me and reaffirm the ones that are."

"Thank you with all my heart for your glorious work it is true pleasure and an honor to connect with you and the realms you see."

"I woke up this morning finally free of a very deep wound I had been carrying. I had been so deeply heartbroken for sooo many years after a breakup and many failed relationships prior to that. So many insights about what I deserve and what will come! I am free and alive. I'm sooooo blessed!"

"Thank you for reading and your loving support.... I realize that the work with you is deeper than I thought and for me it creates massive, slower moving shifts over an EXTENDED PERIOD OF TIME. Almost a year.... "

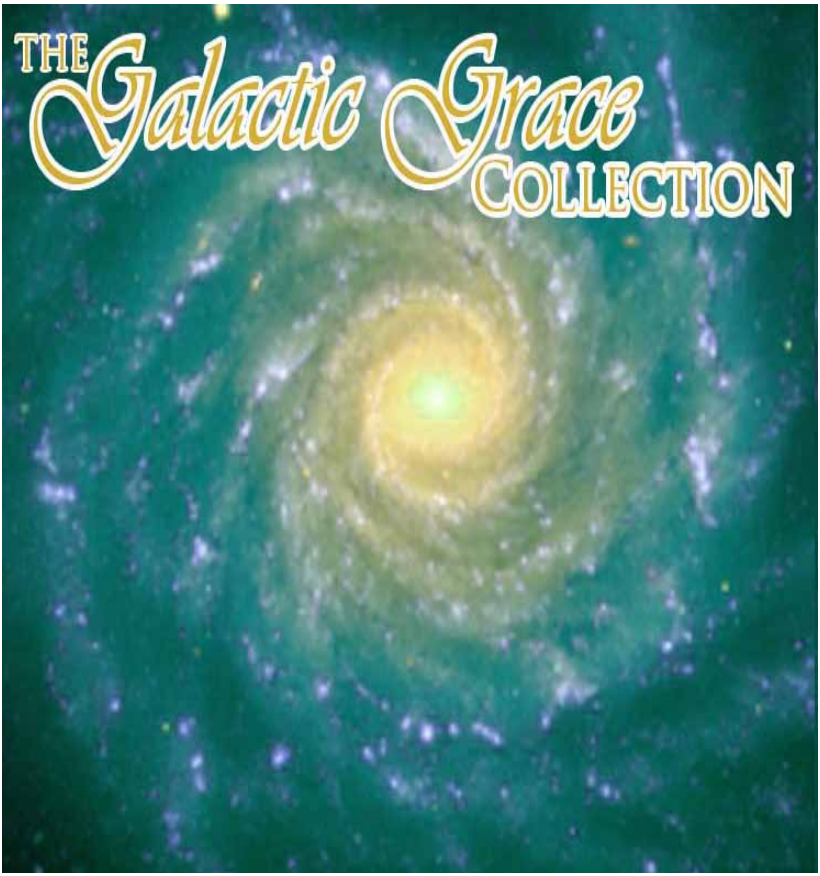
"When I first started working with Liz, I was depressed, had a chronic back condition that gave me a tremendous amount of pain, and was not happy with my marriage. Now I experience sheer joy and bliss often, and I enjoy sharing it with all those around me. I have not experienced any back pain (or any other physical pain for that matter) for many years. My relationship with my husband has turned around 180 degrees. He is much more loving and supportive and I know that is going to keep getting better and better."

"Praise God! My daughter is totally committed to a healthy lifestyle for herself and her family. I am completely sure that she will have a healthy, happy, and beautiful life."

"Empowerment!!! These days I feel that the fulcrum in this world is me. If I am not happy with what I see, I know who to challenge this with- myself!. After mentoring program I think I have a more peaceful disposition and more control without trying to control others. And more compassion as I see how everyone tried to do their best even though it doesn't work sometimes. Only fear and powerlessness drives people away from love and inner peace. I feel I can be a better mother for my children and a better daughter for my mother."

"Firstly, my package arrived last night and the attunements are happening already. In fact, I felt the essences working as soon as we talked that day and I gave you my order info. :))) I checked my account and see that the payment went through. Secondly, the card you sent is so beautiful I wept. I am so touched by your compassion about my mother. Thank you for your prayers for us. We shared a lot of karma - at least I've been clearing much of her line… She shared the joy of her major learning of this life with me as she passed last early Sunday morning and as you know came to say thank you later that night. She had the most beautiful heart. Your kindness meant so much to me. Thank you, Elizabeth."

Galactic Grace Essences



Galactic Grace Essence Collection

The flower essence combination formula in this series entitled LEAP OF FAITH ushered in a whole new collection of essences that we were asked to call Galactic Grace Essences. These combinations really took us out of the box of limited thinking. This line of essences was completely different than anything else we had created for two reasons. First, almost all of the combinations contain gem essences as well as flower essences. Gem essences amplify the formulas and offer sacred geometric structure for the flowers to work within. Imagine the beauty of gems and flowers together in elixir form!

Secondly, some of the flowers added to the formula were manifested by etheric means. As you know, there are devas associated with each flower and it is they who imprint their pattern into the water that is the "vehicle" for their distribution into our energy field. We have learned that there are galactic devas also occasionally called "star elementals," that have very specific gifts for planet earth and her inhabitants. (see more on page 7 – What are Vibrational Remedies?) These devas and their gifts reveal themselves through the Galactic Grace Essence Collection. The "star flowers" or vibrations are very different frequencies then their earth based counterparts. For more detailed descriptions of the Galactic Grace Essence Collection visit www.spiritwatergardens.com.

"…Can the human brain pick up interplanetary information?

Very likely it can, even though our everyday logic suppresses it for being strange, without evident sensory origin.

Traces of it can emerge nonetheless in altered states of consciousness, where the censorship that filters incoming information is temporarily lifted…

At this crucial juncture in the evolution of human civilization, it would be of particular importance to open our minds to interplanetary information…."

Ervin Laszlo

ANGELIC PRESENCE - This essence combination is for getting to know our guides and angels on etheric realms. It improves the communication channels between the human dimension and angelic levels. The remedy filters out any negative energies that are not of Love and Light. This combination magnifies our abilities to see and hear them. Highly protective. This formula may invoke awareness of assistance we were unaware of and lets them know we are ready to work with them.

AWAKENING I - Excellent "bridge" formula, along with LEAP OF FAITH to begin your journey with galactically inspired essences. Opens memories and releases innermost passions, allowing a more natural flow of kundalini and life force. Dries our tears and supports our plans and dreams for creating who we are in the world. Enhances grounding energy. Brings purity and contagious courage so that we can soar into the depth of the soul and scoop up the nectar that we can then feed on, nourishing ourselves and all others.

AWAKENING II - Telepathic communication will become as easy as a phone call. An area behind the 3rd eye will become activated to focus more light projecting from behind the 3rd eye. Helps us to see galactic experience as part of life. Supports greater integration of the solar plexus, offering a beam of gold light, which will awaken a power center needed for greater electrical conductivity within the new energy system. Inspires ideas for new cultures and civilizations. Clears old memories and knowledge such that a higher frequency of ideas and light can be activated. Furthers our passing of the old ways of thinking and logicality. Supports our pursuit of loving in a new way, freely embracing our brothers and sisters as we have never done before. Engages joy and inspiring pursuits to follow one's soul and purpose. For those with advanced expectations and perspectives.

BRAIN GAIN - This combination addresses the brain, bringing in a "wisdom imprint" for a more comprehensive "blueprint", such that your brain will gain in its ability to serve you in a much more enlightened way. We know that this remedy will begin the process of integration such that you will be able to have a thought command and the brain will immediately respond. For example, if you wanted to lower your blood pressure, you would just ask the brain to begin the process. Amps up our ability to utilize the full potential/ capacity of our brains and also is cleansing for the brain. Flower essences included in this essence are Lily of the Valley, Indian Pipe, Purple Violet, Rhododendron, Salmon Berry, Shooting Star, and more!

CENTRIFUGAL FIELD - This in an initiation essence – *"brings unsurpassed deep heart wisdom and longing, gives light quotient leaps for evolution… breathes fragrance from the galaxy's forest like place, allowing memories to unite and support a more grounded star lineage civilization on starry earth. Solidifies our connection with Galactic guidance, supports playful leaps into conscious realms unknown and untouched up to this point. Brings bands and patterns of dimensional light into the auric field, washing impurities and grounding Galactic / Mother / Heart frequencies to the vibrational body."*

CHAKRA FREQUENCIES 8-21 - Combination attunes us to each frequency – see website for the name of each non-physical being that came to "imprint" their ray into our mother bottle.

CREATIVE JOURNEY JOURNAL - This essence is for our journeying throughout dimensions, as well as actively participating in the process through actual creative journaling, art writing, shamanic journey, rebirthing and other transformational healing activities. We have also recently added the FLOWERING BLUE JADE (from my Kauai trip) which is for "bringing things in, out of thin air" and I have found it amazing for writing poetry, Bee Balm, Aster, Dandelion, Mayflower, Sheep Laurel, Gardenia, La Bella Sultaine Rose, Segesta, Ocean Blue Morning Glory, and Copper are included.

CRYSTAL CONNECTION - Fine tuning to pick up receptions of the voices of the crystal people. Awakens abilities and memories related to how to communicate with rocks and gems. The rocks want us to know them as people, each as a specific personality and service. Helps us to understand the use of the crystal people as tools for Ascension. Attracts into your field, the appropriate crystals for you to work with for your healing and evolution.

DISTANCING FROM DRAMA - For more finely tuned detachment, refines our ability to detach from situations and circumstances no longer serving us. Clears the deeper patterns that "push our buttons" – for those wanting to take detachment to the next level. Helps us to laugh at ourselves, watch how our mind creates what we think is reality and really lightens us up (important for a Light Being !!). Brings us to see life more as a comedy and less as a drama with sequels being planned.

DNA BLUEPRINT - Energetic breakdown and re-assemblage of DNA structures so that it vibrates with the frequency of Elohim's (the plural splendor of the Creator God) voice. So that we have all the potential we were meant to have in our evolutionary development. The flowers, especially the palms, hold vast information related to the upgrade of the human being.

EFFECTIVE DOWNLOADING - Etherically, this is seen in the field as a large stack at the crown chakra waiting to be downloaded. This combination helps us attune to the complex programs, codes and activations that we are ready to download into our Light Body chakra system. This includes shamanic, visual, channelings, and more. This helps us to magnetize in the programs we need to download. It gives monumental capabilities in brain capacity.

ENHANCED IMMUNE - Resonance to enhanced immune system support from non-earth plane realties. It was clear that etheric assistance had come a great, great distance. We know that there is intelligence on other dimensions related to the immune system of humans that is of great assistance. We are told this combination will offer protection from many viruses and bacteria and it will act to trigger the immune system to evolve in grace and ease.

FOREST BATH - After being in the forest for almost a whole day, I woke from a sleep being told to make an essence that included flowers that grow just in the forest. I had also recently read about the Japanese practice of "shinrin-yoku" which translates as forest bathing, or being surrounded by a forest environment. This essence will bring you a deep inner calm and tranquility. We have reports of lower blood pressure, reduced stress, and more focus from our clients and the Japanese researchers say also that being in the forest lowers blood sugar and improves immune system function. (Flowers- White Trillium, Trailing Arbutus, Canadian Anemone, Foam flower, Yellow Violet, Bloodroot, Yellow Bellwort, Purple Fringed Milkwort, Spring Beauty, Bunch Berry, Jack-in-the-Pulpit, Nodding Trillium, Painted Trillium, Indian Pipe, Dwarf Ginseng, Yellow Dog Tooth Violet, Snowdrops, and True Wood Sorrel).

FORGOTTEN MEMORIES - Initially, upon arriving on the earth plane, most of us are veiled from seeing and remembering who we are. This formula brings assistance from other realms to help us remember. One of the semi-precious stones in this formula is beta quartz which stimulates our electrical system to bring it up to a higher octave, more wattage; and greater intensity. It assists with the incorporation of more frequencies beyond the violet spectrum. Rapidly raises mental body frequencies. Some of our feedback indicates that memory is improved and this may assist with imbalances related to memory loss.

GALACTIC DETOXIFICATION - Combination with assistance from starry realms activates purification in grace and ease. Removal of heavy metals and toxic substances. On the earth plane level, this essence contains

Pearly Everlasting which has wonderful purification benefits.

THE GENESIS - Inherent in the evolutionary fine tuning of a light worker, is the desire to move forth with vitality and optimism, never doubting that the transformation will bring about miraculous concepts of existence, certainly beyond all realities that we are presently aware of. Cell by cell, organ by organ and system by system, human beings are being prepared and stepping forward so that they can participate in the transformation. THE GENESIS is for the transformation of the heart. THE GENESIS and RECAPTURING THE PASSION (described below) will perform the following: 1) transform the heart so that it will not be subject to any illness, 2) be able to adapt to any gravitational field (the gravitational field on earth is changing), 3) function in all the ways that we would expect it to, but also in highly evolved ways to accommodate all of who we are to be, and 4) the related heart chakra system would assume all of the energetic roles necessary to support the evolved physical heart organ.

GENTLE LIVER CLEANSE - We are careful not to make physical claims about any of our products but we can say that the liver holds the emotion of anger and that can make the liver toxic. This remedy clears anger. (Flowers-Tansy, Red Clover, Peony, Apple Blossom, Buttercup, Comfrey, Dandelion, Goldenrod, Lavender, Lily of the Valley, Yellow Dog Toothed Violet, Butterfly Milkweed, Hepatica, and Honeysuckle).

HONORING OURSELVES AND OTHERS - Helps us to explore the layers of the shadow of how and why we have not been honored in this life and others. This formula was symbolized by white, we saw a Nation of White Totem Animals. A white dove represented inner peace, a white elephant suggested rarity and agelessness, white owl appeared for wisdom, white albino deer for expression of our own uniqueness, white porcupine appeared offering greater protection and a white swan appeared, representing beauty that is often unrecognized at first. This formula helps us to realize that a skeptical analytical nature is a form of not honoring, and often shows up in our lives as an experience of not feeling honored. Helps us to really look at the mirrors we create for ourselves and remove layers of judgment we hadn't recognized before.

THE INFINITE HEART - This is an upgrade of the PROTECTION combination in the Fleuressences Collection. It does everything that PROTECTION (see p. 18) does and adds the vibrational "extras" from the galactic realms. It is the most comprehensive protection formula that I am aware of and is probably one of the essences individuals are most likely to need during the initial phases of their Light Body journey.

INTERWEAVING INTERLOCKING VORTICES - Better connection astrologically to birth date and time that was planned; retrieve information about soul missions or goals to activate interlocking mechanisms of the soul, opening to deeper levels of knowing and clearing. When activation is complete, a sense of stillness and inner peace will reside within one's mental and emotional field. Excellent if you still are unsure of your soul destiny path or have felt "off track" all of your life. For some who went through a difficult birth and feel that the timing of their birth and the time that they were meant to be born might somehow be out of sync.

JENNIFER'S PEACE - For higher frequency experiences of prosperity and abundance. Brings tranquility and the harvesting of one's inner and outer work and offers a cornucopia of blessings. Strengthens solar plexus and great strides in professional and home life. Bountiful blessings on all levels. Combination supports uplifting thoughts and joyful enthusiasm for overflowing prosperity, abundance and generosity. Helps us to believe in our dreams not matter who is trying to talk us out of them and to experience the rich pleasures of life. Opens you to a flow of divine abundance, releases fears, helps to attract new ways of creating abundance, clears envy and helps us to see how abundant our life already is.

KAUAIAN PARADISE - This essence combination contains all of the flowers that Elizabeth was guided to make into flower essences while in Kauai. Developing an inner dimensional "feel" for the qualities that will bring in the paradise we know we are meant to be living. What are the dimensions of paradise? What are the things that we don't know that we don't know about paradise? This "made in paradise" combination of flowers include" Blue Flowering Jade, Dendrobium Orchid, Banana Magnolia, Macadamia, Sweet Olive, and more!

LEAP OF FAITH - Will always be considered a key formula in our evolutionary growth. We are asked to see circles within circles, each 1⁄4 inch from the one beside it. We are asked to see a larger circle, out way 1 and 1⁄2 inches from the others. This represents the "leap" of consciousness that this formula offers. Once the blueprint of this formula takes hold in your energy system, your concept of the world and your life will be vastly changed. Helps us to take the final steps necessary for leaping into the life we are truly meant to live. It has vibrations related to peach, violet, blue and peridot green spectrum. Holds important activations for rituals and avatar consciousness. (You will enjoy the detailed description at www.spiritwateregardens.com).

MILKY WAY – Still researching **(See Portals in Consciousness CDs, The Journey to the Milky Way Portal)**

MIRACLE - This formula was brought in during a period when a perfect Star of David formation was to be seen in the skies. This formula helps us to fully incorporate the full concept of miracle into everyday life. Miracles were not meant to be rare experiences, we were meant to experience miracles every single day. Improves our ability to accept the miracle of who we are and to stop retreating from that full acceptance. Helps your voice speak of miracles. Tunes you to information that will take you out of the karmic cycle. Shows us that disease is an illusion. Gives us the ability to see into the future and know the past. We are told that this formula continues to shift on its own and continues to move us into the light spiral of miracle. Very good for skeptics that do not believe in miracles. Good for those still dealing with health issues.

MOMENTUM - For riding your wave! Once you are on track, the divine shows that this essence will help you to move forward once and for all. Clears all behavior that keeps us in procrastination. For those who have "their ducks in a row." (We don't want to amplify ourselves if we are not on track - kind of like trying to go from NY to San Diego and ending up in New Orleans - we don't want to amplify New Orleans! No offense y'all in New Orleans :)) (Flowers- Pumpkin, Zucchini, Red Bottle Brush, Blue Cardinal Flower, Blueberry, Butter and Eggs, Bee Balm, White Mullein, Milkweed, Salmonberry, Lenten Rose, True Wood Sorrel, Helenium, Dune Lily Thorn, and the gemstones, Orange Garnet and Gold).

NEW TRANSMISSIONS - Enfolds guidance directly from creator mind, into our own by creating a bridge of inner light, allowing a clear connection with divine mind without intermediate assistance. Enlivens the purpose to move inter-dimensionally within oneself and anchors cosmic light allowing one to travel bi-locationally within the universe and the home station. For communication with ambassadors of the universes. Creates a longing to move at will without excess use of energy. Works with the eyes. This essence formula contains clear quartz to amplify and Tiger's Eye to ground and center the mind so that it can logically come up with practical solutions to problems come up regarding bridging galactic information to where we are in our evolution. For those who desire to facilitate expansion for clearer direction in higher vibration communication. and the base of the skull, bringing about a coordination pattern for use in bi-location.

NOURISHING WITH LIGHT - For learning how to better nourish our bodies with light. We expect that as our light bodies evolve, food will become less important for the maintenance of the physical body. This formula came in after I spent a night in a dream state alternating between states of feeling my being by eating food and nourishing my body with light. I learned that I far preferred the biochemistry and more ecstatic state available by "eating light" even though I love to eat and cook. We don't know too much about this formula, the visions were complex – it will be awhile before we are ready for this, but you may want to get a head start. Attunements for teaching the body to nourish with sunlight, starlight, moonlight, light reflected in dewdrops, crystals, and star infused waters. Holds subtle developments for perfecting the eyes, especially related to visual absorption of new spectrums. Oh and you will still get to eat if you choose to, it will be burned off almost instantly eventually.

PERFECT EYES - A combination for the physical health of the eyes, will also eventually help us to see dimensions and spectrums not typically available. Releases and clears negative imprints in our field that relate to our inability to see clearly. We are careful not to make physical claims online so you won't find this on the website, contains the essences of Bee Balm, Eyebright, Carrot, Queen Anne's Lace, Buttercup, Lavender, Spring Beauty, Hyssop, Smartweed, Rosa Glauca, Eyes of Mary, and Bottle Gentian and etheric vibrational assistance from starry realms. Call for complete description.

PERFECT HAIR - Helps the hair become the receiver / retrieval antenna it was meant to be. Clears gray globs we see on the aura from the hair that block its natural receptor capabilities, also improves the hair on the physical level. Call for complete description.

PERFECT HEARING - Another combination that you won't find on our website because we are careful not to make physical claims online. This essence remedy offers protection from inharmonious sound, recalibrate us to receive gifts of sound vibration, especially natural sounds, helps us hear what we need to hear, translating what is "said" into what is really being said and helps healers to "hear" during sessions and translate that for their clients. Contains the essences of Abutilon, Daffodil, Allamanda, French Marigold, Blue Bellflower, Spring Beauty, White Violet, Sweet Cicely, and Cosmos and the lovely vibrations from our galactic non-physical assistance. Call for complete description.

PERFECT SKIN - The skin is an organ and is potentially, the greatest purifier we have if functioning optimally. We know that this combination

realigns cellular structure, clears DNA and RNA of aging beliefs, purifies blood and lymph, improves circulation and blood flow, rebuilds and informs skin based on release of enlightened blueprint, heals broken capillaries, invigorates the prana moving through the skin, and offers protection. (Flowers- Cucumber, Melon, Sago Palm, Century Plant, Black Ebony, Precious Blood, Maltese Cross, Blackberry, Meadowsweet, Red Currant, and Orchid Combination).

PERFECT TEETH - We were asked to obtain all of the essences physically that were available for the teeth and divine guidance brought in the vibrational aspect. Some of the intelligence of this formula came from the distance out reaches of our galaxy. It is an amazing formula which does the following: revival of original tooth design, releases teeth from decay and renews those teeth presently in decay, neutralizes substances embedded in the teeth, helps us to access important codes in the teeth, whitens the teeth and fills them with light, reawakens the perfection related to jaw structure and tooth alignment and restores the gums. This combination comes in a spray form in a base of organic Rosemary water from France and sterilized, filtered purified pi water. Call for more details – this really works !!! This essence is for everything related to the jaws, gums and teeth. We have had so many miraculous results with this essence. Cracked teeth have healed and teeth have become more aligned. Almost immediately you will see an improvement in the health of your gums. This is an essence that you spray onto the teeth once per day and it lasts about three months. On the physical level, Perfect Teeth contains Sago Palm (attunement to the blueprint for an enlightened human), Cedar (for remembering our life purpose and mission plan). Pink Baby's Breath (we knew this was good for teething babies, but think it is for much, much more), Toothwort (all areas of tooth health), Banana (energetic link with mouth, teeth, and jaw region), and Mystery Palm (a gate keeper essence, sifter of information, its flower looks like large teeth coming out of a jaw bone, definite link to expression and its link to the jaw, mouth, and teeth).

PHYSICAL BODY SHIFT - No details have ever been revealed on this essence because we were told that a description of what this does would "hold us in a box of expectations" that would limit its potential. We do know that it lifts out our heavy burdens on the physical level. We were given an affirmation to use instead of a description which is, *"I am the open door to balanced and harmonious physical body shifts. I am released from 3rd dimensional paradigms and am physically manifesting the transformation into Light God or Goddess."* Contains Crabapple, Fire Orange Paint Brush, Lavender, Purple Violet, Spring Beauty, Wild

White Calla, Self Heal, Smartweed, Blue Cardinal Flower, Fringed Milkwort, Joe Pye Weed, and other flowers etherically added but not identified.

PRECONCEPTION - Overall this is a formula for interpreting our new awareness of the universe. It involves the sensory system and sensory integration. It supports new capillaries of light where blood used to flow. This formula will help us to collapse all levels or ways of return to lower frequencies. Good for trusting our gut feelings and furthering our intuition. "lifting one into the flow of the light body organism…..upgrades cellular frequencies to those found in the sons and daughters of light….as they are plugged into their Eloheim vehicles…" For those feeling challenged and overwhelmed by the concept and process of moving into Light Body.

PROTECTED SLEEP - Comes in both a spray (the fragrance is 3 different species of Lavender blooms) or in dropper form. This fabulous remedy (I use it every night) has been helpful for so many of my clients. It helps you with interrupted or poor quality sleep, protects from man made dissonance (electrical currents in a room are an example, negative astral energies, supports dream work but protects from nightmares, calms emotions, and tones down over-stimulation. (Flowers- Sweet Pea, Pink Tecoma, Eryngium, Ladies Bed Straw, Purple Pea, Blackberry, Lavender, Crown Vetch, White Water Lily, Plains Yellow Primrose, and Jacaranda).

QUARTZ ALCHEMY - This essence is incredibly powerful for stubborn situations that have so far defied our ability to solve and was recommended for your complete wisdom base (like a computer receives a new program, so your energetic totality is receiving a new wisdom "imprint" through this fantastic combination). This divinely guided essence is made with Clear Quartz, Rutilated Quartz, Blue Quartz, Rose Quartz, Herkimer Diamond, and Quartz Cluster. We are told by divine guidance that this essence has the ability to dig deeper into the energetic totality to clear out deeply embedded "scars" that we have so far been unable to lift out and many have commented on its ability to release what we have come to call the "pain body". Great for more amplification of clearing and for magnetizing in what you are desiring for the most complete expression of your soul destiny path.

RECAPTURE THE PASSION - (see also THE GENESIS). Support for the new physical heart and all of the energetic functions necessary to support the evolving/ evolved physical. Includes a much more complex chakra system already manifesting in many of us. Launches us out of old emotional armoring of the heart and patterns of defensiveness, into a

more Universal Connectedness. Brings patience to the heart and a deep inner peace. Connects the entire sensory system more fully to the energetic heart system. Aligns our vibration system to our kinesiology abilities. Adds etheric energies that give us a superhuman ability to resist disease and decay. Good for those learning kinesiology or have challenges when performing kinesiological practices.

RELEASE TRAPPED EMOTIONS AND MEMORIES FROM THE SUBCONSCIOUS - This flower essence remedy has been so helpful for those of you that have had discomfort that "moves around." This is the old issues from the subconscious aspects of being that are trying to "pop" out to the surface to be released much like a bubble begins at the bottom of a pond and pops at the surface. Some of the flowers even look like bubbles! This is especially for the emotional level and will bring out nostalgia and sentiment that is no longer serving as well as the lower vibrations of trapped emotions that we need to release to move to higher frequencies. Our learning curve is completed with this release! When you need this formula you may have discomfort at the just below skin level and even a rash or other kind of outbreak. (Flowers- White Campion, Sweet Cicely, Honeysuckle, Coastal Sea Rocket, Sea Purslane, and Juniper).

RIVER FLOWERS - We were asked to call this both "FLOW" and "FLOWERS." Brings vision to the inner eyes in unexpected ways. "brings in fantastic, multicolored, dream-like states, allowing us to connect more fully with our creative center." Excellent for moving through the flow of growth, change, chaos, breaking down, rejuvenation and growth again. Supports our ability to quickly gain access to the "picture grams' which will be the universal mode of communication known as the Language of Light. Assists with communicating images healers need to see to help bring information and understanding to the client. Improves vision during meditation. Fosters creative pursuits. Overall this combination helps us to venture beyond our safety zones in creative and enlightened ways. Excellent for creativity and spontaneous flows of information when channeling in all forms, whether through speaking, writing, painting etc. (Siberian Iris, Bottle Gentian, and more)

SACRED UNION - This blessed combination says that it: *"Connects light barren regions within the sacral and solar plexus to produce a union full of sparkling rays of continual companionship. Offers sustenance to heartfelt desires and a willingness to trek up the mountain alone but together, seals companionship longings and creates beautiful sustained gratitude toward the other. Opens the heart and purifies the most selfish of desires within the relationship boundaries. Helps one to gaze at the*

unlimited kaleidoscope of ways to raise the height of climatic ecstasy as one joins in union. Peaks the merging of earth passion with galactic life force bringing sacred union into a ONENESS DANCE. Discourages routine patterns, keeping one's touch always fresh. Facilitates active love from the heart, allowing moment to moment visits from the courtship fairies. Sustains long distance courtship. Clears old ways of interacting in relationship and aids in discernment as to one's partnership." For those working on the complexities of sacred relationship. Remember that this can be for sacred relationship with yourself or with Creator as well. Recommended for those searching for soul mates and twin flames. (see more details at spiritwatergardens.com)

SHAMANIC GATEWAY - As your awareness expands, you become more multidimensional in your ability to see from different dimensions and perspectives. My work with the flower essences has shown to me, without a doubt, that you can learn Shamanism through interaction with flower essences. This formula, specifically shows you the gateways to other dimensions of wisdom and also brings you closer to the natural world as an avenue for this kind of exploration. (Flowers- Blue Bead, Pink Lady Slipper, Black Bead, Blue Cornflower, White Violet, Yellow Water Lily, Dwarf Ginseng, Morning Glory, Snowdrop, Pink Hollyhock, Sapphire, and Lavender). We have photos of many of these flowers if you would like to see them.

SOARING DOVE - *"I AM unsurpassed joy in a body that is a vessel of peace in service to the ONE."* Contains Zinnia, Bleeding Heart, White Water Lily, Helenium, Lupine, Wild Rose, Tansy, Yellow Dog Tooth Violet, Oxeye Daisy, and Yarrow and other additions by ethereal means. Releases old patterns that have kept us from being centered in joy, for mastery of joy in service, for realization that joy can be experiences in all moments, rather than just sporadically, helps us to become more childlike in our experience of joy, gives us the wonder of a child, helps us to move as a consciousness through climatic changes on earth that are triggering emotional release with a childlike innocence, for knowing that change is beautiful and an essential part of the soul experience. The more we are open to change, the more joy we can hold. This is my favorite combination for treating depression.

SOUL RETRIEVAL - Every time that we have experienced a trauma in this life time or others, there is the potential for a part of our energetic totality or "vitalness" to separate from us. This occurs as a kind of default mechanism that happens in order for us to at least partially survive from the experience of the trauma, by allowing a part of us to escape from the full impact of the pain. The term for this is "soul loss" We have found that

incredibly, many still have 20% of soul loss. The time has come to gather it back. Although the loss is small each time it happens, over time, we begin to feel a sense of incompleteness, distraction, and disconnection. Contains- Brugmasnsia, Yellow Candles, Lady of the night, Golden Prairie Cornflower, Passion Flower, Shooting Star, Purple Cornflower, and many others!

SPIRITUAL / STRUCTURAL INTEGRITY - This essence is especially formulated for body posture and entire structural realignment throughout the entire physical / non-physical matrix. A client said that she could feel where her spine has always collapsed in a small place, even with much exercise and therapy, and after the formula, she felt that the divine "informed" the collapsed area and showed the way to greatly enhanced physical structure. (Flowers- Purple Lilac, White Trillium, Chicory, St. David's Rose, Mystery Palm, Silver Palm, and Sago Palm).

THREE ANGELS - Each of us is born with three main angelic guides. Sometimes we can go an entire lifetime without connecting to these guides, who offer uncompromised support and guidance to us for our whole life. THREE ANGELS helps bring about a greater sensitivity to the presence of these enduring angels of love and light frequencies guiding us in every moment.

TRAVELER - Superior formula for jet lag and all related travel challenges. Instantly grounding no matter where you are. For traveling anywhere on any dimension with grace and ease and internal recognition of where you are in time and space. Good internal global positioning system in any universe. *"Through all realities and dimensions, I am instantly in the NOW moment."*

TREE CONNECTION - *"I am awake to the whispers of the tree people."* Use this formula in conjunction with EFFECTIVE DOWNLOADING or NEW TRANSMISSIONS for joyful interactions with the trees. Trees anxiously await those whose unique soul design is related to interfacing with them! Tree people want you to know that they whisper and this formula brings us into a deep and peaceful silence so that we can hear them. Their vibrations are as varied as the number of tree individuals! Those that work with trees may often feel that they are out of sync with most of humanity and the frequencies that they access are difficult to reach for the majority of humanity at this time. Many delightful and incredible revelations will come from the trees. For tree whisperers.

VIOLET RAY - This combination represents our first transformational formula, created for a major organ in the human body – the lungs. Because

the breath is at the very basis of our existence, it makes sense that the lungs need to be the first to transform. Expands the respiratory system with amber-silk like energy, sparks of ignition of the cellular, ionic fire within the master cell, activating and opening passages of corpuscle entry driven by divine mind. Helps us to gain access to rarified prana, necessary for the transformation of the lungs. Births "superhuman" beings, engaging the mind of original design, shifting the design to the next evolutionary level. Its potential is far beyond concepts that we hold at this time. Excellent for those with lung "issues" including asthma, allergies and breathing difficulties and the clearing of the emotional issue grief is stored in the lungs.

VITALITY - *"I AM resonating to enhanced vitality from galactic sources that are assisting with our Ascension process."* Upgrades our ability to oscillate at much higher frequencies, the result is unapologetic vitality and creativity. Clears depression, apathy and lethargic patterns. Tunes to new rhythms of being and acting on multidimensional planes. Gifts of energy and enthusiasm from galactic realms. Gives pizazz, stamina, and expanded life force energies.

WANDERING JEWEL - This formula could have been called "Galactic Folklore." Brings us to a greater awareness of galactic beings that have the flavor of woodland fairies. There are many beings that guide and instruct us in galactic teachings. Overall this formula helps us to assimilate information, understand multidimensional travel, helps serious people laugh, for healthy emotions, and using emotional energy for creative endeavors rather than dissipating our precious energy.

TESTIMONIALS

"We were absolutely blown away by the accuracy of your readings for us both!"

"Thank you so much for your reading. It was so perfect for me and what I am challenged by at this time."

"After taking your essences, issues with my Mom that had bothered me for years stopped bothering me. Talking with her no longer seems to impact me and I have started to see her differently."

"I took Jennifer's Peace for 1 month and am overcome with gratitude. In my 16 years of business, I had the best month financially that I have ever had this past month!"

"Thank you for the glorious reading, I am so thrilled about these essences, I feel I am making progress at last!!!!!!!! Your encouragement and support has been the key factor in me holding on to that glimmer of hope through the great struggles I have worked through to start leaving fear behind. Essences and remote healing were instrumental in transforming but the compassion and kindness you showed me kept me going even when I felt I would never get through it all."

"I can't say enough about the mentoring program Elizabeth. Since I started in this program so many positive opportunities have presented themselves. I have had several new healing venues come my way. Also, out of the blue, my friend offered me a free office space in a beautiful setting that is very quiet and fits my needs perfectly. Thank-you for showing the path and pointing the way."

Spiritwater Gardens

The Mary Essence Collection

The Mary Essence Collection

The Mary Essence Collection represents a different "octave" of information, wisdom, codes, patterns and activations for our continuing evolution into light body as contrasted to the other essences described in this catalog offering. Each essence formula is "anchored" by physical flowers; shown in parenthesis brackets, but like the Galactic Grace Essence Collection, there are also IN EVERY FORMULA, dozens of vibrational additions (See What is a Vibrational Essence? – p. 7) at frequencies representing Universal Mother Mary energies. See spiritwatergardens.com for detailed descriptions and affirmations not only for the formula, but also for each of the individual anchor flowers. As our photograph collection evolves, you will be able to find photographs of the anchor flowers in every Mary Essence combination on our website. In a few cases, we are still researching the anchor flowers for a combination. We are proud to be able to offer this co-created gift for humanity from Universal Mother Mary.

AMAZING GRACE - Especially formulated for the union of body, mind, and soul bringing about a moment we have been yearning for. The soul has been asking the body to be a beloved but the body has not been ready or prepared and has had free will choice. Increases electrical energy, because once union occurs you will be raised to the 5th dimension or higher depending on your soul's purpose. Clearer direction because your soul knows the way, all of your senses become more refined, greater communication with other dimensions of reality, greater joy, and blessed enlightenment. (Comfrey, Lady's Mantle, Lavender, Lupine, and Pearly Everlasting).

AMPLIFY - Especially formulated for the expansion of giving and receiving and amplifying all intention. Excellent for healers doing distance healing and global visualizations to help the planet. *"I am the amplification of intention."* (Bee Balm, Lavender, Boneset, Lupine, White Clover, and other flower essences).

ANGEL CHOIR - Especially formulated to hear and experience the sounds of the celestial choir, for harmony in the gardens and clairaudience. Universal Mother Mary requests that we explore the refined sense of clairaudience – so much information is available to us through this vastly underused sense. (Blue Bellflower, Zinnia, Spring Beauty, Lily of the Valley, Purple Love Grass, Abutilon, Allamanda, and others still being researched).

BE HOLD BEAUTY - Mary requests that we "BE" the ONES that "HOLD" the beauty for the planet. She tells us that as a human, we HOLD the key to how life on earth can BE experienced. As we walk the earth, all that is necessary is for us to assume is the spiritual practice of observing beauty in every moment. This formula attunes us to this practice. It is

such a gift. (Peony, Siberian Iris, Sweet William, Tree Medik, Shooting Star, Lady's Mantle, Fringed Milkwort, Lily of the Valley, Centuria, Queen Anne's Lace, and others).

BE AND BE GUIDED - This is for those of you who are still learning around issues related to following the guidance of the divine. (Aren't we all?) Many clients found that they had expectations as to how the divine would offer guidance and even WHAT the divine would offer as guidance, and they have had to clear through those so they would not get in the way of that inner voice. Boy, we can make things complicated for ourselves, can't we? (Flowers- Painted Leaf, White Heliotrope, Yellow Water Lily, White Yarrow, Nodding Trillium, and others).

BIRTHING - For manifesting our dreams, for nurturing our co-creative projects, for careful self- reflection and for enhanced creativity. This important essence combination helps us to take a clear look at some of the issues that we may have related to nurturing. Our manifestations in physical form can take on higher octave calibrations when we are clear of patterns and projections that do not serve our projects. For inspiration. (Lady's Mantle, Bleeding Heart, Fire Orange Paint Brush, Red Clover, Wild Rose, /Flowering Jade, and others).

BLUE DIAMOND - Gives direct experience to the attunement of blue diamond healing energies, higher level of cleansing on cellular levels, clears karmic memories, activates dormant aspects that will nourish the Light Body in new ways, replenishes starlight activations of sacred equations; important retrievals necessary for the Light Body and its sacred undertakings. A beautiful gift from Universal Mother Mary; you may also want to order **Portals in Consciousness – Journey to the Blue Diamond Healing Portal – see CD Collection)** (Blue Cardinal Flower, Blue Cornflower, White Joe Pye Weed, Blue Bells, Blue Delphinium, Blue Phlox, Blue Columbine, Blue Siberian Iris, Blue Osteosporum, the gem essence of a blue diamond, and others).

BOUNTIFUL EMBRACE - *"Feel my beloved children, feel how I embrace you, as if you are my sweet bouquet, not merely of roses, but of all flowers. For as your Mother, I embrace the uniqueness, the bounty, the beauty, the strength, and the diversity of each of you. I gather you each as my bouquet of love in my bountiful embrace. Sweet angels, men and women of Gaia, I give to you once again my bounty. I call you to my arms, to my sweet embrace and my bounty is not merely yours, it is the bounty of all and it is the bounty of divine perfection. Bounty of all, bounty of creation and co-creation, of balance, of abundance and of understanding."* Contains Dune Lily Thorn, Dandelion, Lenten Rose, Sunflower, Magnolia, Desert Gold, Blue Pentstemon, and many other flowers.

BREATH OF GOD - Shows you how to let the universal breath breathe you from within and without. Access to rarefied prana and balance for the 5 pranas. For breathing and lung challenges, maintaining concentration and focus, greater breath awareness, clearing traumas that have created breathing problems, and for greater breath efficiency. (Chamomile, French Marigold, Jewelweed, Lungwort, White Nicotiana, Cosmos, Rhododendron, and others).

CONDENSED TRUTH - This is a significant essence for cutting through a lot of extraneous distractions to get to the core of your soul destiny path expression. This is for a stage in your life when you are recognizing all kinds of truth, but you want to know your truth. The flower essences stepping up in service to this essence are Mediterranean Thistle, Milk Thistle, Mignonette, Catmint, Oxeye Daisy, Hyssop, Mango, Spanish Needles, Prairie Dogbane, Macadamia, Mustard Flower,Vanta Orchid, and others.

CONFESSION - Mary tells us that each and every one of the words that are spoken carry powers of manifestation and that we are not in full recognition of the strength of these words and how much a part they are towards our rapid evolution. As consciousness continues to refine itself, the force of the spoken word will increase dramatically. She tells us to make our voices heard especially to non-physical realms - she says "Release the dams of resistance and allow the river to take you to a sea of the manifestation of your deepest hearts' desires." (Cosmos, Morning Glory, Catmint, Ylang Ylang, Hoya, Skullcap, Snapdragon, and other flowers).

CONTEMPLATION - Brings us from the more meditative state of "tranquil abiding," to contemplative states of discernment, investigation, and insight, allowing for wonderful expansions of consciousness and inspiration. (Rhododendron, Heliotrope, Blue Bellflower, Common Thistle, English Geranium, Spring Beauty, and others including the imprint of the call of a loon).

CONTENTMENT - Mary tells us that it is important to be able to maintain a frequency of optimism even if discouragement or even resignation tries to take hold. The "contentment" frequency helps us to hold the course far more effectively than sinking into depression. The winds of contentment are steady and help the sails of a boat maintain momentum – far better than the "no momentum" of no winds at all. (Strawberry, White Water Lily, Heliotrope, Hyssop, Apple Blossom, Jasmine, and others).

CREATION - Mary showed us that Intention=Energy=Breath=Manifestation. She showed the image of our breath focused on a piece of glass and how we can turn an ether (our breath) into water droplets – the etheric made physical. The CREATION essence emphasizes flowers that help us with still point, breath, intention, and manifestation. There is a beautiful channeling / exercise to try from Mary on the website in the description of CREATION. (Yellow Bellwort, True Wood Sorrel, Bee Balm, Sunflower, and Clitoria).

DEPARTURE - This is a complicated formula with 24 anchor flowers that helps those who are leaving the earth dimension. Excellent for hospice workers and others assisting with departing souls, allows surrendering into grace and ease, please carefully read the full description on line. (Several of the key anchor flowers are The Mary Rose, Comfrey, Purple Violet, Angelica, Yarrow, and Sweet Cicely).

DETERMINATION - This combination is for follow through and drive to bring ideas into physical form. This powerful remedy offers a group of flowers that give us purposefulness, single-minded focus, persistence and tenacity to work hard to manifest co-creational activities that you and the divine voices have dreamed of and want to bring into physical form. Brings strong intention and forceful resolute action. The following combination of flowers are a part of this wonderful essence: Beet Flower, Bleeding Heart, Pink Magnolia, Lithodora, Strawberry, White Trillium, Wode, Star of Bethlehem, and Wild Rose.

DIVINE ORDER - Brings you into greater sync with your own and earth biorhythms, moon phases, astrological forces, cosmic events and other subtle activities so that you will utilize the complete support of all the natural forces to accomplish all of your tasks. Shows you the divine timing in every moment so that all is completed, often far more quickly then you thought possible. You will be shown how to coordinate daily tasks so that they are completed with the least amount of stress and fatigue. Helps you to determine most auspicious times for future events with the most magnificent outcome possible. (Aster, Cosmos, Wild Red Raspberry,White Lilac, Yarrow, and others).

DIVINE SOLUTION - If there is a vexing and annoying problem in your life that needs a creative solution, this essence is for you! This essence's anchor flower is White Violet. This flower is well known for its problem solving abilities! It is also a shape shifter teacher. If you are perplexed by a problem that you have not found a solution for, take this essence and you will receive the insight you need. This essence also will stimulate you into

making discerning, clarity filled decisions and then taking action without being clouded by emotional inputs. DIVINE SOLUTION is also suffused with Sweet Woodruff, Maltese Cross, White Mullien, and Ampherite and more. Two gem essences are also included – Tigers Eye and Selenite.

DIVINE UNION - When we speak of DIVINE UNION we speak of the perfection of Creator's perfect abiding within us. This union is not something that we "accomplish" through effort. The real effort comes before the experience of union; through our preparations (read clearing our "issues" and perceptions :) When the great gurus and saints describe their emptiness, poverty and nothingness, they were not being negative. They were describing their transparency, their ability to perceive their connectedness without being subject to all of the manifestations of seeing through the erroneous eyes of separation. Their lack of "issues" allowed them to experience that divinity in themselves. Queen Anne's Lace, Mediterranean Thistle, Gardenia, Juniper, White Mullien, Maltese Cross, Sea Purslane, and many other flowers.

EMBRACE THE PAUSE - For catching our breath, spiritual retreats, spiritual refinement and for drinking deeply at the well. Deep rest while the rest of collective consciousness catches up to you. Hold your own fine tuning without disruptive influences. After we become accustomed to the persistent requests from the non-physical realms, we sometimes experience anxiety or restlessness when we do not have an assignment. Helps us to surrender a little more. (Zucchini, Boneset, Meadow Rue, Brugmansia, Sweet Olive, Nasturtium, Nodding Trillium, and others).

EYES OF CHILDREN - This is a higher octave of THE FAIRY CONNECTION in THE FLEURESSENCES COLLECTION. Attunement to a portal that shows us so much more of the fairy realm then we have been able to experience so far. Vibrations of joy, delight, bliss, and knowing. (Forget-me-not, White Violet, Zinnia, Crabapple, Pink Lady Slipper, The Fairy Rose, and more. Gem essences of Staurolite, Fairy Stone, and Lemurian Seed Crystal).

FAITH FULL - Especially formulated for courage, perseverance, hope, faith, and service. Suffuses and breathes the attunement of faith into your being, such that every footprint, yes the "soul print" that you take imprints the quality of faith onto Mother earth. Mary says, *"Yes. Just take one step, the one step that your heart begs you to take, this is an act of faith and we know dear ONES that each step may seem difficult or even treacherous. But please do take the one step and the next will be a bit easier and .....soon your steps will create a path, a path marked by*

faith….We emphasize…that the quality of faith is a necessary characteristic of being a light being on Nova Earth." Yes we all want a road-map but then the quality of faith would not develop as a dominant characteristic of our soul for this lifetime. (Gaywings, Oxeye Daisy, Calendula White Water Lily, Goldenrod, Tansy,and others).

FLOWER POWER - Within this essence Mary includes all the flowers that are needed to completely nourish the light body. There are flowers from the rainbow spectrum of colors, many subtle frequency colors that we still cannot see. Eventually we will prefer much less food we are told. For now, eat when you are hungry with awareness but also use FLOWER POWER to rest your cellular structure and from your intention when taking the essence, direct rainbow light into every cell of your being. (still researching).

FORGIVENESS - Mary says, *"My children, tarry not a moment longer on the road marked Forgiveness. I take your hand and together let us walk to the end of this path Forgiveness asks us to take…the path of Forgiveness is sublimely beautiful."* (Purple Violet, White Violet, Bleeding Heart, and The Mary Rose).

FOR THE ANIMALS - Mary says this essence is for a shift in old attitudes related to our connection with the animals. Animals are severely mistreated on this planet and there needs to be a more complete understanding of the role that they are meant to play on earth. Brings knowledge related to your totem animals and what that means for you. Animals are example, and help us cultivate the character traits like courage, benevolence, compassion, patience and persistence. Help in overcoming a collective consciousness that is persistent in its old world paradigm projections. (Cardinal Flower, Milky Way Flowering Tree, Bloodroot, Tulip Tree, and many more)

FOR THE BIRDS - *"I AM the discovery of a relationship of latent but vast potential between the avian realms and my being, full of unspeakable perfection, beauty and joy."* This formula is for both humans and birds and brings an improved understanding of the role that birds play on earth and our evolution into light body. Facilitates improved communications and mutual appreciation, heals bonds between humanity and the birds, and erases the karma that separates us. (White Joe Pye Weed, Moth Orchid, Bird of Paradise, Cosmos, Therese Bugnet Rose, Loon Feather Essence, and many more).

FOR THE WATERS - *"Each rain drop that descends on the Cities of Light holds my image or another from these non-physical realms on high. Look next time it rains upon you! Have you noticed how the rains purify?*

The Earth is washed, scrubbed and polished with the essence of our supreme Light Love, God essence in a raindrop". Please put this essence into ponds, lakes, streams, rivers, and oceans and into the waters you drink. It will quickly activate God essence waters throughout earth and beyond. Hydrates every cell within. (Cucumber, Melon, Pear Cactus, Seqesta, Sea Purslane, and many more).

FULL SPECTRUM LIGHT - *"I AM a receptor of a wider spectrum of frequencies as I anchor new Cities of Light on Nova Earth."* This essence combination came with visualization - Belleruth Naparstek tells us……."sensory images are the true language of the body, the only language it understands immediately and without question. ….our bodies do not discriminate between sensory images of the mind and what we call reality….." You will love this essence and visualization that supports it. (Many flowers were physically put into this formula – we have not been shown which essences are the anchor essences).

GOLD DIAMOND - Is the fullest activation of the gold flame, the divine will aspect of the threefold flame of divine wisdom (BLUE DIAMOND) and divine love (PINK DIAMOND). This essence is for divine empowerment and contains Helenium, Yellow Mullien, Yellow French Marigold, Goldenrod, and many others.

HANDS OF MARY - For channeling Mary's healing energies through your hands. Opens up the healing channels throughout your energetic system. (Lime, Dandelion, Boneset, Self Heal, Honeysuckle, Horsetail, and many others).

HEALING MOTHER'S HEART - *"I AM the healing of my Mother's Heart."* We know this is for healing the hearts of all our mothers including our Blessed Mother and our Blessed Earth Mother. Anchor flowers include: Strawberry – *"I am a sweet heart,"* Bleeding Heart – *"I am a love that intoxicates,"* Lady's Mantle – *"I am the Goddess of creation,"* Lavender – *"I am perfected electrical flow,"* Heliotrope – *"I am the practice of prayer bringing the gift of grace,"* Wild Rose – *"I am the infinite Mother – Heart of ecstatic creativity,"* Lupine - "*I am the disappearance of duality and the merging of ONENESS,"* Zinna - "*I am the smile expressed hen the sounds of celestial music are heard in my gardens of harmony and love, "Yellow Poppy – Still researching, this is an important flower essence for enlightened states of consciousness, Hyssop - we know that this is for clearing guilt but it has a higher octave of service as well and Cardinal Flower - "I am the passion of Christ".*

HOME OF THE LIGHT - Portal essence to enter into the City of Light. This was Mary's first essence gift to us. She said that our Cities of Light are our true homes and that they stand next to us inter-dimensionally. It includes the gem essence Blue Diamond, The Mary Rose and a cactus in New Mexico that we were unable to identify but in each of its blooms was a hovering image of Universal Mother Mary. Also includes Pink Lady Slipper and an essence for entrance into the Golden Age Portal – Phragmipedium Orchid, Canary Island Broom, Blue Penstemem, Paklan, Yellow Candles, and many others.

INCOGNITO - *"I AM transformation of consciousness."* For counteracting the frequencies of a collective consciousness of much lower frequency. A bodhisattva essence. (White Clover, Bee Balm, Pearly Everlasting, Boneset, Lupine, Hollyhock, Tansy, Wood Betony, and much more).

INNER OUTER BEAUTY - A wonderful support for enhancing our God-Given skills, talents and personality traits. For shyness around how we present ourselves to the world and to handle the spotlight with humility and grace. This essence assists us to attract well-wishers and supporters for our projects and manifestations that have been divinely guided for us to share. Polishes our personalities for presentation out into the world. Of course, this combination also includes all of the known flower essences for outer beauty as well. Contains Italian Saffron, Sago Palm, Date Palm, Black Ebony, Bottle Brush, Red Clover, and many more!

INNOCENCE - Being in a place of childlike wonder is not necessarily an easy place to access. This remarkable new essence from Universal Mother Mary, will bring us back into INNOCENCE. Contains Columbine, Eyebright, Eryngium, White Forget-me-not, Lily of the Valley, Jewel Weed, Pink Magnolia, Red Raseberry, Salmon Berry, Wintergreen, Sweet William, and more.

INTUITION - Can be defined as "to know without a doubt." This knowing is partially supported by what we would call remote sensing. Remote sensing is learning how to use all of your senses to "know." Essences in this combination clear blockages related to intuitive capabilities, balance and refine your senses, help you surrender, and include flowers for fatigue as we see that many are blocked because they are lacking vitality. (Zucchini, Spring Beauty, Queen Anne's Lace, Lily of the Valley, Purple Violet, Turtlehead, Mirabilis Eyebright, and many more).

IT'S NOT ABOUT YOU - We have asked for years for an essence combination that would help us to transcend ego illusions. As is always the

case, this essence came about in an unexpected and really quite humorous way! In May of 2009, Universal Mother Mary had guided me to put together a catalog that was to be a guide that described everything that SPIRITWATER GARDENS had to offer. (What you are holding in your hands right now!) This was so exciting, because my websites were streams of consciousness and full of information but not very concise. My thought was that a catalog would help to streamline all of the information and make it more comprehensible, especially to newer clients. The catalog was completed near the end of May (the month of Mary) and Mary had guided me through every step. I came home with the first box of catalogs from the printer and sat down at the dining room table with one to read through. I will be the first to admit that I was very proud of this catalog and all the offerings it contained. As I swelled with pride, I suddenly and unexpectedly heard Mary's voice say: *"You know – this isn't about you!!!!"* I quickly came out of my revere and smiled and completely surrendered the catalog to the divine realms that had created it. And Mary had been so gentle about correcting my ego state in such a kind way. She then told me to go to the essence room and make up IT'S NOT ABOUT YOU! to help us all with transcending our ego illusions! (We know for sure that this combination contains White Water Lily, Dandelion, Yellow Bellwort, Red Clover, Eyebright, Chicory, and other flowers that we have not identified but saw devas adding).

JOY - "I AM joy flowing from my heart." This amazing formula is not what you think it's going to be! It systematically moves through all the patterns and imprints related to how you think you get more joy in your life and erases them. Shows you how to get joy from within yourself rather than from any outside assistance. Brings bliss, enthusiasm, delight, and laughter. (Columbine, Helenium, Blue Flag Iris, Tansy, and Zinnia).

LIFT THE VEIL - *"I AM free of illusions."* For understanding that we as a collective consciousness chose many lifetimes because we had to play out all of the ramifications of free will. We have reached a point where a full comprehension of the way in which free will plays out (it was a long learning curve) is part of the collective soul experience. Now there is a collective group ready to step back into divine will and fully manifest into the God/Goddess we were meant to be. (Blue Cornflower, Sweet Olive, Daffodil, Hila, Pink Magnolia, Data Palm, Salmonberry, and many others).

LIGHT BATH - Individuals seem to test for this that live in areas with seasons of no or very little light or who have jobs that keep them confined in low light areas. Bathes the being on levels with light spectrums that will keep you healing and evolving. (Osteospermum, Sunflower, and Jasmine).

LIGHT OF CLARITY - For seeing our situation with clarity. Being of the earth plane we know that each of us walks on the planet with at least a bit of fog, confusion, webbing, distortion, or sticky layer of misinformation of some sort. Mary offers her gift of this vibrational flower essence and says that its brilliant light will dissolve like the shrouds of mist on a river are dissolved by a morning sun. (Dahlia, Eyebright, Forget- me –not, Euphorbia, Bells of Ireland, Toothwort, and many others).

LIGHT OF GOD - *"Blessed ONES of love and light, I am Mary and today in the garden, where we delight so in meeting with you, we present you with the gift of LIGHT OF GOD. This essence dearest ONES, brings the connection that you have so hoped for, have dreamt of, and have longed for. And that is, a sound and true connection to the heart of your Creator. Yes beloved children, these flowers have been known to take you directly to the heart of ONE.*

All of the gifts that we give you, my beloveds, are guideposts or compass points that bridge your frequencies such that you are ultimately able to merge your energies with the heart of ONE. So you see, the healing energies through your hands, the gifts like the blue and pink diamonds, and all of the others have been the "bridges" that have brought your frequencies closer to the divine octaves you seek. So you have been striving dearest and most blessed ONES to hear, to sense, to feel, to be ONE with the supreme VOICE over all the smaller voices. And you have had some successes, yes we have noticed. And yet, also there are those moments when other distractions have prevented the merging of your heart with the heart of ONE and LIGHT OF GOD will prevent the distractions my blessed ONES.

We have come a long ways together, you and I, hand in hand, have we not? My role for you has been to guide you along your path, the path of the divine heart. The glory of this moment now is that I let your hand go and nod you towards the direction of glorious reconnection with that eternal ONENESS. No, worry not, this is not a permanent disconnection with me my beloveds, no it is temporary. But in any moment, your abilities, your essence should be able to instantly connect with Creator essence and this is the gift of LIGHT OF GOD." (Contains Osteospermum, Cosmos, Lily of the Valley, Sunflower, Strawberry, White Lilac, White Trillium, White Mullein, and other flowers and the gem essence Selenite).

LION'S GATE - This name is embedded in our DNA and when we are ripe for it, this portal will become available for a more multidimensional experience to unfold. This essence merges the 12 "lower" dimensions with

the 12 "higher" dimensions. Explaining this essence will take time, as we are yet to have the language to articulate its service. The flowers stepping forward for this essence are: Baneberry, Centuria (dream messenger, comprehension of the other universes), Pink Magnolia (mirrors), Mehera,Pitcher Plant (inner teachers) Scotch Broom, White Trillium, White Mullien, Jacaranda (dream training), Shooting Star, Star Clover, Pipsisewa, Pine, Colombia Lily, and Golden Age Orchid.

LIVING IN WELLNESS - Our highest octave essence for perfected health on all levels. Mary tells us that in striving for wellness, we separate ourselves from it. To seek it out promotes the idea that it is a distance from us. We do not need to take our physical body vehicle to the address "Wellness." She tells us that we have arrived! Every cell in our body has exactly what it needs to be well, nourished, vital, and supremely contented. She tells us to move to Wellness, unpack our doubts, and stay forever in this place called Wellness. (Dandelion, Spring Beauty, Boneset, and other flowers still researching).

MAGDELINA - Highest octave goddess Essence. Help us to embrace our 1st & 2nd Chakras as sacred spiritual gateways. (Purple Siberian Iris, Claret Cup, Clitoria, Papaya, Yellow Hibiscus, Pomegranate, Ixora, and many more.

MAGENTA DIAMOND - Holds you and others in a ray of universal love that embraces you and every being in every universe with a love recognized anywhere. Helps us to be emissaries of assistance to galaxies and universes. Brings much needed collaboration from earth plane participants for extension of kindness and compassion to far reaches of space, brings back the gifts 1000 fold. (Jack-in-the-Pulpit, Yellow Mullein, Pitcher Plant, Purple Violet, and Gaywings).

MAGICIAN - For incorporating more magic into our lives. We tend to think of ourselves as separate from magic but it is something that should be happening all the time, even in every moment. More playfulness. (Purple Lilac, White Violet, Nodding Trillium, Columbine, and Buttercup).

MANTLE OF LIGHT - This is a turning up of the "thermostat" if you will, moving you from (the analogy is) a light holding capacity of a 100 watt light bulb, to that of a 100,000 watt light bulb. Contains golden flowers that assist with this transformation into a light body that receives, conducts, and emits greater and greater amounts of light. Contains Golden Prairie Coneflower, Sunflower, Oxeye Daisy, Bottle Gentian, Prairie Dogbain, and many others plus the gem essence of Pyrite.

MARY'S CLOAK OF INVISIBILITY - "*I AM able to move freely and easily, without detection, in loving service, through all dimensions of time and space."* Makes us invisible to anyone with negative intentions that looks upon us. Move discreetly about the planet and galaxies in a state of loving compassion. This combination is wonderful when we want to feel totally safe, comforted, and secure. (Common Thistle, White Violet, The Mary Rose, Sky Blue Clustine, Pennyroyal, Wild Sage, Purple Coneflower, Abuliton, Echinops, and more; plus the gem essences of Malachite and Turquoise.)

MARY'S FULL GLORY - *"Be of great but soft awareness and I will present myself to thee in all my full glory for your complete participation. I want my presence to be so fully experienced that no one is denied my vibration. No more should anyone make a lengthy pilgrimage to see me – no you may stay home and I will, in my full brilliance be at your side."* Brings a softness to your own essence. This softness will permeate the armor of our hearts and dissolve you into rapture. (Hollyhock, Venus Looking Glass, Scabiosa, Blue Eyed Mary, and Honeysuckle).

THE MARY GARDEN - This essence combination is used for our gardens and also helps us to be more intuitive gardeners. Use 20 drops in a gallon of water. Your gardens will flourish and the flowers will hold the right properties so that you can make your own potent flower essences. Universal Mother Mary asked that all of her favorite flowers be used for this including: Our Lady's Pincushion, Our Lady's Thistle, Blue Eyed Mary, Mary's Candle, Mary's Slippers, Our Lady's Tears, and many other flowers.

NOVA CHILD - Enhances characteristics of the child. Infinite energy, curiosity, and boundless enthusiasm. Generates a will to learn and create. Improves our ability to trust and love unconditionally. More than anything a child knows that he or she is a son or daughter sourced from God, on earth to experience Nova Earth and to love Nova Earth like only a Nova Child can. For adults and children. (Forget-me-Not and Eyes of Mary – still researching).

NOVA EARTH - Shakes off humanity's consciousness and attitudes that have not served the planet. Holds corrections for the evolved state of new earth. Brings in the magenta ray vibration which will add more multidimensional experience to the earth plane. Will ultimately support new species of plants, animals, birds, trees, and flowers. Will temper weather patterns and restore magnificent natural settings. Helps us to change a mind projection that we have had for a long time related to the earth. Clears limited visions and persistent old world paradigm projections.

(You may want to order the CD that supports Nova Earth (see Portals in Consciousness – CD Collection –Journey to the Nova Earth Portal). (Calendula, Bloodroot, Yellow Bellwort, and others still researching).

NOVA BEING - An essence in the evolving category, we know that it is for those evolving into Nova Earth Beings and for all of the particular steps that requires. Very few clients have tested for this one, although I know it is going to be needed in a big way very soon. (Flowers so far-Blueberry, Nasturtium, Chicory, Silky Prairie Clover, Lily of the Valley, Turtlehead, Dutchman's Breeches, and Morning Glory).

NOURISH THE ONE - Brings greater sensitivities to the process of nurturing and nourishing the physical body. Shows us how we nourish emotional, mental, and even spiritual aspects of the body in ways that may not be conducive to evolution into light body. Helps us to move towards seeing that we often maintain the same physical body because that is what we nourish. When we are able to nourish the body we wish to become, an entirely different approach will develop. More awareness of preparation and ritual towards nourishing. Lets our cells look out at the shelves of food to see what they want for nourishment, rather than buying from "conditioned" thinking patterns that interfere with our own inner knowing about how to nourish ONEself. (Apple Blossom, Bleeding Heart, Camilla, Canadian Anemone, Redwood, and many more).

OUT OF TIME - Assists with a better understanding of how the structure of time no longer serves us as it once did. For example setting up time lines and establishing goals may not work any more. Mary says that we are not to think of 2012 as the "running out of time" but to understand that we will now be able to leave the imposed "structure called time." This essence is also about moving towards our future self, or Wingmaker Self. The affirmation is *"I am entirely free of time and space limitations"*. (Flowers-Blue Cornflower, Crown Vetch, Pearly Everlasting, Blueberry, Mallow, Bottle Gentian, Milkweed, and Bloodroot).

PINK DIAMOND - PINK DIAMOND is the "essence of pure, divine love at its highest octave." It is the pink flame aspect of the THREEFOLD FLAME at the heart chalice center. It brings a level of love beyond words and concepts. It is delight while it is sacred, and ecstatic, while peaceful. PINK DIAMOND essence holds you in a space of sacred divinity. As you hold the sacred space of divine love, people around you transform as well. (Pink Scabiosa, Pink Yarrow, Pink Dianthus, Pink Larkspar, Pink Rhododendron, Pink Clover, Pink Cornflower, Pink Forget-me-not, Rose's Star Flower, Angelic Canopy, and gems include Celestite and Rose Quartz).

PINK ROSES - Holds 13 pink roses combined together to form an alchemy of healing energies. The vibrations of rose are some of the highest in the flower world and cancel out lower frequencies of disease and imbalance. Mary says *"My dear ONES, walk now on the road strewn with pink roses. This road will show you the way to wellness."* (Call or see website for a list of the roses, also holds gems of white diamond and green grass emerald.

PRESENCE WITHIN - *"I AM complete manifestation of the eternal Union of my soul and my divine partners of love and light non-physical frequencies."* Helps us to truly see that the divine beings of light that we seek outside of ourselves are within our physical being. Brings great inner peace and contentment as we learn that everything we sought has been inside us all along. Knowledge of the portals where divine beings reside. (See Portals in Consciousness CDs. (Trailing Arbutus, Rhododendron, Heliotrope, and Flowering Crabapple, and many others).

PRESENT MOMENT - For paying attention in every moment to the divine voice. Brings to every moment the purest aspect of divine awareness to every thought, word, and deed. Good for those who spend too much time dwelling on past issues (or in the future to what may be). Each moment of complete presence amplifies its strength into the next moment and with it a wave of divine transformation and love. (True Wood Sorrel, Catmint, Spring Beauty, Chicory, Plains Yellow Primrose, Self Heal, Blue Cornflower, and many mothers).

PURIFY - Higher octave purification then we have had access to before. This is brand new and all we know is that the purification is permanent. Once the union of mind, body and soul is complete, permanent results are possible. (Pearly Everlasting, White Trillium, Moth Orchid, Trailing Arbutus, Comfrey, and many others, see website).

RAINBOW GARDEN - Attunement to the Rainbow Garden Portal (see Portals in Consciousness – CD collection –Journey to the Rainbow Portal). This is where I am shown to go during meditation to listen to the flower's speak to me of their services. (Bleeding Heart, Cosmos, Dandelion, Heliotrope, Jack in the Pulpit, Lilac, Lily of the Valley, Purple Pea, Wild Rose, Turtlehead, Blue Cardinal Flower, Yellow Violet, Yellow Poppy, Sweet Cicely, Tansy, and Larkspar).

RAPTURE - *"In every moment I AM carried away by an inner experience of joy, love, inner peace, and ecstasy."* (Siberian Iris, Spring Beauty, White Water Lily, Goldenrod, Purple Lupine, Apple Blossom, Yellow, and Cardinal Flower).

RELEASE TRAUMA - No memories of trauma on any level need to be recorded in the physical body. Activates the pulses of the endocrine system to unlock or unfreeze the trauma and allow it to "dance" its way out of the matrix within which it is stored. Fast forwards (or backwards) through many life times as all trauma clears. Vague or scattered images may emerge as the traumas clear but in a flow of grace and ease. (Red Hibiscus, Black Currant, Bloodroot , F.J. Gootendorst Rose, Paklan, Paintbrush, Juniper, and many more and the gem essence of Rose Quartz.).

RELEASE TWIN FLAME KARMA - Releases the karma incurred over lifetimes between twin flames. Attempts to reconcile relationships that took place in freewill consciousness that have just resulted in more karmic buildup. Helps us to see the mirror. If we think – "this is not working" so too does the other twin think the same and the relationship falters. Helps us to find the sacredness of this relationship. (White Joe Pye Weed, Twin Berry, Nodding Trillium, Bleeding Heart, Blanc Double de Coubert Rose, and Cotton).

REUNION (ABANDONMENT) - Abandonment is one of our most deeply embedded core issues within the collective humanity at this time. Universal Mother Mary tells us that this core symptom results from *"our decision as a collective to choose free will over divine guidance. We abandoned our divine and the result of this is that we continue to mirror this lack of connectedness and will do so until we embrace reunion with our divine wills."* Although abandonment issues ultimately stem from our lack of union with the Gods of our understanding, they can be triggered by loss in childhood, inadequate emotional or physical support in childhood, and from betrayal. Mood swings, low self esteem, and anger issues can also stem from abandonment. Abandonment can negatively affect every single relationship that we can be involved in. We have unconsciously decided that we would rather go through abandonment, as we have erroneously decided that abandonment keeps us safe from heartbreak. See www.spiritwatergardens.com for more details.

REVELATION - A revelation is a "shift in perception that creates an expansion in consciousness." Mary tells us that by revealing our inner most yearnings, desires, weaknesses, and strengths- whatever we can bring up to tell them: this is the process that brings about revelations, those aha moments. It is our inner efforts and prayers that bloom into the flower of revelation. Understand that revelations are not a one time or static process. Revelations will continue to those that reveal themselves. (Yellow Dog-toothed Violet, Comet Flower, and many others).

SACRED SOUND - Fantastic new essence for enhanced hearing and improved healing with sound. This is a great essence to take while on a silence retreat or set aside an hour or half a day to tune into universal sound. Note that the grasses wanted to be in this one, they help us to hear in more refined ways. (Flowers - Silver Palm, Kentucky Blue Grass, Spring Beauty, Zinnia, Jack-in-the-Pulpit, Mango, Spanish Needles, Grooved Flax, Red Pine, and Purple Love Grass).

SAMADHI - The yogis recorded several different types of trance states that are also known as Samadhi. This state often comes as a result of the culmination of spiritual practices that teach how to channel the energies of emotion into a one pointed concentration that results in a kind of ecstatic consciousness. As one maintains this state, "rewiring" occurs, that helps us to maintain this condition, also called Svarupa. (Flowers- California Poppy, Milkweed, Purple Heliotrope, Zinnia, Blue Flag Iris, White Lilac, Peony, Dianthus, Oxeye Daisy, and White Water Lily).

SEEK WITHIN - We have heard many times that the kingdom of God is WITHIN. Mary tells us quite forcefully: *"We see that many of you still are looking outside of your body temples for what you should know is within. If you seek WITHOUT, then this is what comes of it – you feel WITHOUT. But within, there is where the fullness is, the God-space that you seek."* Now and eternally that which you seek lies WITHIN and searches far and wide on the outside will leave you WITHOUT. Keep the temple within immaculate, like a beautiful garden, free of weeds, and visit it often. (Turtlehead, Lily of the Valley, Trailing Arbutus, and many others).

SILENT HEART - This essence is the one combination that accesses the soul and spirit level of our energetic totality more than any other essence combination that is currently available at Spiritwater Gardens. It awakens the "cave" at the base of the heart chakra chalice where the soul resides. helps us to hold our deepest dreams and desires that originate the soul level.

SOLOMON'S SEAL - This essence will allow you to know the fullness of all dimensions. Although some of you are aware of the formation of this seal and usefulness, many know not of it, often because it has been damaged. The SOLOMON'S SEAL was originally put in place by Creator so that you would have the experience of a human form, but also have a protective shield that contained you. You are a collection of sacred atoms, molecules, DNA, and fibers that become your sacred light body, within and without and above and below. Your containment allows you to feel your physicality. Although you know containment, you are also learning that you can be absolutely safe in using this permeable shield to gather, cultivate,

and harness love and light frequencies from the far reaches of universes beyond universes in accordance and adherence to universal laws. For example, you can harness through your permeable shield, without picking up any malevolent forces, creation codes that you wish to draw upon and work with, to create within your own sphere. Contain Solomon's Seal, Comfrey, Hollyhock, Purple Violet, Star of Bethlehem, Star Clover, and many other flowers.

SOUL DESTINY - This combination is to help support the journey into the portal that shows you the soul destiny template or soul design. Amps up the energy at the solar plexus and helps us to strengthen our inner sun. Increases our forward momentum and vitality. **(See Portals in Consciousness, CD Collection - Journey to the Soul Destiny Portal)**. (Sunflower, Dandelion, Black Eyed Susan, Boneset, Fire Orange Paint Brush, Purple Violet, Turtlehead, Common Sage, Painted Leaf, Zinnia, Buttercup, Dandelion, Lavender, Red Clover, Yellow Dog Tooth Violet, Wild Dune Sage, and White Wild Calla.

SURRENDER - The act of surrendering is huge and so are the repercussions. Surrendering neutralizes our ego so that we are able to entirely experience our oneness. All our ego endeavoring can eventually leave us feeling discouraged, for as we spiritually grow, we long to be connected to our ONENESS. Sooner or later, we defer to something greater, we acquiesce and then the magic starts. For as we unfold into surrendering, we find that we flow in the Divine River. Surrender like a child and learn that you are a child of God. (Nodding Trillium, Yellow Bellwort, White Yarrow, and many others).

SWEETNESS OF SOLITUDE - Improves ability to quiet the noise of sensory input and outside distraction until the sweetness of solitude will be a dominant preference. For those who fear to be alone in their own silence. An indescribable sweetness will nourish your silent periods with soft security and comfort. Good for meditation periods, spiritual retreats, and even silent sanctuary among many. Spray for sacred spaces. (Trailing Arbutus, Heliotrope, Wild Strawberry, Wild Blackberry, Lavender, Common Thistle, and many others).

TERRA FIRMA - Now is the time for each to step by step, move forward into their unique role and to step on solid ground to do so. Once we anchored Nova Earth, Mary brought us the gift of TERRA FIRMA. She said that we had no reason to stray off into the cosmos as much! Helps us to keep our feet planted on the solid sweetness of the earth plane and bring into full manifestation the plans and dreams we are harboring. (Calendula, Bloodroot, Yellow Bellwort, and many others).

THANK FULL - For those that forget to relish every moment on the earth plane. Mary says, *"My teaching this day is to ask of you to be in gratitude in every moment and in this way, every one of you will be guided in all ways."* If we don't feel guided, we are not in the act of gratitude enough! This is a delightful vibration to carry with you moment by moment. (Self Heal, Coneflower, White Lilac, Joe Pye Weed, White Clover, and many others).

TWIN FLAME REUNION - During Lemurian times it was known by the ancient seers that humanity (at the time guided by divine will) as a whole would be going through a learning curve to be taught what it was like to be in free will. In order for humans to experience free will, there had to be a way to remove them from divine will, and so every human was polarized into a negative and positive entity or a yin and yang if that works for you as an analogy. So for eons an eons humanity has been going through the learning curve of free will. During all of that time there has been interactions with your polar opposite and in these times there is reunion of these opposites.

WHITE ROSES OF MARY - As you have learned, Roses as a group, hold the highest frequencies of any of the flowers and the White Roses, in particular, hold the highest frequencies of all. They hold more light than a diamond Universal Mother Mary tells us. Think of reaching out and touching a White Rose. Can you sense their tenderness? This soft tender quality is another trait of a White Rose. Their amplified light-giving properties, along with their tender qualities, imbue you with a gift (upgrade, code, activation) that Universal Mary wants you to experience and hold within your energetic imprint totality. Imagine bathing in the white light of White Roses! Contains Henry Hudson Rose, Madame Hardy Rose, Rosa Banksia, Blanc Double De Coubert Rose, Wild White Rose, and more.

WISE COUNSEL - For good advice, guidance from our guardian angels, for periods when decisions are critical, and for prayers answered. This combination is like a very good friend. Mary says, *"We gather here where the road divides and we gather where the road becomes an indistinct path, we gather at summits and in low valleys and we are gathered where ever you make a choice. We are here as compasses and we will fill your minds with visions and thoughts fit for seers, sages, and wisdom masters of the universe, if you will choose to sit with us for a spell and listen."* (Rosemary, Catmint, Crabapple, Forget-me-Not, and Heliotrope).

WORDS FROM WITHIN - *"I AM the embodiment of enlightenment. I flower into a magnificent expression of my embodiment and my seeds become the words that fly with the winds and reach many."* Helps our

expressions of words flow easily, helps us to filter out words not holding a high vibration, and improves our ability to express new concepts with new language. The key that opens to the treasures of gold within you is your hands. (Cosmos, Buttercup, Wild Rose, Morning Glory, and Yellow Water Lily).

WORRY NOT - Mary says. *"I tell you, abandon your worries as I abandon mine, as we have every reason to believe that from this point forward, the act of worrying will no longer serve."* The imprint of worry lives deeply in the human psyche and its residue can now be lifted. For the human collective the act of worrying will impede rather than progress. (Flowers- Purple Fringed Milkwort, Purple Lilac, Oxeye Daisy, Feverfew, Helenium, Aster Fleabane, Red Chestnut, and Dune Lily Thorn).

WORTHINESS - Mary says each one of us is worthy, simply because you have arrived on the earth plane to do the work of Creator as an exact replica of this ever inspired force. I have noticed that clients mention discordant surroundings while in the womb can even have an effect on our own feelings about whether we are worthy or not. Most of us, even if we don't think we do, base some of our worthiness on how worthy we thought we were to our parents. This misconception will be erased with this essence! (Flowers- Sunflower, Comte de Chambord Rose, Bunchberry, Freesia, Great Solomon's Seal, Pink Magnolia, Mehera, Golden Yarrow, and Foam Flower).

Mary's Pilgrimage Essences

Universal Mother Mary has guided us to make a series of essences she wants called her Pilgrimage Essences. As I understand it, collecting flower essences from sacred sites helps us to integrate and translate a greater understanding of the earth's sacred lands. The first Pilgrimage Essence that we were guided to call STAIRWAY TO HEAVEN combines flowers from a sacred site in Council Grove, Kansas. The second Pilgrimage Essence was made in the wilderness of the Adirondacks in upstate New York.

STAIRWAY TO HEAVEN – White Memorial Camp, located in Council Grove, Kansas has been the historical meeting place for indigenous tribes from all over North America, Mexico and parts of northern South America for over 2000 years. This natural prairie area is absolutely beautiful in early June, carpeted with every shade of color imaginable. The gentle winds blowing the fragrant flowers of the prairie is what I am reminded of every time I take this flower essence combination. It was guided by Universal Mother Mary to make a pilgrimage to this sacred location and eventually I have learned why:

David Yarrow, a well known dowser visited this site and said the following about the property:

"I detected a massive water flow under the land…this rising vertical column of deep, primary water is a massive flow system that distributes water outward through 27 veins. Normally, I find 5,7 or 9 veins, - on occasion 13 – rarely 21. So 27 veins in one flow system is rare, extraordinary and fascinating. A quick dowsing survey indicated 8 ley lines… typically it is unusual to have 2 ley lines, so for 8 leys to cross a site is extraordinary and auspicious. The grass is greener where the ley lines begin. This unifying energy field forms a vortex of dense magnetic flux descending from the sky called a "Stairway to Heaven." While my map is still incomplete, data declares that White Memorial Camp is a major earth energy center."

Resonant intelligence asked that flowers be collected for an essence at the point where the etheric Stairway to Heaven vortex is mapped. This was an area about 1⁄4 of a mile square. Flowers included were Butterfly Milkweed, Cat Claw Mimosa, Purple Coneflower, and Spiderwort. All 19 flowers are described on the website and the list can be obtained by request at lizjchan@gmail.com.

Although we need to integrate and translate a great deal more from this essence we know that the vibrations of a Stairway to Heaven vortex are imbued in this essence combination. If we have a longing for a certain experience that can only be obtained from making a pilgrimage to a place, an essence combination certainly can act as a temporary substitute. Holding the vibrations of this essence with the intention of awakening other land areas may also be possible.

WILDERNESS MYSTIC- A beautiful booklet was created to describe all that embodies this essence made on a pilgrimage to the Adirondack Wilderness and it comes with your purchase of WILDERNESS MYSTIC. Helps you to reawaken to the natural surroundings as places that accelerated the process of awakening. (Flowers- Bottle Gentian, White Water Lily, Purple Pickeral Weed, Wild White Mint, Pearly Everlasting, Indian Pipe, St. John's Wort, Turtlehead, Red Cardinal Flower, Wild Sage, Nodding Trillium, Yellow Water Lily, True Wood Sorrel, Spring Beauty, Rhododendron, Trailing Arbutus, and Boneset. Contains the imprints of the bird call recordings of Loon, Bald Eagle, and Bluebird.

The Fragrance Spray Collection

THE FRAGRANCE SPRAY ESSENCE COLLECTION

These flower essence combinations have both fragrance and the electromagnetic field imprints of the flower's essence. The fragrance oils for the combinations are all organic and are in "synergy" which means that the oil is holding the full spectrum of the frequencies held in the essence as well as the fragrance. Typically the formulas also contain a gem essence. These combinations are misted in the atmosphere around us and are not meant to be ingested. They last 2 – 3 months. They come in 2 oz. blue cobalt bottles with a mister cap. (See spiritwatergardens.com for complete descriptions).

ANGEL CONNECTION – Brings greater sensitivity to the presence of angels and in the presence of angels. Dissolves fears, assists with connections on other dimensions. Essences infused in the fragrance of Angelica. (The Mary Rose, Agnes Rose, Mutabilis Rose, Wood Betony, Serafina, Celestilite, Angel Light I, and others).

AWAKENING FEET – Softens the energetic barriers around the feet and enhances chakra activation at the feet. Helps us sense the earth beneath our feet and understand why the feet of the guru were worshiped. Essences are infused in the fragrance of Sandalwood. (Sago Palm, Calendula, Yellow Bellwort, Lauriana Rose, Temple Cloud Orchid, flowers for protection, Corn, Zucchini, and Garnet).

FACIAL REJUVENATION – A long time favorite, this is a spray for daily use on the face. Call for all the amazing details, we don't make claims on the website. Flowers in Organic Bulgarian Rose Water. Cucumber for hydration and emotional balance, Sago Palm for the enlightened embodiment of a human being, Century Plant for taking us out of the "aging paradigm," Black Ebony for protection from unhealthy sun rays, essences for circulation and health of the blood, Mallow for clearing thought patterns related to aging, Maltese Cross for returning our skin to natural wholeness, Meadowsweet for not judging ourselves harshly, Red Currant for a molecule blueprint in perfect health, an orchid for clearing cellular patterns related to aging and more.

FAIRY CONNECTION – Holds the fragrance of Melissa, also known as Lemon Balm. See the Fleuressences Collection for all the wonderful attributes of this combination. Fantastic to spray in the gardens!

JENNIFER'S PEACE ABUNDANCE AND PROSPERITY – Another long time favorite, this brings fragrance and flower essences to spaces that you

want filled with the frequencies of overflowing abundance. whole plant synergy of organic citrus flowers including lemon, tangerine, orange grapefruit and mandarin. Citrus fragrance draws golden energies, support contains uplifting thoughts and joyful enthusiasm. (Peony, Goldenrod, Sunflower, Fairy Rose, Rain of Gold, and Zinnia).

KEYS TO MAGNIFICENCE – This combination is a spray for the aura. Strengthens the aura and makes it golden. It contains the synergy of Rose, Amber, Sandalwood, Carnation, Neroli, Patchouli, and Jasmine. The scent is out-of-this-world. Includes the vibrations of the 76 Names of God listed in the Book of Enoch, Each divine letter generates resonance patterns of light within the combination. A wonderful spray for protection, for children, and for uplifting spaces. I use this spray on my clients and "fluff" it into their auras with an eagle feather.

LOTUS IN FULL BLOOM – This new and ecstatically exhilarating offering is part of the Fragrance Spray Collection and contains the synergetic fragrance/essences of Himalayan Cedar, Atlas Cedar, Rose Absolute, Jasmine, and Amber. This alchemy is for the expansion of the crown chakra and consciousness which to me is defined as expanding awareness of more multi-dimensional aspects of being and doing. Ultimately, we are meant to have an understanding of other galaxies and universes, including the one within ourselves. Contains the energy of Lotus flower.

PERFECT TEETH – This essence is for everything related to the jaws, gums, and teeth. We have had so many miraculous results with this essence. Cracked teeth have healed and teeth have become more aligned. Almost immediately you will see an improvement in the health of your gums. This is an essence that you spray onto the teeth once per day and it lasts about 3 months. On the physical level, Perfect Teeth contains Sago Palm (attunement to the blueprint for an enlightened human, Cedar (for remembering our life purpose and mission plan), Pink Baby's Breath (we knew this was good for teething babies, but think it is for much, much more), Toothwort (all areas of tooth health), Banana (energetic link with mouth, teeth, and jaw region), and Mystery Palm (a gatekeeper essence, sifter of information, its flower looks like large teeth coming out of a jaw bone, definite link to expression and its link to the jaw, mouth, and teeth).

PROTECTED SLEEP – Spray in room before sleep. Holds the fragrances of three different Lavenders. Contains all kinds of flowers for protection and Sweet Pea and other flowers for improved sleep rhythms and feeling refreshed and rejuvenated.

PURE JOY – Wonderfully uplifting combination brings ongoing joy into

our lives. Suffused with several varieties of fragrant orange blossoms. (Zinnia, Tansy, Several Rose essences, Columbine, Helenium, Blue Flag, Iris and Watermelon Tourmaline).

REVITALIZING CHI – Room spray with fragrance of Lemon Balm and 23 flower essences that resolve energetic flow problems in enclosed spaces and around buildings. Supports the people, animals, and plants living in these spaces. Energizes, transforms stale dense energies and brings inner peace and tranquility.

RITUALS AND CELEBRATIONS – This essence is for parties! Everyone has so much fun at social events where this essence has been sprayed in advance. Use at weddings, celebrations, and for sacred rituals. Infused with the fragrance of Angelica. (Columbine, Zinnia, Blue Flag Iris, and Yellow Poppy).

SACRED UNION – Contains all of the essences found in the SACRED UNION essence combination (See Galactic Grace Collection) and the fragrance of Rose of India.

MONTHLY AUTOSHIP PROGRAM

Everyone on this program loves getting their beautifully wrapped package and **every time** they are amazed at how accurately the divine shows what is going to be most beneficial for their healing and transformation.

How it works:

On the 21st of each month, Elizabeth does a complimentary reading for you and is shown the most beneficial essences for you for the upcoming month. Within the same day, or the next day, each essence is custom made for each client: (we never take essences off the shelf to send them) they are specifically for you and this allows the deva and nature spirit energies to add their magical touches and flourishes to your essences before they are packaged up. There is no special cost for this program. The total is the cost of the essences and the shipping and handling, no different than if you placed an order in the usual way.

Benefits of this program are:

- There is never a gap in your immersion in the high frequency

vibrations of flower essences. **When you announce to the universe that you are going to keep up with your transformation, you are much more magnetic for all of the gifts and unfoldment of your soul destiny path.** The divine will only give you the gifts that are meant to have when they know that you are keeping yourself at the highest level of consciousness possible. This journey requires your commitment to becoming the best possible version of you, everyday!

❖ Here at Spiritwater Gardens, we cover a **very wide spectrum of flower, gem and vibrational remedies. We have over 190 combinations** and they will cover every hurdle, recalibration, activation, and download that you will possibly need for your transformation into Light Body.

❖ **There is never any alcohol in any of our remedies.** They are of such a high vibration we now can bottle them with Organic Bulgarian Rose Water. We have eliminated even using the Red Schiso that we used in the past for some of the octaves of essences.

❖ **Flower, gem and vibrational remedies are integral part of God's plan for you to emerge into Light Body. The process is not necessarily sequential; there are times when we need to jump back and forth between frequencies.** Our essences cover all of the octaves and help you to unfold in a grace and ease that maintains a secure and comfortable physical, mental, emotional, and spiritual transformation.

❖ Many aspiring Light Bodies can become "backed up" with symptoms, rather like a computer without the necessary upgrades to download new programs. You continually need to expand your abilities, especially in a multidimensional way. If you have "symptoms" and "issues" and "drama", **I cannot stress enough the importance of flower essences. Rather than letting problems amplify, a monthly essence shipment will keep you in a flow of grace and ease, all determined by divine guidance.**

❖ Your intention, commitment, and notification to the universe that you will take care of yourself **on a monthly basis gives you additional support, acceleration, and continuous upgrades.** Windows of opportunity, and auspicious celestial events will be taken advantage of, rather than becoming missed opportunities.

❖ We remain dedicated to the goal of assisting our clients in discovering their soul destiny path through the use of flower essences,

energy transmissions, and various types of mentoring programs. We take our job very seriously to be sure that all of you have guidance on the highest realms of love and light. The readings serve as excellent ways for you to maintain this connection, as they inform you about the area you are working on for your Light body evolution.

Just a call arranges this program for you in moments. You will not ever have to remember to call for your next flower essence order, it will come on its own!! You can choose the number of essences combinations you would like to receive or let divine guidance determine that. You can cancel at any time.

TESTIMONALS

"Each month, I am like a child ready to open her biggest, most beautiful Christmas present when my monthly shipment arrives. Elizabeth, you are always so spot on with the essences that you send and I feel so secure & blessed as I take them each day. I can not begin to thank you for all that you do."

"Every word of my reading was truly wonderful to read, and I will definitely read it again at least a few more times to really integrate all of it. Please send the essence immediately! As always, many thanks for all the support and caring that you do for all of us."

"What a wonderful reading! It made so much sense to me. Yes, I'd like the essences to help support me on this journey. Please send them my way. I felt so much excitement when I saw your email today and I knew that was the excitement of my soul and spirit. I just want to say how much help these readings are for me on my path."

"My first flower essence was release habits. While moving into a sober lifestyle learning to be with my feelings, It came into my life at just the perfect timing and helped me shift from using ganja HEAVILY everyday to numb out my feelings to being with my feelings and learning to process them which was and continues to be huge for me!"

Auto-Remote Healing Program

Elizabeth began administering remote healing energies in 1995 (see www.elizabethpatric.com) and has since received training in energetic healing with Universal Mother Mary Energies, Deva and Nature Spirit Energies, Angels of Pure Consciousness, and The Trivedi Effect. When you receive a healing your soul is directed to choose the energies that it would like. When your healing is administered, all of the household residents can participate, including pets, plants, and the outdoor area of the residence. Sometimes your soul will want one kind of energy and other times it may want a more intermingled energy. See photos of plants receiving healing energy as contrasted to plants not receiving energy under "Healing Programs" at **www.spiritwatergardens.com.**

You can receive healings on a 1, 2, or 3 times per week basis. Higher guidance tells us that when it comes to having high conductivity (ability to absorb) for receiving energy healing, the most important parameters to focus on are intention and persistence.

Elizabeth has received some wonderful testimonials from you all including *"best night's sleep in years!," "up at 5:30am and energetic all day,"* and *"significant revelation," " greater stamina," " greater immune resistance,"* and so much more.

TOP RESULTS FROM CLIENTS OF REMOTE HEALING PROGRAM

- Every one reports they are getting a better night's sleep. You are not necessarily sharing that you are getting longer sleep, in fact eventually you may sleep less but are getting higher quality sleep and you are waking up refreshed and full of energy.

- Greater Stamina, pizazz, life force, momentum, energy, and vitality; meaning that you have the energy to get everything done to be the most unlimited you! You are becoming more magnetic and attracting in everything that you need to manifest all of your deepest desires and dreams.

- Ability to express emotions in the moment in a transparent way AND to release old emotional debris. There is less sentimentality and regret. Less fear about the future and less worrying. When you let go of these fears and stop worrying, you get into a divine order and flow that becomes a natural characteristic of your life. You stop trying

to understand the situations in your life and instead surrender to the miracle of divine flow and manifestation of divine expression. Like a flower does not worry or have fears; it is just in a natural flow and surrendering to Creator's design for it.

❖ Increased focus, ability to concentrate, stay alert, and what can be called BRAIN GAIN (Galactic Grace Collection) which is utilizing the brain to its fullest capacity. My clients talk about how they have started to enjoy algebra, or puzzles, or intellectual and spiritual pursuits that were not understandable in the past.

❖ Large amount of growth and expansion for your career - for your true soul destiny unfoldment. You are attracting the opportunities for developing your career paths more than ever before and bringing greater momentum to this area of your life. Your client base is expanding.

❖ Less stress and greater ability to embrace "good stress". It is said that all diseases and imbalances are created from one thing and that is stress. So we need to ask the questions; "What causes stress?" The answer to this question is that the cause of stress is the disconnect from your divine intuition. You are outside of the natural character of your life. The healings bring you back to the natural character of your life where you are naturally meant to thrive and able to connect with your divine voice.

❖ Amplified healing and rejuvenation in all areas of your physical, mental and emotional aspects of your totality.

❖ Ability to hear the divine voice (to me this is the most important because the divine voice will guide you in every other area of your life). The Divine is the only voice you need to hear as you don't need the voices of parents, emotions, ego, etc. You can BE AND BE GUIDED (Mary Essence Collection). When you hear the divine voice you are decisive, calm, focused, and fulfilled.

❖ There is less anxiety over relationships, and there is more honoring and more accepting. I learn from all of you that are having insights and bringing greater awareness to your relationships in all areas of life. Remember that relationships include our connection to the divine, and our connections to the sacred other. There is overall a great deal more honoring going on in the relationship for the self and for the other. In relationships with the sacred, there is increased intimacy, ecstasy, and transparent mirroring. There is the reunion of the Twin Flame in many instances.

TESTIMONALS

"The healings brought thankful and happy tears to my eyes. I am thankful with all my heart for including all of us in this household in your powerful healing prayers. I feel so blessed to have you in our lives, as a beacon of faith, love, kindness, generosity, strength, intelligence scientifically, and your wisdom of spirit and people. Cannot say enough how incredible they are."

"You are my "want to be like person". These healings are a priceless, monumental moment, and gift that takes your breath away but lasts a life time. THANK YOU. THANK YOU. THANK YOU."

How it works:

Healings are administered in the evenings, as the client is going to sleep, in your time zone, at a time that is perfect for you. Complete directions are e-mailed to each participant once you subscribe. A few other things that you should know are:

❖ The energies that are received are guided by the divine and what is most auspicious for each person. Really, your body, mind and spirit are "ordering" and shaping the healing. Without your intentions, desires and the desires of the soul, you would not receive the energies. One participant may feel very gentle heart energies, and another may feel a huge blast of shakti. Try not to judge the experience, instead, after a few days, think about the accomplishment and results of the healing.

❖ Remember you are the one that shapes the healing, you will receive exactly what you can fully integrate in grace and ease.

❖ Some evenings you may be receiving more of one energy than another, or just one type, The divine decides and that decision is based on what you want (and also what your soul's deepest desires are). It is easy for the divine to co-mingle the energies of Universal Mother Mary, Lao Tzu, (LaHoChi) the nature spirits, the angelic realms of the light of the highest, and the Trivedi Shakti. Your body, mind, spirit will know what they need and will magnetize it in. Your energy fields want to receive "chords" of frequencies. Much like a piano can play one note and that is a small impact, a chord on a piano, when divinely created can make amazing healing and evolution for our bodies. So different frequencies of energies may be received by your field in a harmonious way.

❖If you choose (highly recommended!), make a list of what you want the healing to do (the clearer our intentions, the more complete the manifestation) and order it much like you would order from a menu at a restaurant. It is an extremely good exercise to use words and our voice to declare to the universe what we want and you can always add the default caveat, "this or something even better" and "in grace and ease."

❖ You can receive healings everyday, every other day, 12x per month, 8x per month, or 4x per month. This includes all those in the household including pets and plants, the house itself, and the environment or surroundings that you own around your house.

❖ We cannot interfere with the destiny of land that you do not own unless clearly divinely guided to do so. The more persistent and greater number of healings, the more likely we are to see the results that we desire and the more complete our blossoming into our most fulfilled soul destiny path. (See more at www.spiritwatergardens.com).

Begin your Auto-Remote Healing Program today!
Call: (800) 850-6839 or Email: lizjchan@gmail.com or www.elizabethpatric.com

PORTALS IN CONSCIOUSNESS CD COLLECTION

What does it mean to be a light body? What is meant by the word light worker? Mary tells us that *"It is time for us to learn the ways of light….embrace this role of light worker….learn as an apprentice, become adept at using light…and managing light in all of its forms."*

The collection of CD's below are portal journeys into universes that are really quite easy to get to. The use of the essence of Pink Lady Slipper and other portal journeying essences has been my support, along with a dedicated spiritual practice. Just as you can go on to the internet and get to the "google earth" portal, so too, you can go into meditative states and visit portals within. Each of the chakras, for example, has portals within them that are universes within themselves. Each CD takes you to a different portal through a guided meditation and imagery along with the supportive sounds of nature and music.

PORTAL JOURNEY CONNECTING YOU WITH HIGHER GUIDANCE - When you arrive in your physical bodies onto the earth plane, you arrive with a "soul destiny path" or "assignment." Always with you, in non-physical form, are divine beings of the light of the highest with which you share a powerful bond. These beings can be of tremendous assistance to you as we walk our soul destiny path. Guides act as messengers from higher powers, bring healing to keep you well and assist in your co-creative endeavors together to heal and evolve earth and her inhabitants. You will journey to a portal that Universal Mother Mary has guided us to, where the frequencies are perfect for connecting with your divine guides. We will give you the "energetic muscles" that activate your inner vision a "work out." We will set the dial of your "radio" so that you can tune into the wave lengths that support this type of exploration.

PORTAL JOURNEY CONNECTING YOU WITH YOUR SOUL DESTINY PATH - In this journey, Universal Mother Mary shows you a portal where you will be able to witness the magnificence of our own unique destiny blueprint. You will clear the astral dust and be able to get a better look, to be able to truly "see" your individual frequency signature. Most of us are not lucky enough to be born knowing exactly what our role is on the earth plane. For some it has taken years of false starts and experimentation. Now you may know some of the details and this portal journey will help you to be even more "on track." This CD will retrieve dormant codes by activating light spectrums holding information about our soul mission.

PORTAL JOURNEY CONNECTING YOU TO THE HEALING ENERGIES OF THE BLUE DIAMOND - Our energetic bodies hold imprints or in Sanskrit, "samskaras", which means scars. These scars hover in our field and have served as reminders of soul lessons. In these times, we are beginning to see the end of the learning curve for soul lessons. Universal Mother Mary, shows us a portal where we can access her gift of the blue diamond energies to erase the imprints and related karma from our fields. To fully embrace the role of light worker, you need to fully comprehend the use of light for healing and evolution. Being a light worker means that you hold knowledge related to using light to heal and evolve each other and the planet. You will enjoy your visit to this portal to receive the gift of the blue diamond light energies.

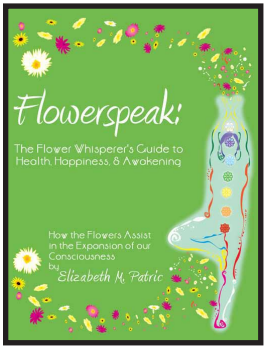
PORTAL JOURNEY CONNECTING YOU TO THE RAINBOW GARDEN – Universal Mother Mary wants you to fully comprehend the use of light imagery to visit places of information that will assist in healing and evolving. She knows that you are ready to learn new ways of using light. THE RAINBOW GARDEN PORTAL is the place

that I have been taught to go to hear the flowers and their own unique language. (See ***Flowerspeak*** in the Book Section). Many other information and wisdom opportunities await you in THE RAINBOW GARDEN PORTAL.

PORTAL JOURNEY CONNECTING TO A VISION OF NOVA EARTH - With the help of Universal Mother Mary you will journey to a portal to not only witness but participate in the healing and evolution of the planet earth into Nova Earth, the Heaven on Earth she is meant to be. Mary tells us that there is a great need for a universal, collective vision of a Nova Earth. The act of perception involves "resonating with it" or getting in "sync" with it. To know the world is literally to be on its wavelength. The art of seeing is one of transforming. In the act of imaging you can transform the timeless, space less world with frequency patterns that create what becomes our perception of light. Mary asks us to become Creator Gods and Goddesses to bring about this transformation.

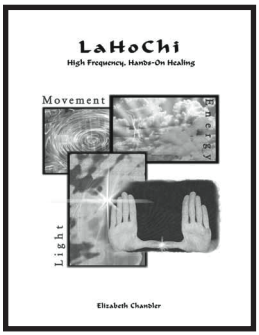
PORTAL JOURNEY CONNECTING WITH THE MILKY WAY – This amazing journey is transformational. Samyama or concentration on a question, taken place in this portal can be revealing. You can have questions ready but also be open to revelations about the workings of the universe and its inhabitants. As your role of light worker unfolds, you will find that this portal and many related portals that you will discover will be valuable sources of information. You will find that you will become quite adept at accessing and receiving the frequencies of these doorways to the cosmos.

BOOKS



Flowerspeak: The Flower Whisperer's Guide to Health, Happiness & Awakening

This book shares knowledge about the flowers obtained from non-physical divine guidance. Common and wild flowers that can be found in your surroundings take on new dimensions as you learn how to grow and use them in new and refined ways. 55 beautiful, full page photographs of flowers are included. Flowerspeak includes descriptions of elementals, deva, fairies, and other nature spirits and how to co-create with them. The book will help you to understand the ways in which flowers communicate their healing abilities and improve your abilities to choose the flowers you need to heal and evolve. There is a chapter devoted to learning how to make your own essences. More than half of the book is devoted to letting the flowers speak about their services and communicate through their beautiful colors and forms. Flowerspeak is a unique guide written and photographed by Elizabeth. (for photographs and more information go to www.spiritwatergardens.com and go to the heading "Books.")



LaHoChi High Frequency Hands-on Healing

LaHoChi healing energies are sourced from Ascended Master Lao Tzu and work beautifully along with the flower, gem, and vibrational essences. Lao Tzu has been called the "reluctant sage" and lived in China approximately 2500 years ago. Lao Tzu wrote the one thin volume entitled Tao Teh Ching that became the basis of many schools of Chinese philosophy and has been translated into more languages than any book but the Bible. We remain full of gratitude that Lao Tzu continues his efforts from another dimension to help assist with the process of healing the earth and her inhabitants.

The LaHoChi Handbook written by Elizabeth presents an easily understood form of energy healing without hierarchies and workshops. There are 5 simple hand positions for healing others and 4 positions for healing oneself. The manual contains step – by – step photographs for each hand position. This manual is available in downloadable form and can be ordered at lahochi.com. (see the website for lots more information on LaHoChi and examples of the photography found in the manual).

SOUL MENTORING AND READINGS

Elizabeth does one-on-one sessions with interested individuals and is especially qualified to help you unfold into your soul destiny path and mission. The sessions include guidance, portal journeys, remote healings, recalibrations, attunements and readings that are typically written in journal form and sent to you.

One special area of expertise is her Power Animal Totem Readings. Elizabeth's work with the flower essences gave her access to a new portal where animal totem world resides. At your request, I travel to this portal and am shown your Animal Power Totem. The information comes to me as a series of images that is part of your reading. I journal as the images and words are shown to me and transcribe what I see and hear into a "story" that is part of your own glorious story as you walk the earth path. Animal totems are guardian spirits that can be of tremendous assistance. They hold specific character traits that we may need to support our mission. They act as messengers from higher powers, bring healing and spirit medicine, imbue you with specific character traits and connect you more fully to the earth, its web of life and your multidimensional self. (Call to have a brochure sent to you with more details).

"The reading is so wonderful. You would not be able to know that my boys do not call me Mom, they call me otter! Thank-you for all of your help, healing, love and this reading. I have a greater understanding of my role now."

"I have learned multidimensional skills far beyond what I thought were possible through my interaction with my wolf power totem."

INFINITE BLESSINGS OF LOVE AND LIGHT

Every day and in every way I am incredibly blessed by the company I keep at SPIRITWATER GARDENS. The angels, Ascended Saints and Masters, elementals, fairies, devas, and galactic non-physical companions and guides make every moment miraculous and ecstatic and at the same time bring a peaceful sense of purpose and fulfillment to my life and to the projects we co-create together.

I am in the deepest gratitude to Betty Christian for her dedicated assistance. Betty also designs and creates beautiful jewelry that can be seen at www.bjchristian.com

We also wish to thank each and every one of you for your continued love and support. We are on the cusp of a new understanding of our role on earth and throughout the universes. We feel such gratitude to those of you who step up to the role of evolving into light being and holding the fine tuning and vibrations of the flower, gem, and vibrational remedies. As you hold this fine tuning, you become the instrument, "the tipping point" that fine tunes the others around you and you have become an integral part of humanity's manifestation of a Heaven on Earth.

Infinite blessings of love and light to you.

Elizabeth Patric

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