

Trees Speak!

An Exclusive Product of Canada
created for you by



Blessed Essences

**TREE ESSENCES FOR YOUR EMOTIONAL
WELL BEING**

Call/Text: 716-427-7744

www.BlessedEssences.com

**Creating Wellness Naturally
for Over 30 years**

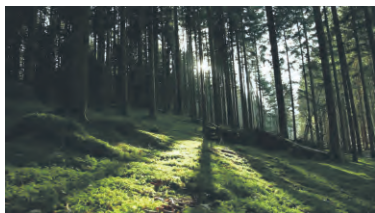
www.TerriSongbird.com

What are Blessed Essences?

Vibrational Tree Essences are subtle liquid extracts usually taken orally to nurture emotional and spiritual well-being. They act by nourishing the energy field of a person or animal through their positive resonance and in doing so, they help us maintain inner balance.

Tree Essences cover many of the key energetic and emotional issues that arise in today's life for people as well as animals. When Blessed Essences are used consistently, their action is profound and long lasting.

Tree Essences can be used with food, medications, and supplements. They have no physical side effects.



YOU MAY TAKE AN ESSENCE TO HELP YOU THROUGH EMOTIONAL DIFFICULTIES OR TO EXPAND INNER STRENGTHS AND QUALITIES. THEY BECOME PART OF YOUR DAILY LIFE.

Testimony from Grandmother Kaariina
aka Nuthatch to Terri Songbird

Upon picking up her shipment of Blessed Essences she wrote to tell me:

“My son felt vibrations when he picked up the parcel. I can see the energy ripples going into auric fields on him! Your passion and service will nourish him and hundreds of others. Kaariina

Single Tree Essences for Specific Emotions and Qualities

Creativity & Initiative Essence (Ponderosa Pine)

🍁 Tendency to hold back, **procrastinate**, vacillate, to doubt our abilities and our creativity.

🍀 Taking the initiative, daring to venture, following our truth, decisiveness, and listening to our intuition. Gets us unstuck!

Contents: Essence of Ponderosa Pine (*Pinus ponderosa*) in a base of spring water and 9.5% alcohol.

TAKE WITH MANIFESTATION ESSENCE FOR BREAKTHROUGH RESULTS!

Letting Go Essence (Pussy Willow)

🍁 Feeling stuck, rigid, difficulty to give and receive with ease, awkward, denying pleasure, **stubborn**. Unwilling.

🍀 Flowing, gracefulness, rhythm, sharing, enjoying, and softening. Letting go and trusting in the Universe.

Allowing pleasure.

Contents: Essence of Pussy Willow (*Salix discolor*) in a base of spring water and 9.5% alcohol.

Playfulness Essence (Red Alder)

🍁 Feeling blah, drab and serious moods, feeling withdrawn, the **winter blues**, aka **S.A.D.**

🍁 Helps us to move our serious frame of mind. Cheerfulness, laughter, feeling attractive, enjoying, and lightness of Spirit.

Contents: Essence of Red Alder (*Alnus rubra*) in a base of spring water and 9.5% alcohol

Relaxation Essence (Yellow Birch)

🍁 Cannot seem to unwind, high strung, need to be occupied, restless, busy mind, difficulty sleeping. **Excessive mental chatter.**

🍁 Helps in achieving deep relaxation and quietude. Silencing the mind. Inner Peace.

Contents: Essence of Yellow Birch (*Betula alleghanensis*) in a base of spring water and 9.5% alcohol.

TAKE WITH FOREST SECRETS FOR DEEPER RELAXATION AND MORE FOCUSED ATTENTION!

BOOKS

Trees Speak - Blessed Essence Guidebook



A must for all practitioners or anyone wishing to deepen their knowledge of Blessed Essences and vibrational healing with Tree Essences. **Free Guidebook with new wholesale accounts.**

Combination Tree Essences

Body Image Essence

🍁 **Insecurity** and low self-image connected to our appearance. Helps us examine our eating and lifestyle habits.

🍁 View yourself with honesty, self-appreciation and kindness. Accepting our imperfections. Listening to true needs of our body as to diet, exercise, and life style. Supports better decisions for Self.

Contents: Essence of Apple (*Malus sp.*), Bitternut Hickory (*Carya cordiformis*), Juniper Excelsa (Juniper excelsa), White Elm (*Ulmus Americana*), White Trillium (*Trillium grandiflorum*), and Witch Hazel (*Hamamelis virginiana*), in a base of spring water and 9.5% alcohol.



Comforting & Reassurance Essence

🍁 Fear of **abandonment**. Separation anxiety. Change that brings feelings of insecurity (new job, school, moving, divorce, loss...) Overcoming sadness, rejection.

🍁 Brings comfort and reassurance to our inner child, resulting in a sense that everything is OK. Helps us open to joyful and happy feelings. For any situation when reassurance would be comforting.

Contents: Essences of Butternut (*Juglans cinerea*), Colorado Blue Spruce (*Picea pungens*), 'Royalty' Crab Apple (*Malus 'Royalty'*), and Weeping Willow (*Salix sp.*), in a base of spring water and 9.5% alcohol.



Changing Woman

A BEST FRIEND AND HELPER DURING MENOPAUSE!

🍁 Difficulty absorbing change at key moments in life: i.e. **menopause**, children leaving home, parents or spouses dying.

🍁 Keeping the bigger picture in mind. Going with the flow. Removing fog, brings clarity. Wisdom, empowerment and sense of freedom.

Contents: Contents: essences of American Beech (*Fagus grandifolia*), Avocado (*Persea americana*) Black Locust (*Robinia pseudoacacia*), California Live Oak (*Quercus agrifolia*), European Purple Beech (*Fagus sylvatica var. purpurea*), Jack Pine (*Pinus banksiana*), Juniper (*Juniperus sp.*), Serviceberry (*Amelanchier sp.*), Speckled Alder (*Alnus incana ssp. Rugosa*), Tulip Tree (*Liriodendron tulipera*), Weeping Willow (*Salix sp.*), Yellow Birch (*Betula alleghaniensis*), in a base of spring water and 9.5% alcohol.

Conflict Resolution Essence

🍁 Trouble getting along; conflict and disputes. Your ego gets in the way despite your best intentions. Disharmony, insistence on asserting oneself as being right. **Defensiveness**.

🍁 Stepping back and giving yourself time to reflect rather than react. Able to listen to people, seeing others point of view, letting go of negative attitude. Harmony, goodwill.

Contents: Essences of Highbush Blueberry (*Vaccinium corybosum*), Purple Flowering Raspberry (*Rubus odoratus*), and Wild Strawberry (*Fragaria virginiana*) in a base of spring water and 9.5% alcohol.

Deep Inner Cleansing Essence

🍁 Feeling the need to cleanse impurity. Side effects of negativity and abuse of power, manipulation or obsessions. Deep emotional turmoil or trauma.

🍁 Cleansing emotions. Spaciousness and purity. An excellent complement to physical cleansing regimes.

Emotional clearing.

Contents: Essences of 'Royalty' Crab Apple (*Malus 'Royalty'*), Mountain Ash (*Sorbus sp.*), Sphagnum Moss (*Sphagnum spp.*), Yellow Cedar (*Chamaecyparis nootkatensis*), and Witch Hazel (*Hamamelis virginiana*) in a base of spring water and 9.5% alcohol.

**WORKS BEAUTIFULLY WITH CONFLICT RESOLUTION
FOR A DEEP CELLULAR CLEANSE.**

Family Relations Essence

🍁 Tension between friends and family. Sibling rivalry, anger, envy, jealousy, old resentments and hurts.

🍁 **Reconciliation**, forgiveness and the healing of wounds. Completion of healing with those persons we can no longer be with, e.g. deceased family members...healing family lineages.

Contents: Balsam Fir (*Abies balsamea*), Black Cherry (*Prunus serotina*), Black Maple (*Acer nigrum*), Coast Live Oak (*Quercus argifolia*), Pencil Juniper (*Juniperus virginiana*), Red Spruce (*Picea rubens*), and White Spruce (*Picea galuca*), in a base of spring water and 9.5% alcohol.

Forest Secrets Essence



**TRAVELLER'S BEST FRIEND
BYPASSES JET LAG.**

**STUDENT'S BEST FRIEND HELPS
YOU TO GROUND AND FOCUS.**

🍁 Feeling distracted, overcharged by mental activity or overly tired from late nights. Overstimulation. Effects of shocks: feeling 'not quite oneself,' ungrounded or dislocated due to travel, too much sun, injuries, food poisoning and jetlag. Difficulty unwinding and falling asleep.

🍁 Getting **grounded**, aligned, centered and focused.

Contents: Big Leaf Maple (*Acer macrophyllum*), Douglas Fir (*Pseudotsuga*), Lodgepole Pine (*Pinus contorta*), Pacific Yew (*Taxus brevifolia*), and Yellow Cedar (*Chamaecyparis nootkatensis*) in a base of spring water and 9.5% alcohol.

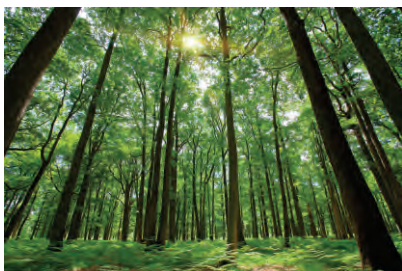
DO YOU EXPERIENCE INSOMNIA? TAKE FOREST SECRETS AT BEDTIME.

Guilt & Forgiveness Essence

🍁 Feelings of guilt, shame and remorse. Continually looking to the past with regrets. Difficulty forgiving ourselves or others.

🍁 **Forgiveness of self and others.** Able to ask for forgiveness, seeing clearly our faults. Release!

Contents: Essences of Eastern Flowering Dogwood (*Cornus florida*), Euonymus (*Euonymus bangeans*), Jack Pine (*Pinus banksiana*), Red Oak (*Quercus rubra*), and Red Pine (*Pinus resinosa*) in a base of spring water and 9.5% alcohol.



THE GIFT OF FORGIVENESS IS THE BEST GIFT THAT YOU CAN GIVE TO YOURSELF.

SURRENDER YOUR PAIN TO THE POWER OF THE FOREST WITH TREE ESSENCES BY EASTERN CANADIAN NATURAL HEALTH PRODUCTS.

Healing the Heart Essence

🍁 For all pains and wounds of the heart: hurt, **heartache** and heartbreak. Grief, sadness and loss.

🍁 Soothing heartache. Able to welcome love again. Faith, kindness and beauty. A soft balm for the heart.

Contents: Essences of five Azaleas (*Rhododendron spp.*), Tree Peony (*Paeonia sp.*), Tulip Tree (*Liriodendron tulipifera*), White Trillium (*Trillium grandiflorum*), and Wild Rose (*Rosa sp.*) in a base of spring water and 9.5% alcohol.

THIS BEAUTIFUL ESSENCE ENVELOPS YOUR HEART IN A HEALING ENERGY TO SOOTHE YOUR HEARTACHE.

Joyful Living Essence

🍁 Feeling disconnected from your life source, struggling, feeling isolated, unsupported and discouraged by life. **Apathy** and indifference. Low energy.

🍁 Completely engaged in your life and allowing your inner radiance to shine forth. Feeling connected to life force energy. Trust and enthusiasm. Feeling like you are back in the game again!

Contents: Atlas Cedar (*Cedrus atlantica*), Giant Sequoia (*Sequoiadendron giganteum*), Jack Pine (*Pinus banksiana*), Juniper Excelsa (*Juniperus excelsa*), and Sugar Maple (*Acer saccharum*) in a base of spring water and 9.5% alcohol.

Manifestation Essence

🍁 Feeling stuck or blocked in achieving one's goals. Self-sabotage, feeling undeserving and limited. Not worthy of receiving.

🍁 **Optimism** and spontaneity. Inner vision. To be able to perceive and manifest one's truth. The desire to stick to it and make it happen.

Contents: Essences of Big leaf Maple (*Acer macrophyllum*), Japanese Walnut (*Juglans anilatifolia*), Red Maple (*Acer rubrum*), Subalpine Fir (*Abies lasiocarpa*), and White Elm (*Ulmus americana*) in a base of spring water and 9.5% alcohol.

Millenium Journey Essence

🍁 Anxiety, stress worry and concern about the future...what if syndrome? Overwhelmed by hectic pace of life, by sudden changes and uncertainties, feeling like you are on the treadmill of life.

🍁 Maintaining poise, perspective and inner balance in the moment. Being able to stay present in the midst of change. Able to remain calm and to listen to one's intuition. Decisiveness. Staying in the moment. This essence brings you into the NOW.

Contents: Essences of Butternut (*Juglans cinerea*), Deodar Cedar (*Cedrus deodara*), Eastern Hemlock (*Tsuga canadensis*), Himalayan Pine (*Pinus wallichiana*), Monterey Pine (*Pinus radiata*) and Monkey Puzzle (*Araucaria araucana*) in a base of spring water and 9.5% alcohol.



People Rescue Essence

🍁 Great fears and panic. Bad dreams or continued feeling of danger or impending doom. Continued fear for no known reason. Extreme anxiety.

🍁 Brings awareness. Presence, calmness, courage and clarity. Soothing.

USE IN AN EMERGENCY SITUATION AS OFTEN AS NEEDED. USE WITH COMFORT AND REASSURANCE ESSENCE FOR A DEEP SENSE OF COMFORT. COMBINE WITH BODY SYNERGY #12 TO RELEASE NEGATIVE PATTERNS.

Take 3x to 5x per day for several months or more to help transform and release past patterns.

Contents: essences of Atlas Cedar (*Cedrus atlantica*), Cedar of Lebanon (*Cedrus libani*), Eastern Flowering Dogwood (*Cornus florida*), European Purple Beech (*Fagus sylvatica 'purpurea'*), Trembling Aspen (*Populus tremuloides*) and Yoshino Cherry (*Prunus x yeodensis*) in a base of spring water and 9.5% alcohol.

Therapist and Healer Essence

🍁 **Vulnerability.** Taking on others' negativity. Easily affected by crowds, by other people's emotions. Easily exhausted when surrounded by many people through the day. Toxic overload of EMF.

🍁 Keeping clear boundaries. Maintaining our personal boundaries and integrity. A tool for protection and clearing.

Contents: Essences of American Basswood (*Tilia americana*), Black Walnut (*Juglans nigra*), Jack Pine (*Pinus banksiana*), Small-Leaf Linden (*Tilia sp.*), and Sweet Buckeye (*Aesculus sp.*) in a base of spring water and 9.5% alcohol.

AN EXCELLENT ESSENCE FOR PALLIATIVE CARE CREATING A PROTECTIVE RAINBOW AROUND THOSE MAKING THEIR TRANSITION.

Universal Healing Essence

🍁 Chronic long lasting health imbalances and fatigue. Exposure to electromagnetic fields.

🍁 Gathering our healing resources, restoration. For optimum health. Provides a matrix of energy to seal breaks, reknit and harmonize the energetic field. Keeping our energetic matrix intact. Personal protection.

AN EXCELLENT ESSENCE TO TAKE DAILY FOR THE ENERGETIC SHIFTS.

Contents: Essences of Black Cherry (*Prunus serotina*), 3 Lilacs (*Syringa spp.*), Mountain Maple (*Acer spicatum*), Pacific Yew (*Taxus brevifolia*), and Witch Hazel (*Hamamelis virginiana*) in a base of spring water and 9.5% alcohol.

12 Body Synergies



Blessed Essences are created to bring about the connection of mind and body for healing. Each of the 12 Body Synergy essences is designed to resonate with a particular body system to help release and heal associated emotional and energetic patterns.

1. Digestion Essence (Digestive System)

🍁 When you just cannot stomach it anymore, this essence helps us digest feelings and emotions such as anger, frustration, over sensitivity and resentment...to relieve feelings of heaviness.

Contents: Essences of Black Spruce (*Picea mariana*), Euonymus (*Euonymus bungeans*), and White Spruce (*Picea galuca*) in a base of spring water and 9.5% alcohol.

2. Unblock Essence (Intestinal System)

🍁 Helps us to cleanse and let go of all that accumulated stuff. Feelings of impurity and letting go of old memories.

Contents: Essences of Monkey Puzzle (*Araucaria araucana*) and Yellow Cedar

3. Harmony Essence (Endocrine System)

🍁 Help us unblock communication and re-establish harmony. Deals with feelings of mistrust, fear of loss...to bring joy and harmony. A very balancing essence.

Contents: Essences American Beech (*Fagus grandifolia*), Black Maple (*Acer nigrum*), Eastern Cottonwood (*Populus deltoids*), European Purple Beech (*Fagus sylvatica 'purpurea'*), Red Alder (*Alnus rubra*), Speckled Alder (*Alnus rugosa*), Sugar Maple (*Acer saccharum*.) in a base of spring water and 9.5% alcohol.

4. Calmness Essence (Nervous System)

🍁 Help us relax when feeling nervous, tense, and vulnerable. Helps our senses to function fully. Clear communication. To regain a sense of equilibrium.

Contents: Essences of American Basswood (*Tilia americana*), Avocado (*Persea americana*), Ginkgo biloba (*Ginkgo biloba*), Lodgepole Pine (*Pinus contorta*), and Witch Hazel (*Hamamelis virginina*) in a base of spring water and 9.5% alcohol.

5. Breathe Essence (Respiratory System)

🍁 Helps relieve feelings of sadness, grief, loss, helplessness, and abandonment. To take life in fully, filter and let go. Helps connect with the rhythm of our life.

Contents: Essences of Black Spruce (*Picea mariana*), Euonymus (*Euonymus bungeans*), and White Spruce (*Picea galuca*.) in a base of spring water and 9.5% alcohol.

6. Release Essence (Urinary System)

🍁 Helps us to release pent up emotions such as feelings of humiliation, shame, embarrassment, guilt and envy...When feeling pissed off! To experience relief and joy. Freedom. Lightness of Self.

Contents: Essences of Butternut Hickory (*Carya cordiformis*), Euonymus (*Euonymus bungeans*), and Pin Cherry (*Prunus penslyvanica*) in a base of spring water and 9.5% alcohol.

7. Flexibility Essence (Circulatory System)

🍁 Helps us to get unstuck from feelings of possessiveness, selfishness, denial and control...To allow feelings of fluidity, vital energy and enjoyment.

Contents: Essences of Balsam Fir (*Abies balsamea*), Giant Sequoia (*Sequoiadendron*), Pussy Willow (*Salix discolor*) and White Birch (*Betula papyrifera*) in a base of spring water and 9.5% alcohol.

8. Resilience Essence (Immune System)

🌿 Helps us shed feelings of repression, vulnerability, susceptibility, and stagnation. To protect and strengthen our boundaries and energetic field. Endurance and Resilience.

Contents: Essences of Apple (*Malus sp.*), Black Cherry (*Prunus serotina*), Pin Cherry (*Prunus pensylvanica*), Silver Maple (*Acer saccharinum*), and Eastern White Cedar (*Thuja occidentalis*) in a base of spring water and 9.5% alcohol.

9. Stability Essence (Skeletal System)

🌿 Helps us when we experience feelings of being hurt, burdened and fragmented. When life feels like it is falling apart. To gain a sense of standing on firm foundation. To bring light to the core issue.

Contents: American Beech (*Fagus grandifolia*), Bur Oak (*Quercus macrocarpa*), and Buckeye (*Aesculus sp.*) in a base of spring water and 9.5% alcohol.

10. Strength Essence (Muscular System)

🌿 Helps us transform feelings of weakness, fear of persecution, tension...To promote suppleness of mind and spirit. Creating strength for the long run.

Contents: Essences of Blue Beech (*Carpinus caroliniana*), Coastal Live Oak (*Quercus argifolia*), and Iron Wood (*Ostrya virginiana*.) in a base of spring water and 9.5% alcohol.

11. Worthiness Essence (Skin System)

🌿 Helps us deal with feelings of vulnerability, unworthiness and uncertainty...giving your power away. Wanting everyone's approval. For feeling good about yourself, having confidence and assurance. Inner and outer glow.

Contents: Essences of American Basswood (*Tilia americana*) and Striped Maple (*Acer pensylvanicum*) in a base of spring water and 9.5% alcohol.

12. Renewal Essence (Reproductive System)

🌿 Helps us overcome feelings of shame, obsession, lack of desire, repeating old patterns. Helps resolve concerns about intimacy, allowing pleasure. For a deeper sense of continuity and eternal life. This a powerful essence it rewrites cellular memory patterns of the RNA. Stops you from "doing the same old same old."

Contents: Essences of Manitoba Maple (*Acer negundo*), Sphagnum Moss (*Sphagnum sp.*), and Staghorn Sumac (*Rhus typhina*) in a base of spring water and 9.5% alcohol.

Note: Blessed Essences are highly diluted vibrational extracts, safe for oral consumption, produced using a modified version of protocol developed in the 1930s by the English physician Edward Bach. They may be of noticeable benefit in self-directed efforts to maintain health and well-being. Use as an adjunct to any treatment programs.

However, they **should not be considered as medications. They are not designed to treat or cure any specific disorder. Their use may not be considered a substitute for either sound medical or veterinary diagnosis or treatment.**

Blessed Essences for Animal Care

Animals have Emotions too!



Animal Rescue Essence

🌿 Helps soothe and calm nervous, stressed or distressed animals; brings back a more balanced state after shocks due to injuries, frights, or traumas. Use to reassure animals upset by trips to the vet, moves and other changes. Excellent for thunderstorms.

Contents: Essences of Black Walnut (*Juglans nigra*), Butternut (*Juglans cinerea*), and Canada Plum (*Prunus nigra*), and Manitoba Maple (*Acer negundo*) in a base of spring water and 9.5% alcohol.

IT'S A GOOD STARTING POINT FOR HELPING ANIMALS SINCE ANIMALS HAVE FEELINGS TOO AND NEED ESSENCES FOR THEIR WELL-BEING.

Animal Restore Essence

🌿 Helps heal and restore an animal's spirit, bringing out its full radiance. Use with timid, easily frightened animals or those that have been abused, neglected or are in convalescence to restore vitality.

Contents: Essences of Douglas Fir (*Pseudotsuga menziesii*), Giant Sequoia (*Sequoiadendron giganteum*), and Red Maple (*Acer rubens*), and Weeping Willow (*Salix sp.*) in a base of spring water and 9.5% alcohol.

Animal Ease Essence

🌿 Helps animals to remain grounded, calm, relaxed, and at their best. At shows, it eases the stressful effects of crowds, noise and movement. Being transported or removed from their normal circumstances. Useful when breeding or giving birth.

Contents: Essences of Colorado Blue Spruce (*Picea pungens*), Eastern Flowering Dogwood (*Cornus florida*), Purple Crab Apple (*Malus sp.*), Subalpine Fir (*Abies lasiocarpa*) and Trembling Aspen (*Populus tremuloides*) in a base of spring water and 9.5% alcohol.

Cat Essence

🌿 Use this essence on a regular basis for your cat's well-being, balance and happiness. To have a playful and yet serene cat, able to adapt to small changes, eating and sleeping well and maintaining overall good health.

Contents: Essences of Cucumber Tree (*Magnolia acuminata*), Pussy Willow (*Salix discolor*), Red Alder (*Alnus rubra*), and Rocky Mountain Juniper (*Juniperus scopulorum*) in a base of spring water and 9.5% alcohol.

Dog Essence

🌿 Helpful on many occasions, especially when your dog seems anxious, fearful, hyper, disobedient or low spirited. The Dog Essence will bring out the natural qualities of your dog - loyal, loving, alert, energetic and playful.

Contents: Vibrational essences of Bur Oak (*Quercus macrocarpa*), Common Hackberry (*Celtis occidentalis*), Crimson King Maple (*Acer plantatanoides* 'Crimson King'), Eastern White Pine (*Pinus strobus*), and Mock Orange (*Philadelphus sp.*) in a base of spring water and 9.5% alcohol.

**THE 12 BODY SYNERGY ESSENCES ARE MEANT FOR ANIMALS TOO!
COMBINE WITH ANY OF THE ABOVE FOR YOUR ANIMALS WELL BEING.**

Testimony from Terri Songbird

A mastiff trained for shows goes missing for 8 hours in a city

This mastiff was shown professionally, and took the “best of the best” in the dog show for a couple of years and became very valuable for breeding purposes. At one of the dog shows, the dog escaped and ran the city for 8 hours ending in a convent with nuns! Her pads were raw, cut and she was extremely traumatized.

They tried to return her to the show ring 6 weeks later. The judges had to excuse the dog as she was trembling, drooling and not able to follow commands.

Everyone felt terrible and knew this dog as the finest in shows, resulting in several ribbons. Intuitively, I sensed the dog was stuck in her experience so I recommended two essences: Animal Rescue, to rescue her from the trauma and soothe her and, Creativity & Initiative, because she was stuck—this is a remedy that is useful for procrastination which means really stuck.

On my next visit to the clinic 6 weeks after, the owner came in to share with me the miracle that had occurred.

In that interval there was a show and the dog was entered. She walked, trotted and performed exhibiting her previous show qualities and was again ribboned.

Even the judges wanted to know what the owner had done for the dog to recover so quickly and thoroughly.



How are Blessed Essences made?

A small amount of flowers, leaves, needles, cones, fruits or other parts of a tree or forest plant are allowed to infuse in a bowl filled with spring water. The infusion is then filtered to remove any physical material into a bottle partly filled with alcohol for preservation. This mother tincture is further diluted until it reaches the dosage level, insuring the highest resonance and quality of essence.

Which Blessed Essence is right for you?

Choosing an essence is easy. Read the descriptions in this brochure and trust your intuition! Which essence(s) speak to you? Which essence attracts you? Which essences seem to be address your key concerns?

You cannot get it wrong. Just trust what essence(s) you are drawn to. You might also want to hold the essence in your hand as many have an experience of the Essence just by holding it.

Blessed Essences creates essences with exceptional quality. Our Blessed Essences are individually handcrafted and prepared to the highest standards of vibrational resonance. The environment where they are manufactured is surrounded with sacred crystals, sacred sage, and special stones. We are on the edge of an old growth forest and the power of the trees is ever present as every bottle of Blessed Essences is created. This is my commitment to you.



« Tree Essences promote change at the core of our being, profoundly yet gently, are you ready for change? »

Terri Songbird

How to use Blessed Essences?

General Use: Take five to seven drops directly in the mouth (may also be added to a cold liquid), three times per day or more. In times of a crisis, use essences more frequently. You may use one, two, three, or more essences at any time. Use a single essence together with a combination essence is often an ideal choice.

Deeper and longer lasting results are more likely if you take the essences daily for one month or more.

www.BlessedEssences.com

THINK TREES!