



Blue Morpho Market

SACRED PLANT ESSENCE REMEDIES

Choosing Sacred Plant Essence Remedies

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Choosing Sacred Plant Essence Remedies

The best way to choose a remedy is to read about its energetic properties and see if it resonates with what you are dealing with now. Your choice should reflect your current healing intention. The following remedy information will help you make an educated choice about what remedies to use.

You should consider if the remedy is something you currently need to achieve your healing goals, but also if you are ready to work with your intention, and if it will be well tolerated. Intuition and muscle testing to confirm your choice and to answer these questions may be helpful.

Our remedies begin with a foundation of Ayahuasca (*Banisteriopsis caapi*) and Chacruna (*Psychotria viridis*) essences. These sacred plant essences create a “communication bridge” from the brain to the body and psyche, helping you make mental connections about yourself. * These sacred plant essences also amplify the effects of the other flower essences in the remedies. In some cases, only the essence of Ayahuasca is used.

The sacred plant essences also provide loving support and awareness of the issues that may hinder Self-discovery, self-love, and the positive qualities of the true Self that you may be seeking - calm, clarity, connection, confidence, courage, and creativity.

Flower essences are subtle liquid extracts that contain the energy or “life force” of various plants and flowers. Essences are prepared from a sun infusion of the plant or flower into water, then diluted, potentized and preserved in brandy. ***In this form, the remedy does not contain any psychoactive properties.*** The remedy is preserved in a combination of brandy and distilled water, with an alcohol content of approximately 20%.

For additional information on how to choose and use the remedies, please consult our free publication, *Sacred Plant Essence Remedies: Tools for Self-Discovery, Healing, and Transformation* at <https://bluemorphomarket.com/free-resources/>

Sacred Plant Remedy Descriptions

Emotional Clearing

This sacred plant remedy is a combination of distilled water, brandy, and essences of Ayahuasca and Chacruna.

Indications: When there is a need for loving support and clarity regarding issues of emotional distress. The primary action of this remedy is to bring these issues to the surface where they may be resolved. *

Suggested Use: This remedy is best used when you need clarity about your healing path and for emotional clearing, catharsis, and support. It may also be used with meditative practices, and may assist with releasing fear, sadness, and feelings of disconnection from Self. *

This remedy is best used in the presence of a facilitator if you are inexperienced in managing emotional catharsis and self-supported emotional healing.

How It Works: Our Emotional Clearing Remedy is a combination of two sacred plant essences that bring the energy of shamanic healing to your self-healing practices. As an essence preparation, these plants retain their energetic signature of healing, clarity, consciousness, and support, and the catharsis necessary for clearing emotional issues, and connection to the higher Self. *

As a Self-discovery tool, the essences of Ayahuasca and Chacruna create a “communication bridge” between the brain, body and psyche and a state of deep awareness that can set in motion self-healing, change and transformation. *

Ayahuasca essence opens the pineal-pituitary circuitry of the third eye. The remedy can be used with affirmations for communicating with individual cells of the body, to take one on the journey into the body and psyche, to create a communication bridge between the body’s processes of degeneration and what is intended from the psyche. *

Chacruna essence assists in the expansion of psychic abilities and assists development and transformation of inner psychic processes. This essence is useful to release past issues of irritation, annoyance, and lack of concentration, and it heightens awareness of the unseen realms.

This is also the base essence or “foundation remedy” for all the remedy combinations, although some of the remedies use only the Ayahuasca essence alone, without the Chacruna.

Qualities of Self Remedy Combinations

The Qualities of Self Remedies are best used for specific emotional and behavioral challenges. Unlike the Emotional Clearing Remedy, which has a broader use, these remedies specifically address the need to develop the qualities of the authentic Self - calm, clarity, confidence, courage, connection, and creativity.

Calm

This sacred plant remedy is a combination of distilled water, brandy, essences of Ayahuasca and Chacruna, with essences of Aspen and Clematis.

Indications: When there is a need for feelings of calm and a sense of security, that all is well. When there is a need for calm focus, grounding and being present to the now. *

Suggested Use: For daily use to assist with relief of fears, worries, and lack of concentration. *

How It Works: Our Calm Remedy is a combination of flower essences and shamanic healing energy that may assist with resolving the issues related to fear, worry, and lack of concentration. *

Aspen essence addresses fear of the unknown, vague anxiety and apprehension, and hidden fears, bringing with it trust and confidence to meet the unknown and attunement to the spiritual world.

Clematis essence addresses the lack of physical presence and grounding, bringing with it a conscious embodiment and interest in the world in the here and now.

Clarity

This sacred plant remedy is a combination of distilled water, brandy, essences of Ayahuasca and Chacruna, with essences of Cerato and White Chestnut.

Indications: When there is a need for trusting your own intuition and wisdom, for clarity of mind in decision making, and for quieting the mind, freeing it from racing thoughts. *

Suggested Use: For daily use to assist with mental clarity. *

How It Works: Our Clarity Remedy is a combination of flower essences and shamanic healing energy that may assist with resolving the issues related to a restless mind, lack of clarity, doubting your own wisdom and intuition. *

Cerato essence addresses uncertainty or doubting your inner wisdom and truth; invalidating what you know, or over-dependence on the advice of others. This essence helps you trust your own inner knowing and intuition, bringing with it confidence and certainty.

White Chestnut essence addresses worrying and repetitive thoughts, a chattering mind, and a restless mental state. This essence helps restore a tranquil disposition and a spacious mental state, to transcend compulsive and obsessive thoughts.

Confidence

This sacred plant remedy is a combination of distilled water, brandy, essences of Ayahuasca and Chacruna, with essences of Larch and Scleranthus.

Indications: When there is a need for confidence in yourself and in decision making, a need for certainty and balance. *

Suggested Use: For daily use to assist with lack of confidence, courage, and conviction. *

How It Works: Our Confidence Remedy is a combination of flower essences and shamanic healing energy that may assist with lack of confidence in yourself and in decision making, a need for certainty, balance, and personal conviction. *

Larch essence addresses lack of confidence, expectation of failure, and an inability to find one's voice or speak one's convictions, bringing with it self-confidence, creative expression, and the ability to be spontaneous and take risks.

Scleranthus essence addresses hesitation, indecision, confusion and wavering between choices or values, bringing with it decisiveness, inner resolve, and the ability to weigh choices and make judgements.

Connection

This sacred plant remedy is a combination of distilled water, brandy, essences of Ayahuasca and Chacruna, with essences of Angelsword and Bush Iris.

Indications: When there is a need for connection to the higher Self and personal gifts, to awaken spirituality, clear blocks in the root chakra, and developing trust in Self. This remedy assists with meditation as a spiritual practice. *

Suggested Use: For daily use to assist with spiritual disconnection and confusion, and the negative influences of ego. *

How It Works: Our Connection Remedy is a combination of flower essences and shamanic healing energy that may assist with resolving the issues related to disconnection from Spirit and the authentic Self, and over-identification with ego. *

Angelsword essence addresses confusion or misinformation in spiritually channeled messages. It protects from outside influences and entities so one can receive clear information from one's higher Self without interference and release any energies that entered while the aura was open.

Bush Iris essence addresses uncertainty in belief of the existence of a spiritual realm, materialism, and fear of death. This essence opens people to their spirituality and opens the doorway to accessing their higher perceptions. Useful when just starting meditation or a path of 'conscious' spiritual growth.

Courage

This sacred plant remedy is a combination of distilled water, brandy, essences of Ayahuasca and Chacruna, with essences of Elm, Oak, and Olive.

Indications: When there is a need to restore endurance and energy to meet responsibilities effectively, and to restore strength and energy reserves. *

Suggested Use: For daily use to assist with relief of overwhelm, lack of energy, strength, or stamina, and discouragement from overwork. *

How It Works: Our Courage Remedy is a combination of flower essences and shamanic healing energy that may assist with restoring endurance and energy to meet responsibilities effectively, and to restore strength and energy reserves. *

Elm essence addresses feeling overwhelmed by personal or work obligations, feeling unequal to the tasks required, and a dysfunctional or scattered response to responsibilities

and commitments. This essence brings the confidence and faith to complete tasks and the ability to shoulder tasks effectively.

Oak essence addresses over-striving beyond one's limits, taking on more than one can inwardly sustain. This essence brings balanced strength, accepting limits, and knowing when to surrender.

Olive essence addresses complete exhaustion, usually due to extreme demand on one's physical forces and resistance to deep rest. This essence brings rejuvenation of life force, energetic depth and longevity, a sense of well-being, and the ability to cultivate the conditions for deep rest and renewal.

Creativity

This sacred plant remedy is a combination of distilled water, brandy, essence of Ayahuasca and Chacruna, with essences of Buttercup, Indian Paintbrush, Larch, and Snapdragon.

Indications: When there is a desire for more creative energy, imagination, and to clear creative blocks. When there is a need for confidence and self-acceptance in artistic endeavors. *

Suggested Use: For daily use to assist with clearing creative blocks, inspiring imagination, self-acceptance, and confidence in artistic abilities. *

How It Works: Our Creativity Remedy is a combination of flower essences and shamanic healing energy that may assist with a need for more creative energy, imagination, confidence, and self-acceptance in artistic endeavors. *

Buttercup essence addresses feelings of low self-worth, self-deprecation, and inability to acknowledge or experience one's inner light and uniqueness. This essence brings radiant inner light, unattached to outer recognition or fame, and self-assurance.

Indian Paintbrush essence addresses low vitality and exhaustion, difficulty rousing physical forces to sustain intense creative work, and inability to bring creative forces into physical expression. This essence brings lively, energetic creativity, and exuberant artistic activity.

Larch essence addresses lack of confidence, expectation of failure, and an inability to find one's voice or speak one's convictions, bringing with it self-confidence, creative expression, and the ability to be spontaneous and take risks.

Snapdragon essence addresses repressed or misdirected creative sexual energy, mouth, and jaw tension, bringing with it lively, dynamic energy, a healthy expression of the creative force, and emotionally balanced verbal communication.

Supportive Remedy Combinations

The Supportive Remedies may assist conditions needing immediate attention and are particularly effective for balancing the physical, emotional, and mental bodies. These remedies provide immediate support in crisis or for long term supportive purposes. Their efficacy may be further enhanced by combining them with other companion Qualities of Self Remedies or Healing Remedies.

Crisis Support

This sacred plant remedy is a combination of distilled water, brandy, with essences of Ayahuasca and Chacruna, Star of Bethlehem, Rock Rose, and Chestnut Bud.

Indications: When there is a need for loving support and calm in crisis, whether emotional, mental, or physical. *

Suggested Use: Use as needed for support and calm during traumatic or disturbing events (mental emotional, or physical). *

How It Works: Our Crisis Support Remedy is a combination of flower essences and shamanic healing energy that may be helpful for bringing calm to traumatic or disturbing situations and assist with a need for support and calm in crisis, whether emotional, mental, or physical. This remedy may also bring deeper understanding and meaning to difficult experiences. *

Star of Bethlehem essence addresses shock or trauma, either recent or from a past experience, and the need for healing and comfort from the spiritual world. This essence brings unity with the deepest part of the Self, and a sense of inner divinity and wholeness.

Rock Rose essence addresses terror, panic, fear of death or annihilation, lack of embodiment and presence for the immediate situation. This essence brings transcendent courage when facing adversity, and the ability to assume control in catastrophic situations by remaining grounded and present.

Chestnut Bud essence addresses poor observation of one's experiences, failure to learn life's lessons, and repeating the same mistakes. This essence brings the ability to cultivate life wisdom, understanding the laws of cause and effect, and intelligence derived from life experience.

Focus

This sacred plant remedy is a combination of distilled water, brandy, essences of Ayahuasca and Chacruna, with essences of Centaury, Clematis, Hornbeam, Mimulus, and California Butterweed

Indications: When there is a need for mental focus, motivation, attention, and staying on task. *

Suggested Use: For daily use to assist with relief of mental fatigue, distractions, lack of focus, motivation, and inability to stay on task. *

How It Works: Our Focus Remedy is a combination of flower essences and shamanic healing energy that may assist with relief of mental fatigue, distractions, lack of focus, motivation, and inability to stay on task. *

Centaury essence addresses a weak will, being dominated by others, acting to please, difficulty saying “no,” fatigue and problems due to self-neglect. This essence brings inner strength to serve while nourishing personal needs, acting from the strength of inner purpose, and saying “no” when appropriate.

Clematis essence addresses the lack of physical presence and grounding, bringing with it a conscious embodiment and interest in the world in the here and now.

Hornbeam essence addresses unexplained fatigue or weariness, correlated to daily responsibilities that do not engage soul commitment and interest. This essence brings dynamic involvement in life’s tasks and a steady state of energy.

Mimulus essence addresses an over-exaggerated concern for daily life events, extreme apprehension of new thresholds of experience, bringing with it courage and confidence to face life’s challenges and a radiant light that shines outward.

California Butterweed essence may assist with organic brain disturbances, clearing the negative effects of physical injury, drug abuse, or self-destructive behaviors. This essence may restimulate parts of the brain to heal itself and is a specific for head injuries.

Hope

This sacred plant remedy is a combination of distilled water, brandy, essences of Ayahuasca and Chacruna, with essences of Wild Rose, Gorse, Aspen, and Honeysuckle.

Indications: When there is a need for motivation, hope for change, feelings of security that all will be well, and living in the present. *

Suggested Use: For daily use to assist with relief of hopelessness, despair, and apathy. *

How It Works: Our Hope Remedy is a combination of flower essences and shamanic healing energy that may assist in resolving the issues related to hopelessness and despair. *

Wild Rose addresses resignation and apathy, the inability to embrace life, bringing with it the will to live, joy, and commitment to life despite trials or pain.

Gorse addresses a pessimistic attitude and an inability to trust or imagine a positive outcome for future events, bringing with it a deep and abiding conviction of hope and optimism.

Aspen addresses fear of the unknown, vague anxiety and apprehension, and hidden fears, bringing with it trust and confidence to meet the unknown and attunement to the spiritual world.

Honeysuckle addresses emotional attachment to the past and longing for prior conditions which seem more appealing. It assists with being fully present and accepting of current life conditions.

Healing Remedy Combinations

The Healing Remedies support discovering and clearing the issues related to traumatic wounding, fear, shame, obsession, grief, and lack of vitality. They may assist with healing these challenges while at the same time providing awareness of underlying issues that need clearing.

Their efficacy may be further enhanced by combining them with other companion True Self Remedies or Supportive Remedies. The companion remedies provided here are only suggestions to get you started. Use your own best judgement in combining remedies.

Healing Obsessions

This sacred plant remedy is a combination of distilled water and brandy with essences of Ayahuasca, California Butterweed, Clematis, White Chestnut, Pine, and Walnut.

Indications: When there is a need for supporting the process of overcoming obsessions and addictive behaviors. *

Suggested Use: For daily use to assist and support life change, with relief of agitation, racing thoughts, and obsessive behaviors. *

Companion Remedies: This remedy may be complimented with the use of other remedies – Calm, Hope, and Connection.

How It Works: Our Healing Obsessions remedy is a combination of flower essences and shamanic healing energy that was developed to support breaking free from obsessive behaviors. It may bring relief of the emotions associated with addictive behaviors, as well as bring an awareness of the issues that prevent you from changing these habits *

California Butterweed essence may assist with organic brain disturbances, clearing the negative effects of physical injury, drug abuse, or self-destructive behaviors. This essence may restimulate parts of the brain to heal itself and is a specific for head injuries.

Clematis essence addresses the lack of physical presence and grounding, bringing with it a conscious embodiment and interest in the world in the here and now.

White Chestnut essence addresses worrisome, repetitive, and racing thoughts and a restless agitated mental state. It may assist with developing a tranquil disposition and calm mental processes.

Pine essence addresses an obsession with past events, guilt, self-blame, and self-criticism. It may assist with self-acceptance, self-forgiveness, and the freedom to move forward despite past mistakes.

Walnut essence may help disrupt the influence of past habits, assisting with life transitions, freedom from limiting behaviors, and provide the inner strength to make a break with the past. This remedy may assist with change and transformation.

Healing Fear

This sacred plant remedy is a combination of distilled water and brandy with essences of Ayahuasca, Mimulus, Rock Rose, Cherry Plum, White Chestnut, Clematis, and Agrimony.

Indications: When there is a need for relief of panic and anxious feelings, racing thoughts, agitation, paranoia, and fear. *

Suggested Use: For daily use to assist with episodes of panic, paranoia, anxious feelings, and racing thoughts. *

Companion Remedies: This remedy may be complimented with the use of other remedies – Connection, Clarity, and Hope.

How It Works: Our Healing Fear Remedy is a combination of flower essences and shamanic healing energy that may assist with relief of the effects of panic – anxious feelings, agitation, paranoia, and fear. This remedy may provide the support and awareness needed to process and heal panic and fear. It may also bring an awareness of the issues that prevent you from experiencing wellbeing and calm *

Mimulus addresses an over-exaggerated concern for daily life events, extreme apprehension of new thresholds of experience, bringing with it courage and confidence to face life's challenges and a radiant light that shines outward.

Rock Rose essence addresses terror, panic, fear of death or annihilation, lack of embodiment and presence for the immediate situation. This essence brings transcendent courage when facing adversity, and the ability to assume control in catastrophic situations by remaining grounded and present.

Cherry Plum essence addresses fear of losing control, mental and emotional breakdown, desperate or destructive impulses, acute tension, and rigidity. This essence brings spiritual surrender and trust, feeling guided by a higher Power, balance and equanimity despite extreme stress or adversity.

White Chestnut essence addresses worrisome, repetitive, and racing thoughts and a restless agitated mental state. It may assist with developing a tranquil disposition and calm mental processes.

Clematis essence addresses the lack of physical presence and grounding, bringing with it a conscious embodiment and interest in the world in the here and now.

Agrimony essence addresses anxiety hidden by a mask of cheerfulness, denial and avoidance of emotional pain, and addictive behavior to anesthetize feelings. This essence brings emotional honesty, acknowledgement of emotional pain, and the ability to radiate genuine inner peace.

Healing Grief

This sacred plant remedy is a combination of distilled water and brandy with essences of Ayahuasca, Gentian, Hornbeam, Star of Bethlehem, and Walnut.

Indications: When there is a need for processing and healing the effects of grief and loss. *

Suggested Use: For daily use to assist with relief of discouragement, weariness and apathy, stress, shock, and adjusting to major life changes. *

Companion Remedies: This remedy may be complimented with the use of other remedies – Hope, Courage, and Connection.

How It Works: Our Healing Grief Remedy is a combination of flower essences and shamanic healing energy that may assist with relief of the emotions associated with grief and loss. It may also bring an awareness of the issues that prevent you from experiencing acceptance and peace. *

Gentian essence addresses discouragement after a setback, doubt, depression due to a sense of failure, bringing with it the ability to persevere, confidence, and faith to continue despite apparent setbacks.

Hornbeam essence addresses unexplained fatigue or weariness, correlated to daily responsibilities that do not engage soul commitment and interest. This essence brings dynamic involvement in life's tasks and a steady state of energy.

Star of Bethlehem essence addresses shock or trauma, either recent or from a past experience, and the need for healing and comfort from the spiritual world. This essence brings unity with the deepest part of the Self, and a sense of inner divinity and wholeness.

Walnut essence may help disrupt the influence of past habits, assisting with life transitions, freedom from limiting behaviors, and provide the inner strength to make a break with the past. This remedy may assist with change and transformation. *

Healing Shame

This sacred plant remedy is a combination of distilled water and brandy with essences of Ayahuasca, Cherry Plum, Crab Apple, Larch, and Star of Bethlehem.

Indications: When there is a need for processing and healing the effects of shame. *

Suggested Use: For daily use to assist with relieving shame, self-loathing, and feelings of inferiority. *

Companion Remedies: This remedy may be complimented with the use of other remedies – Confidence, Courage, and Connection.

How It Works: Our Healing Shame Remedy is a combination of flower essences and shamanic healing energy that may provide the support and awareness needed to process shame, lack of confidence, and self-loathing. this remedy may bring relief of these negative emotions but also bring an awareness of the issues that prevent you from experiencing self-acceptance. *

Cherry Plum essence addresses fear of losing control, mental and emotional breakdown, desperate or destructive impulses, acute tension, and rigidity. This essence brings spiritual surrender and trust, feeling guided by a higher Power, balance and equanimity despite extreme stress or adversity.

Crab Apple essence addresses feeling unclean and impure, needing to release physical or psychic toxicity, and obsession with imperfection or cleansing rituals. This essence is cleansing and restorative, bringing a sense of inner purity.

Larch essence addresses lack of confidence, expectation of failure, and an inability to find one's voice or speak one's convictions, bringing with it self-confidence, creative expression, and the ability to be spontaneous and take risks.

Star of Bethlehem essence addresses shock or trauma, either recent or from a past experience, and the need for healing and comfort from the spiritual world. This essence brings unity with the deepest part of the Self, and a sense of inner divinity and wholeness.

Trauma Support

This sacred plant remedy is a combination of distilled water and brandy with essences of Ayahuasca, Impatiens, Mustard, Sweet Chestnut, Vine, and Willow.

Indications: When there is a need for processing and healing the effects of traumatic wounding. *

Suggested Use: For daily use to assist with relief of the effects of past emotional wounding – irritability, tension, depression, mental anguish, and bitterness. *

Companion Remedies: This remedy may be complimented with the use of other remedies – Calm, Hope, and Connection.

How It Works: Our Trauma Support Remedy is a combination of flower essences and shamanic healing energy that may provide the support and awareness needed to process and heal the effects of traumatic wounding. It may bring relief of the emotions associated

with past mental and emotional wounding but may also bring an awareness of the issues that prevent you from experiencing peace and healing. *

Impatiens essence addresses impatience, irritation, hypertension, intolerance, pain due to tension and resistance in the body, bringing with it the ability to flow harmoniously with time and daily rhythms, patiently embracing life events and the pace of others.

Mustard essence addresses being overly susceptible to depression or despair due to fluctuating life events, bouts of mania followed by depression. This essence brings emotional equilibrium, an ability to integrate suffering and joy into a positive whole.

Sweet Chestnut essence addresses pronounced despair and agony, feeling alone, or abandoned due to the “dark night” of the soul. This essence is specific for acute emotional anguish, bringing with it spiritual depth, faith derived from encountering adversity, and solitude rooted in spiritual communion.

Vine essence addresses suffering from mental and physical inflexibility and the need to control others with aggression, perhaps to disguise a weak inner core. This essence brings forth inner strength, recognition of others, and inner authority derived from connection to a higher spiritual identity.

Willow essence addresses feelings of resentment, rigid emotional memories resulting in bitterness, and the tendency to blame others or see the self as a victim. This essence brings acceptance, forgiveness, responsibility for life situations, and adaptability to changing fortunes and circumstances.

Recover Vitality

This sacred plant essence remedy is a combination of distilled water, brandy, with essences of Ayahuasca, Clematis, Gentian, Olive, Vine, and Angelsword.

Indications: When there is a need for restoration of physical vitality after chronic illness or prolonged emotional stress. *

Suggested Use: For daily use to assist with relief of extreme fatigue, loss of vitality, and discouragement with illness and prolonged recovery. *

How It Works: Our Recover Vitality Remedy is a combination of flower essences and shamanic healing energy that may assist with relief of extreme fatigue, loss of vitality, and discouragement with illness and prolonged recovery. It may also bring awareness of the issues that prevent you from experiencing physical vitality. *

Clematis essence addresses the lack of physical presence and grounding, bringing with it a conscious embodiment and interest in the world in the here and now.

Gentian essence addresses discouragement after a setback, doubt, depression due to a sense of failure, bringing with it the ability to persevere, confidence, and faith to continue despite apparent setbacks.

Olive essence addresses complete exhaustion, usually due to extreme demand on one's physical forces and resistance to deep rest. This essence brings rejuvenation of life force, energetic depth and longevity, a sense of well-being, and the ability to cultivate the conditions for deep rest and renewal.

Vine essence addresses suffering from mental and physical inflexibility and the need to control others with aggression, perhaps to disguise a weak inner core. This essence brings forth inner strength, recognition of others, and inner authority derived from connection to a higher spiritual identity.

Angelsword essence addresses confusion or misinformation in spiritually channeled messages. It protects from outside influences and entities so one can receive clear information from one's Higher Self without interference and release any energies that entered while the aura was open.

Additional Remedies

We are always adding new remedies to our product line. To see what's new visit: <https://bluemorphomarket.com/shop/>

For Practitioners

If you do not have experience using flower essence remedies, we suggest that you attend a workshop or schedule an online session with the developer to learn how to use this unique form of healing with your clients. For more information visit: <https://bluemorphomarket.com/practitioner-accounts/>

Additional Support

We encourage both clients and facilitators to learn how to support Self-discovery and healing by exploring information offered by our sister company, Blue Morpho Journey. For more information visit: <https://bluemorphojourney.com/>



About The Author & Developer

Anne Marck, LMT, is a trauma informed life coach, craniosacral therapist, and flower essence practitioner.

She developed the Sacred Plant Essence Remedies in response to the need she witnessed while working with clients as a trauma recovery mentor. After experiencing the remarkable healing properties of these sacred plants for herself, she wanted to bring these same benefits to her clients.

She is committed to bringing Sacred Plant Essence Remedies and the tools she has developed to those who seek healing and aspire to live a more Self-directed life.

Anne is also the author of *From Trauma to True Self: A Self-Directed Approach to Healing Childhood Trauma* and the inspiration behind The Survivor's Compass method.

To learn more about Anne and her work visit: <https://www.annemarck.com/>

Flower Essence References

Flower Essence Repertory: A Comprehensive Guide to the Flower Essences researched by Dr. Edward Bach and by the Flower Essence Society; by Patricia Kaminski and Richard Katz

Flower Essences for Transformation and Healing; by Quapiti Robintree

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