

Flower Essence Energy Infusion Session

An Energizing and Stress-Relieving Self-Care Session

Adapted for personal use from Flower Essence Energy Co.

Purpose

These sprays resonate with the energy field (also known as the biofield) and the physical body to release patterns that restrict our joy on a subtle level. This mind-body-spirit treatment uses the healing power of flower essences to release emotional blockages. It also uses essential oils to relax the physical body. Flower Essence Energy sprays work on the physical, mental and emotional well being, bringing us into touch with our inner guidance and intuition for restored harmony and balance. This session is for stress-relief, and may be modified to your own preferences and tastes. You may choose to use a prayer or meditate with a picture. You are encouraged to try the session once as is, and to then modify it to reflect your own personal interests and make it "yours".

Session Supplies

1. Flower Essence Energy Infusion Kit
 - Fresh Spirit Spray
 - Clarity Spray
 - Inner Calm Tincture
 - Release Spray
 - Heart Awakening Oil
 - Inner Calm Spray
2. A quiet room such as a bedroom or private bathroom, with a comfortable chair, bed, or warm bath.
3. Glass or bottle of drinking water
4. Pillow, towel, or cloth such as a handkerchief or washcloth
5. Lotion or oil for self-massage
6. Music, if desired
7. A candle, if desired

See Reverse for Session Steps

Self-Care Session Steps

1. For this session, find a room to relax in, such as a bedroom or private bathroom. If you are taking a bath, playing music, or lighting a candle, this is a good time to begin those activities.
2. Spray the room with [Fresh Spirit](#) spray while alone, clearing all unwanted energies from the room.
3. Spray a pillow, towel, handkerchief or other cloth with [Clarity](#). This will calm the mind chatter and help bring you to a quiet place. Place this over your eyes or chest, or behind your head. You may also want to spray Clarity directly in front of your neck, to infuse your head and chest.
4. Decide the purpose of this peaceful session. This is a quiet time of relaxation, and you should let your mind settle on a word or mantra of your choice.
5. Add One (1) drop of [Inner Calm tincture](#) to the glass of water. CAUTION: This tincture is based in Grain Alcohol in order to blend. One drop is sufficient. Drink this glass of water.
6. Take a deep breath. Using the [Clarity](#) spray, raise your arm as high as you can overhead and spray one spray. Still breathing, lightly spray all down your body to clear the mind and stop inner chatter. Focus on a single word that relaxes and calms you – peace, harmony, love, joy, clarity, calm, forgiveness, serenity, or what ever comes to you. Continue your focus on this while you relax either in a comfortable chair, on a bed, or in a warm bath. Continue to repeat your word or mantra over and over in your mind and breathe for one to 5 minutes.
7. If you have pain or discomfort anywhere in your body, spray [Release](#) generously into your palm, and gently massage it into that area.
8. Spray [Release](#) overhead with your face turned toward the floor, and say “With each breath, let my body relax into this chair, bed, or bath and let all of my tension and worry release out of my body through my toes and into the earth.” Take another deep breath, letting everything flow out of your body and into the earth. Relax here as long as desired, but try not to fall asleep.
9. If you are in a bath, you should step out now.
10. With some oil or lotion, use a drop of [Inner Calm Tincture](#) (about one drop per ounce of lotion or oil) and massage into your entire body. Remember to breathe and repeat your considered word.
11. When finished, place one or two drops of [Heart Awakening Oil](#) on the heart area, and gently massage it in, saying “I will breathe into my heart, and feel it relax and open”. This positive affirmation helps the oil work with your mind and spirit as it is applied to the body.
12. Spray a light mist of [Inner Calm Spray](#) high above your head and over the length of your body. Say “I notice a feeling of peace and calm as all tension flows out of my body.” Holding the [Inner Calm](#) in your right hand, spray into your left hand, rub your hands together, and place your hands on the bottom of your feet, saying softly “I release all of the stress and tension in my life into the earth. I go to the place of peace and calm now. My life is filled with peace, joy and gratitude.”
13. Take three (3) deep breaths, and remember this feeling of calm whenever you feel your stress rising. Use your sprays, meditate on the word, and feel the peace return.