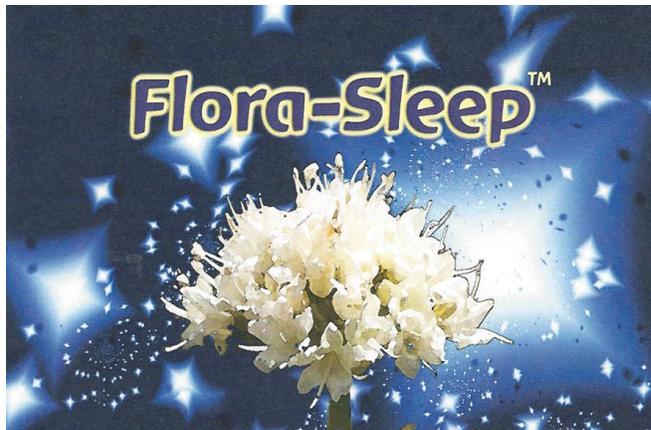


~ Return to site: www.newearthessence.com Email: christina@newearthessence.com ~



**Quiescent Flowers
For Restful
Repose
And Rejuvenation**

Primary Indications:

- * Promotes deep relaxation in order to facilitate falling asleep and staying asleep
- * Encourages more restful, undisturbed sleep so that one awakes feeling refreshed
- * Helps the soul more fully release from the body while sleeping, in order to experience dreams and related spiritual information
- * Can be used topically to help calm specific energy centers (according to each individual's need) that are too awake in the evening. Typical applications include: the third eye, left and right temples of the forehead, the heart center and the solar plexus (stomach region)
- * Facilitates recognition and release of chronic mental and emotional patterns that hinder rest and sleep, including specific sources of stress, anxiety, emotional upset or worry about future
- * A beneficial travel remedy when the body needs to set a new internal clock for sleep. Take at least two doses one or two hours before sleep and one further dose just prior to sleep
- * A beneficial night-time formula for children who are prone to nightmares, fitful sleep or other sleep disturbances
- * A good remedy for animals who have disturbed or agitated sleep, or who need to develop more consistent sleep patterns in harmony with their households.



Astrological Guidance

Flower Essence Support

Holistic Energy Healing

~ From Earth and Above ~

~ Return to site: www.newearthessence.com Email: christina@newearthessence.com ~

Positive qualities: Relaxation, restful sleep, de-stressing, nourishing body and soul in sleep, mental and spiritual rejuvenation from deep rest, waking refreshed

Patterns of imbalance: Difficulty falling asleep or staying asleep, excessive worry and anxiety, restlessness, nervous agitation, inability to release challenging thoughts and feelings before sleep or rest

****Special Notes for using Flora-Sleep™**

Flora-Sleep™ facilitates a relaxation response in the body. It is best to use this formula about one hour before bedtime or rest, and then once more just before retiring. It can also be kept on the nightstand and used if one awakens during the night, to help gently guide the body and soul back to sleep.

Flora-Sleep™ can be applied topically to energy centers that may be over-stimulated, according to the needs of each individual. Key centers that typically need calming before sleep are the point between the eyes (third eye), the temples on each side of the forehead, the heart center located on the sternum directly in the center of the chest, and the solar plexus/digestive center around the naval and two inches below the naval. Apply one spray on each topical area to be treated. Follow with gentle pressure from the palm of the hand over the treated area for about 60 seconds, while breathing deeply and allowing release.

Flora-Sleep™ is also very effective in a warm bath. Apply 4-5 sprays to freshly drawn warm water – stir the water clockwise and counter clockwise for at least one minute. Immerse in the warm bath for 15-20 minutes and then go immediately to bed.

General Misting – The Flourish Formulas™ can also be very effective when lightly misted around the whole body, the head and surrounding body space. Be sure to close your eyes and remove glasses before doing so. This method is a special favorite for many children.

Flora-Sleep™ is intended to promote a healthy relaxation response when used for typical states of emotional or physical stress. In case of a serious medical condition, please consult a qualified medical professional.

All Flower Essence Formulas and Personalized Blends offered are herbal supplements and are not intended to diagnose, treat, cure or prevent any disease. These products and the statements made on this website have not been evaluated by the Food and Drug Administration (FDA). Text by Patricia Kaminski and Richard Katz, Photos of essences by Richard Katz ©2009 Flower Essence Services – used by permission, permission required for reuse.

~ www.newearthessence.com ~ christina@newearthessence.com ~