

Flower Energy Blends

by Dawnalee Shields and Kat Miller

To Flower is to bloom. To Flower is to flourish. To Flower is to thrive. To Flower is to open up to the world. The Flower Energies in this vial include energies beyond the plant world that "Flower."



Flower Energies vial

Instructions: Call Flower Energy Blends from the Flower Energies vial by name or by the flowers listed in the Blend. When calling a Blend with *Spacer* listed in it, call the Blend by name (i.e., Center) to have Innate fill in the space according to individual need, or follow Inner Guidance (or muscle testing) to find the appropriate Flower Energy to fill the space according to individual need.

Flower Energy Blends can be used as often as desired.

Multiple Flower Energy Blends and/or Formulas can be invoked in succession, waiting a minute or two between Blends/Formulas.

Different Flower Energy Blends/Formulas will not interfere with each other.

Legend:

DAW - Blends Developed by Dawnalee Shields

KAT - Blends Developed by Kat Miller

Miscellaneous Blends

Bugs Snub Me (KAT)

Uses:

Support balanced energy, encouraging mosquitoes and other annoying creatures to avoid (snub) you.

Energies:

Run index finger down nose from bridge to tip 30 times

Crab Apple

Garlic

Poison Oak

Canyon Dudleya

Red Coral

Fire

Center (KAT)

Uses:

Support right action and healing in stressful and emergency situations

Energies:

Chestnut Bud

Heather

Pecan

White Chestnut

Spacer

Spacer

Compassionate Crystal (KAT)

Uses:

Support well-being and protect from negative emotions, illnesses and energies often associated with hospitals and medical clinics.

Energies:

Mimulus

Mugwort

Star of Bethlehem

Yarrow

Create (DAW)*Uses:*

Support decision-making process; overcoming mental blocks such as writer's block

Energies:

Hickory

Chrysanthemum

Hound's Tongue

Lemongrass

Ease (DAW)*Uses:*

Support digestive system elimination processes

Energies:

Lemon

Peppermint

Coriander

Dill

Basil

Faith not Fear (DAW)*Uses:*

Support confidence, self-esteem

Energies:

Oak

Cerato

Love-Lies-Bleeding

Scleranthus

Green Cocoa Bean

Spacer

Flow(KAT)*Uses:*

Support personal growth; widen perspectives; release judgments

Energies:

Gravenstein

Oregon Grape

Pig Squeak

Coriander

Gigglegiggle (DAW)*Uses:*

Support self-acceptance, ease of subconscious fears related to separation from constant attendants from Source as chakras develop and personal independence is developed, especially around the following milestones: 9 months, 18 months, 3 years, 6 years, 12 years and 18 years. Also good for helping balance emotional response to over-stimulating, over-exciting times for children such as anticipation of, day of, and let-down from birthdays and holidays.

Energies:

Love-Lies-Bleeding
Gravenstein
Juniper
CUTE (Switchword)

Hushabye (DAW)

(see also *Sleepy Little Pony*)

Uses:

Support sleep: falling asleep, staying asleep, restful sleep (Green-Lipped Mussel is to kick in when needed as a mild analgesic for aches and pains that inhibit sleep)

Energies:

Quieting thoughts – Rub crown of head 30 times in circular pattern
Green-Lipped Mussel
Magnolia
Ziziphus

Power & Confidence (DAW)*Uses:*

Supports transformation to help new patterns being created "settle into the bones"

Special Instructions: Most effective when spoken aloud while looking in a mirror, gazing into your own eyes and smiling. Take a deep, slow breath then say the blend name while exhaling.

Energies:

Cinnamon
Cosmos
Tiger Lily
Agrimony
Pine

Pure Act (KAT)*Uses:*

Support life transformations, including birth, menarche, nesting, parenthood, empty nest, menopause, social and familial shifts

Energies:

Black-Eyed Susan

Dill

Indian Paintbrush

Spacer

Spacer

Safe (KAT)*Uses:*

Support protection: Fortify connection with Guardians; allow Inner Guidance to shield from harm

Energies:

Wheatgrass

Wild Oat

Yerba Santa

Angel's Trumpet

Angelica

Scruples (KAT)*Uses:*

Support integrity and wisdom in life situations. Encourage living up to one's potential in academia, work, career and social relationships. Inspire consideration of future implications, fostering appropriate action in the present.

Energies:

Fairy Lantern

Juniper

Peppermint

Pig Squeak

Sangre de Drago

Tansy

Sleepy Little Pony (DAW)*Uses:*

Use as an adjunct to **Hushabye** when a child is particularly grumpy or hyper due to feeling ill and the treatments being used. Alternately the two blends could be called as "Sleepy Little Pony Hushabye"

Energies:

Marjoram

*Pink Comfort

*Biotics

(*see **Support Energy Blends**)

Soothe (KAT)*Uses:*

Support relaxation: soothe stresses, relieve teething pain, aching pains

Energies:

Bleeding Heart

Forget-Me-Not

Iris Blue Flag

Manzanita

Sandalwood

Touche' (KAT)

Uses: Support release: for releasing old, no longer needed energies, judgments and observations, allowing one to be in the NOW; powerful for releasing chronic aching pain

Energies:

Foxglove

Pecan

White English Daisy

Yerba Santa

Uropy Doodle (DAW)

Uses: Support healthy bowels: For use in cases of acidic bowel movements; incomplete digestion of food especially with gas, diverticulitis, diarrhea, etc.

Energies:

*Biotics

Marjoram

Anise

Lavender

Helichrysum

Heart Light (a Light Support Energy)

OIL-WITH-LOVE-BE (Switchwords)

(*see *Support Energy Blends* below)

Whisper (KAT)*Uses:*

Support mindful awareness: increase awareness and attention to Inner Guidance

Energies:

Cerato

Kale

Rabbitbrush

Magnolia

Spacer

Wings (DAW)*Uses:*Supports *POWERFUL* transformation in freeing oneself from all hindrances in finding, understanding, and creating one's Life Purpose.

Special Instructions: This Blend requires the user to be well-hydrated at the time of use to allow full benefit of the tone moving the flower vibrations through each cell. It is suggested the user drinks a glass of water before calling the Blend, as well as drinking a glass of water afterward.

Energies:

Geranium

Gold Calcite

Sandalwood

**Tone D (musical tone)

***Tone D (musical tone) came forward as tone that was needed to accelerate the Flower Energies to a vibration that will help all cells accept the Wings Blend. This is massively transformational and requires as much of a person's being to be "on the same page" as possible, so the better acceptance by each cell of the being, the better.*

Wellness Blends

These Blends are good for many situations where there is concern about potential infections in addition to resolving such. You can also do a two- or three-day series using all of the Wellness Blends (per muscle testing saying okay) just as general preventive support.

Defense (DAW)

Use: Antibacterial

Energies:

Kale
Eucalyptus
Coriander
Morning Glory
California Pitcher Plant
Prickly Pear
Juniper
Spacer

Guardian (DAW)

Use: Antifungal

Energies:

Vine
Chrysanthemum
Spacer
Spacer

Nourish (DAW)

Use: Antiviral

Energies:

Cinnamon
Cocoa Flower
Thyme
Spacer
Spacer

Seasonal Tonics

Use either blend name or individual energies for day before/day of/day after
Equinox/Solstice

Verdant Green (DAW)

Use: Spring Equinox

(Northern Hemisphere March 20)

(Southern Hemisphere September 22)

Energies:

Chlorella

Peppermint

Lemon

Kale

Flutterby (DAW)

Use: Summer Solstice

(Northern Hemisphere - June 21)

(Southern Hemisphere - December 21)

Energies:

Marigold

Fairy Lantern

Fuchsia

Lavender

Bountiful Bliss (DAW)

Use: Autumn Equinox

(Northern Hemisphere - September 22)

(Southern Hemisphere - March 20)

Energies:

Sunflower

Coriander

Nasturtium

Quaking Grass

Elm

Growly Bear Go Home (DAW)

Use: Winter Solstice

(Northern Hemisphere - December 21)

(Southern Hemisphere - June 21)

Energies:

Holly

Pine

Tangerine

Mistletoe

Oregon Grape

Solar Return (KAT)

Use: Use Solar Return as the Sun returns to the same zodiacal degree, minute, and second it was at your birth. Your Solar Return occurs near your birthday every year, but may not always be on your birthday (may be day before or day after) for the same reason we have Leap Years, because it takes about 365.25 days for the Earth to complete one orbit around the Sun. Use Solar Return the day before, day of and day after your birthday, and any other time throughout the year when you feel unbalanced.

Energies:

Purple Monkeyflower

Shooting Star

Mariposa Lily

Spacer

Spacer

Spacer

Support Energy Blends

Support Energy Blends may be used by themselves in wellness support, to support application of Flower Energies, or in conjunction with other energy wellness modalities.

Pink Comfort (DAW)

Support Energy Description:

Pink Healing Energy

Rocking energy

~Ling energy (cuddling, snuggling, hugging)

ADJUST-PEACE (Switchwords)

Biotics (DAW)

Support Energy Description:

Streptococcus thermophilus

Lactobacillus acidophilus

Lactobacillus plantarum

Bifidobacterium bifidum

Bifidobacterium breve

Chicory Root Fructooligosaccharides (FOS)

Inulin
