



Essences of Nature: Botanical Remedies for Growth and Empowerment (Paperback)

By Mary Ann Antenucci

Light Technology, U.S., United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. Flower essences are living energies that can bring more vigor and vitality to our lives. They teach us how to evolve, how to utilize our elements, how to nourish and be nourished, how to be of beauty, and how to orient ourselves. They teach us internal integrity and structure. They teach us how to be. Many of Mary Ann's interpretations of flower essences here are tailored to fit the needs of particular circumstances. Formatted with keywords for quick reference to whatever issues you would like to explore, this compilation of her columns from the past ten years serves as a friend, guide, and resource to help you grow and blossom. 130 Essences Including: Apple Blossom Beech Chaparral Cherry Plum Echinacea Elm Fireweed Garlic Golden Yarrow Honeysuckle Indian Pink Lavender Lemon Olive Pine Sage St. Johnswort Trillium White Chestnut Zinnia.

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