

### CORE ESSENCE PACKAGE

The Core Essence Package contains 4 Signature Flower Essence Blends: PEACE, LOVE, JOY and HARMONY.

These 4 signature blends work together to build an inner core of emotional health. When your mind is calm and your heart is open you can begin to experience peace in your inner world. Then you become spiritually fit to handle the challenges of everyday life.

#### Recommendations:

- 1. Specific instructions for daily dosage are included on cards labeled for each Signature Blend.
- 2.Choose a Sixteen Week Cycle: Start with the Signature Blend PEACE for 4 weeks, then LOVE for 4 weeks, followed by JOY for 4 weeks and finally Harmony for 4 weeks.
- 3.0r Choose a Thirteen Week Cycle: Same as 16 week cycle but you overlap each blend by one week. Starting the next blend 1 week early thus taking 2 blends at a time for a week. This staggered layered approach allows each blend to work with and build on the previous blend.
- 4. After you have completed a full Core Essence Package Cycle, feel free to repeat the cycle with a new Core Essence Package or move on to the Opening the Heart Package. If you have questions, about what to choose next, please email us: info@HealingImprints.com

## HARMONY

Harmony is a blend of 6 flower essences specifically chosen to support the harmonious connection of soul and heart. When your soul speaks and your heart listens, harmony grows; You no longer fight your intuition and harmony between your inner Self and the outer world increases.

#### Instructions:

- Before each dose, gently tap the bottom of the bottle in the palm of your hand to mix the components and activate the Signature Blend vibrations.
- 2. In a clean mouth, without strong tastes or odors, place 3-4 drops of this Signature Blend under your tongue three times per day; morning, mid-day and evening.
- 3. It is also acceptable to put 9 drops of the Signature Blend into your water bottle and sip throughout the day instead of dosing under your tongue.
- 4. Contemplate HARMONY throughout the day and continue taking this blend for 28 days.

Ingredients: Spring Water, Organic Vegetable Glycerin, Flower Essences: Mountain Pennyroyal, Rabbitbrush, Nasturtium, Larch, Fairy Lantern, Scotch Broom.



Joy is a blend of 6 flower essences chosen specifically to release your inner joy. Much deeper than mere happiness, Joy is released spontaneously when you feel a connection to the Universe and to a Source higher than yourself.

#### Instructions:

- Before each dose, gently tap the bottom of the bottle in the palm of your hand to mix the components and activate the Signature Blend vibrations.
- In a clean mouth, without strong tastes or odors, place 3-4 drops of this Signature Blend under your tongue three times per day; morning, mid-day and evening.
- 3. It is also acceptable to put 9 drops of the Signature Blend into your water bottle and sip throughout the day instead of dosing under your tongue.
- 4. Contemplate JOY throughout the day and continue taking this blend for 28 days.

Ingredients: Spring Water, Organic Vegetable Glycerin, Flower Essences: Pine, Buttercup, Sweet Clover, Sage, Sagebrush, Cayenne.

# LOVE

Love is a blend of 5 flower essences specifically chosen to support your ability to experience unconditional love. Love is at the core of all creation. When we can love freely, without expectations, our experience of life becomes expanded and more meaningful.

#### Instructions:

- Before each dose, gently tap the bottom of the bottle in the palm of your hand to mix the components and activate the Signature Blend vibrations.
- 2. In a clean mouth, without strong tastes or odors, place 3-4 drops of this Signature Blend under your tongue three times per day; morning, mid-day and evening.
- 3. It is also acceptable to put 9 drops of the Signature Blend into your water bottle and sip throughout the day instead of dosing under your tongue.
- 4. Contemplate LOVE throughout the day and continue taking this blend for 28 days.

Ingredients: Spring Water, Organic Vegetable Glycerin, Flower essences; Chamomile, Wild Rose, Wild Oat, Canyon Dudleya, Cayenne.

### PEACE

Peace is a blend of 6 flower essences specifically chosen to support your sense of inner peace. This blend can help quiet your mind and support peaceful adaptation to changing conditions.

#### Instructions:

- Before each dose, gently tap the bottom of the bottle in the palm of your hand to mix the components and activate the Signature Blend vibrations.
- 2. In a clean mouth, without strong tastes or odors, place 3-4 drops of this Signature Blend under your tongue three times per day; morning, mid-day and evening.
- 3. It is also acceptable to put 9 drops of the Signature Blend into your water bottle and sip throughout the day instead of dosing under your tongue.
- 4. Contemplate PEACE throughout the day and continue taking this blend for 28 days.

Ingredients: Spring Water, Organic Vegetable Glycerin, Flower Essences; Cosmos, Elm, Yerba Santa, Quaking Grass, Penstemon, Peppermint.

### DISCLAIMER

Healing Imprints is a Spiritually based practice. Our assessment process and related recommendations are not cures for any known diseases, nor have they been proven clinically to eliminate, prevent or mitigate any specific disease process. Our computer based BioneticStress assessment is not a method of diagnosing or treating diseases, nor are suggested remedies designed to replace any of the medications or treatments that the client is currently advised to take by their health care practitioner.

