Flower essence indications for Confidence

Consider also states of: Doubt, Certainty, Power, Self-esteem, Self-Expression, Shyness, Strength, Manifestation

Delta Gardens [DG]

Bellflower [DG] – For trusting one’s inner self, one’s guidance, one’s intuition. Certainty in one’s inner life develops.

Blue/Green Aventurine gem [DG, Manifestation set, elixir combination set] – Assists in the manifestation process; uplifts confidence - Reduces stress; develops confidence; changes energies in the conscious-subconscious interface so that one is more able to manifest consciously rather than through the subconscious; good for those who have made resolutions to create more abundance.

Bluebell (Mertensia virginica) [DG] – Access to more positive aspects of personality; for those who dwell in the negative; for those who cannot cycle out of cynicism; for grumpiness, withdrawal or aloofness.

Celandine [DG] – For confidence related to being understood and understanding others

Clary Sage [DG] – For fear of risk; fear of new cycles or challenges

Codonopsis [DG] – Assistance in facing inner challenges; dealing with paradoxes facing weakness; facing one’s own dark side.

Copper [DG Gem] - treats inflammations and neurological problems Anemia; confidence Aruveda drinking from a copper cup helps to balance kapha and balance spleen

Elecampane (Inula helenium) [DG] – Learning to identify more deeply with newly discovered power and beauty in one's self; balancing and integrating new experiences of spirituality. Use when new feelings, talents, insights are awakened. For those who identify with negative aspects of their personality; helps one transition into a new identity, leaving older more negative imprints behind.


Lilac [DG] – Helps a general attitude of apparent “laziness”, especially when due to lack of confidence or fear. Balances giving and receiving

Lobelia [DG] – Courage to express, own and speak the truth regarding one's self; for shyness or shame around expressing one's sexual nature.

Lousewort [DG] – Changing attitudes and expectations from probabilities to possibilities; learning to live in a new paradigm. Clearing out making room for the new. Shift in expectations instead of expecting the worst.

---For those who indicate that they are ready for change. It is difficult to pinpoint the exact clinical action of the essences since such a variety of responses can occur. You might say it begins a process of change in a person by taking the consciousness deeper into the issues at hand. On taking the essence one might feel light or heavy, sadness or elation, seriousness or lightheartedness, clarity or fogginess. In all cases, a person is going inward for a deeper look at one's life and issues.

Clinical Note: Often in a PET session this essence is accompanied by Plantain. There is a nice poetry here. Lousewort the digger and Plantain the extractor. Two tools for harvesting heavy energy from the system. When in your testing you come upon Lousewort, you can assume that internal and possible external changes are immanent. With a four-week cycle of Lousewort in a combination, you may observe constant change in one area of the client's life or many small changes here and there: cleaning closets, preparing a resume, beginning a new hobby. After one cycle, you will often find a client either does not test for this essence or is reluctant to take it again. This essence will be helpful for all transitions through life. It is generally not recommended for children unless they are in the process of change already.

Loveage [DG] – For confidence in taking action; moving into the world with a sense of safety and joy; developing a sense of exhilaration in walking one's path.

Golden Amaranthus [DG] – For letting go of over-control (related to false confidence and need to control because of lack of confidence in other in the processes of life)

Hemp Agrimony [DG] – For many social fears; for those who have a fear or feeling, that tells them it is unsafe to be with others. Assists in the release of such imprint(s) that prevent the feeling of connection. ities to the self and to others to open. Gives one the ability to improve self-esteem and expression through improved moment-to-moment self-care.

Jack-in-the-Pulpit [DG] – For lack of confidence in and lack of expression of one’s inner ideas and feelings. Strengthens one’s relationship to the inner voice. Develops confidence and ability to express one’s experience.

Lady’s Mantle [DG] – For those who do not feel confident, can’t feel one’s self apart from others. Imparts a feeling
of strength and protection which supports the one’s ability to contain and to use power

**Missouri Primrose** [DG] – For lack of confidence and low self-esteem. Helps one accept and receive love, friendship, goodness, pleasure and other forms of self-nurturing. Through self-nurturing, vital energies are taken in, which are later converted into confidence and goal-directed activities.

**Pennyroyal** [DG] – Protects from negative thoughts recycling into the energy field. Protects from obsessions and obsessive fears

**Queen of the Meadow** [DG] – For accepting one’s power, place, stature or authority; for those who resist their own advancement in position or title because of fear or prejudice.

**Sunflower** [DG] – Enhances the ability to project energy outward. Will force is strengthened along with the person’s sense of ability to do things. Confidence increases and subconscious blocks to success such as delay, procrastination, lateness, forgetfulness are diminished. This essence helps treat fear of success and fear of failure.

**SUNFLOWER SET** influences 3rd chakra; 8 hybrid sunflowers designed to clear out and to resolve fears related to success

**Sunflower, Dark Star** [DG, Sunflower set] – fear of failure; recovery from depression; for learning to manifest; use with small projects; use to develop confidence; for children learning to compete; for attracting healthier relationships

**Sunflower, Ruby** [DG, Sunflower set] – fear of wealth and power; for those who have been taught that money is the source of evil; for manifesting needed resources, use when intending to raise standards; use to change attitudes about poverty and pain.

**Sunflower, Rusty** [DG, Sunflower set] – Fear of new ventures; fear of change; for those who seek comfort and avoid thinking or dreaming outside the box; use for learning to take risks; for those who underestimate their potential

**Sunflower, Moonshadow** [DG, Sunflower set] – Fear of mediocrity; manifesting inner self into form; for grounding spiritual impulses; for spiritual leadership; for spiritual –intellectual types; for attracting spiritual teachers and companions

**Sunflower, Corona** [DG, Sunflower set] – Fear of stagnation; protects flashes of insight, brilliance, genius; use when one faces unsolvable problems or blocks; for those who feel trapped in lifestyles or relationships.

**Sunflower, Light** [DG, Sunflower set] – Fear of groups; fears related to working with others; for peacemakers who neglect themselves; use in group projects; for goal setting for resolving family issues; for changing discord

**Sunflower, Painted** [DG, Sunflower set] – Fears of not fulfilling one’s purpose; for resolving one’s inner conflicts between one wants and what one receives, between individual will and Divine Will; use for manifesting partnership

**Sunflower, Wild Child** [DG, Sunflower set] – Fears related to impulsiveness; fear of what one might do; fear of making a mistake; fear of hurting others; for those who over-estimate their abilities; for those who set unrealistic goals; use when immersing oneself in a project.

**Sumac** – For times when ones has lost confidence in one’s goals, the meaning for continuing seems to have gone. Helps one feel the value of what is held in the heart as important and to use it as energy.

**White Cumbine** – For those who feel uncertain or lost in life choices. Provides insight into true identity and highest purpose.

**Blue/Green Aventurine** - Reduces stress; develops confidence; changes energies in the conscious-subconscious interface so that one is more able to manifest consciously rather than through the subconscious; good for those who have made resolutions to create more abundance.

**Mahogany Tiger’s Eye/Snapdragon** - Strength, courage and building of the immune system. Take for three weeks, stop for three weeks. Do this cycle three times; good for timidity.

**Moonlight Vial #20 Strength [Hyssop]** - Anchors conviction, certainty and strength. Gives witness to central truths of one's life; opens a knowing which gives courage during struggle or soul testing.

**Lion Spirit** (Uganda Animal Essences) – Offers fire, strength, power focused energy, task completion, intolerance, force, majesty, certainty. Good for those who are fearful, uncertain, ambivalent or for those who procrastinate or cannot make decisions.

**Wood Betony** (Stachys officinalis) [Delta Gardens] – For those who feel unable to change or control behavior, cynical about ability of self and others to change. Stimulates higher reasoning to guide one in situations. One feels less trapped and controlled by desires that do not align with his or her self-concept

**MANIFESTATION SET**

**Aconite** [DG, Manifestation set]– Enhances ability to prognosticate; treats irrational fears about the future and unexplained feelings of dread. Use in journey for life decisions.
Blue/Green Aventurine [DG, Manifestation set]– Assists in the manifestation process; uplifts confidence
Clary Sage [DG, Manifestation set]– For fear of risk; for fear of new cycles or challenges
Diamond [DG, Manifestation set]– Clears thought projection channels
Eyebright [DG, Manifestation set] – Helps one with manifestation through clarity of purpose and goals.
Gold [DG, Manifestation set]– Generosity and ability to project; strengthen will forces
Golden Amanthus [DG, Manifestation set]– Offers an awareness of protection and guidance on the highest level, allowing one to develop a sense of ease and right direction.
Goldenseal [DG, Manifestation set]– Helps with releasing old patterns; cleanses mental body of subconscious debris.
Herkimer Diamond [DG, Manifestation set]– Clears energetic blocks; clarifies thought forms; potentizes manifestation.
Lovage [DG, Manifestation set]– Moving into the world with a sense of safety and joy; confidence in taking action.

Woodland Essence [W.E.]
Mountain Laurel – [W.E.] Support, guidance and protection in those times of confusion and struggle. Helps one see a way through the tangles. For balance and clarity when faced with difficult decisions.
Painted Trillium – [W.E.] Helps one make decisions from one's heart space, while understanding the far-reaching effects of one's choices and actions.
Wild Azalea – [W.E.] Confidence and self-assurance when called upon to share one's abilities and talents. Enhances perception of time; knowing when to act and when to be still.

Bach / Healing Herb [B./H.H.]
Beech sylvatica [B./H.H.] – For over-confidence, ‘know-it-alls’ “The Tolerance Flower”, from know-it-all to better understanding. [M. Scheffer, Encyclopedia of Bach Flower Therapy] Positive qualities: Tolerance, acceptance of others’ differences and imperfections, seeing the good within each person and situation; ability to offer praise to others Patterns of imbalance: Criticalness, judgmental attitudes, intolerance; perfectionist expectations of others; hyper-reactive to one’s social and physical environment due to underlying sensitivity.
Cerato [B./H.H.] – For lack of confidence Positive qualities: Trusting one’s inner knowing, intuition; self confidence, certainty confidently seek individuality Patterns of imbalance: Uncertainty or doubt of one’s inner wisdom and truth; invalidating what one knows, over-dependent on advice from others distrust of self and intuition, easily led and misguided “The Intuition Flower”, from indecisiveness to inner certainty. [M. Scheffer, Encyclopedia of Bach Flower Therapy]

For people who are too easily influenced. For those who have no confidence in themselves, depend too much upon the advice of others and listen first to one and then to another. Their own lack of self-esteem makes them admire and trust too much any who hold strong views; they can easily be led into difficulties on this account. In illness, they are quite sure one thing will cure them until they hear of another, and they rush from one trial to the next according to the latest advice. They will do almost anything good or bad for them if the argument is forcible enough. They do not trust their own good judgment. Instead of having their own wishes and desires they will so often quote what others have advised or thought. The ideas and opinions of others are too important to them and this robs them of their own personality. They will always have some excuse for all they do.

Elm Ulmus procera [B./H.H.] – For lack of confidence Positive qualities: Joyous service, faith and confidence to complete one’s task; ability to shoulder tasks effectively Patterns of imbalance: Overwhelmed by personal or work obligations, feeling unequal to the task required; dysfunctional or scattered response to responsibilities and commitments “The Responsibility Flower”, from self-worth to inner confidence. [M. Scheffer, Encyclopedia of Bach Flower Therapy]
Larch [B./H.H.] – “The Self-Confidence Flower”, from self-restriction to self-unfolding. [M. Scheffer, Encyclopedia of Bach Flower Therapy] For lack of confidence, expectation of failure, self-censorship, unable to find one’s voice or speak one’s convictions; For confidence in self–expression or public performance. For confident
decision making, especially with the tendency to vacillate. Offers Self-confidence, creative expression, ability to be spontaneous and take risks

**Mimulus [B./H.H.]** – “The Bravery Flower”, from fear of the world to trust in the world. [M. Scheffer, Encyclopedia of Bach Flower Therapy] For confidence to face daily challenges and fears; for those prone to phobic personality **Positive qualities:** Courage and confidence to face life’s challenges; radiant light that shines outward to the world. **Patterns of imbalance:** Over-exaggerated concern for daily life events; extreme apprehension of new thresholds of experience

**Scleranthus [B./H.H.]** – For lack of confidence with hesitation, indecision, confusion and ambiguity; wavering between choices or values Offers decisiveness, inner resolve, ability to weigh choices and make judgments “The Balance Flower”, from inner conflict to inner equilibrium. [M. Scheffer, Encyclopedia of Bach Flower Therapy]

**Vine [B./H.H.]** – “The Authority Flower”, from leading to being led. [M. Scheffer, Encyclopedia of Bach Flower Therapy] **Positive qualities:** Selfless service, recognition of the individuality of others; inner authority derived from connection to higher spiritual identity. **Patterns of imbalance:** For over-confidence, Domineering, tyrannical, forcing one’s will on others; need to subjugate others in order to gain ego strength

**Buttercup [FES]**

**Blazing Star** *Mentzelia laevicaulis [FES]*) – Radiant and inwardly vital will forces; masculine soul forces developed from an inner foundation of nurturing life forces; alchemical union of feminine water and masculine fire soul elements. **Patterns of imbalance:** Predominance of water element in the body and emotions causing paralysis of the will; inability to catalyze soul fire; bifurcation of soul toward either a strong but rigid will or flowing but weak feeling state

**Explorer’s Gentian [FES]** – Renewed strength for meeting one’s life purpose and spiritual destiny; transforming crisis and loss into new opportunities. **Patterns of imbalance:** World-weariness at mid-life; loss of connection with one’s spiritual destiny and life purpose; profound health crisis or loss that depletes soul forces

**Garlic (FES)** – For overcoming fears and insecurities that drain or weaken Resilient and vital response to life, active resistance to adverse influences. For Fearful or weak due to parasitic influence, prone to low vitality; mediumistic

**Golden Yarrow (FES)** – For confidence that one can perform despite anxiety or oversensitivity.

**Larkspur [FES]** – **Positive qualities:** Charismatic leadership, contagious enthusiasm, joyful service **Patterns of imbalance:** Leadership distorted by self-aggrandizement or burdensome dutifulness; inability to motivate or inspire others

**Mountain Pride (FES)** – For confidence in one’s power to challenge or confront adversity.

**Penstemon (FES)** – For strength in the face of adversity or misfortune; knowing one is able to sustain and endure.

**Pretty Face (FES)** – For confidence in one’s inner beauty, especially when tormented by concerns about one’s personal appearance

**Purple Monkey Flower (FES)** – For following one’s own spiritual guidance, especially when fear or repression may have stymied soul’s inner sense of spiritual truth.

**Red Larkspur** *Delphinium nudicaule – FES Research Essence* – Enhances leadership charisma in a much more dynamic, energizing quality, than Larkspur. Used for the kind of leadership where not only spiritual vision but physical force is required. This soul type heals and leads others not only by the quality of spiritual thoughts but by a force of charisma that radiates from the physical body itself.

**Sunflower (FES)** – For radiant expression of individuality; positive, confident ego.

**Tall Mountain Larkspur** *Delphinium glaucum* **Positive qualities:** Leadership based upon spiritual alignment; ability to hear, see and act in a greater capacity of soul leadership beyond one’s immediate personality **Patterns of imbalance:** Inability to receive or trust spiritual guidance; restriction of true spiritual gifts due to lack of dynamic connection to higher dimensions of soul inspiration **FES Research Essence** - A development of the FES Larkspur (charismatic leadership), addressing an aspect of the "King archetype", the ability of the individual to stand tall and be seen as a leader, to step out actively into the world. [Tall Mountain Larkspur combines well with Mountain Pride. Both energize one's charismatic qualities for world service in a very dynamic way.]

**Trumpet Vine (FES)** – For self-confidence when speaking, being able to project oneself; greater vitality
Alaskan Essences [AE]

Aventurine [AE-gem] — **Indications:** Lacking stamina and fortitude; wanting to quit when faced with obstacles; such as one’s own limiting belief system; fearful when facing the unknown; afraid to take risks in order to take the next step in life. **Healing Qualities:** strengthens the central vertical axis which stabilizes us during expansion experiences; helps us move into and through new experiences with grace, stamina and perseverance; good for spiritual trailblazers and pioneers.

Gold [AE-gem] — **Indications:** Low self-esteem; weak sense of personal identity; little or no confidence in our ability to create; weak or uninspired masculine energies; difficulty manifesting wants or needs into physical reality; comparing our past accomplishment’s to other’s. **Healing Qualities:** helps us access and express the highest aspects of our personal identity and inner value; brings strength and balance to the 3rd chakra; helps us tap into our inner truth, joy and wisdom as a source of creative power. Helps a person find their own value and give that out to the world. Creative energies find positive expression. (Creation formula): blueberry & blueberry pollen

Golden Corydalis [AE] – For difficulty in getting get all of one's talents and skills to work together in a focused way; overwhelmed by new experiences; cannot make sense of how one's life fits together. Offers supports the reintegration of identity after an experience of deep transformation; helps us establish and maintain a link with the higher self that facilitates the integration of life experience according to the needs of the soul.

Tamarack [AE] – **Indications:** no confidence in one's unique skills and potentials; weak sense of self-identity; lacks awareness of what one is capable of. **Healing Qualities:** promotes self-confidence by helping us reach a deeper understanding of our unique strengths and abilities; encourages the conscious development of individuality.

Twinflower [AE] – Promotes confidence in communication enhancing ability to speak from a place of inner strength and clarity along with the ability to listen with neutrality [CK] ‘I listen with inner presence, calm and neutrality. I communicate with intention and clarity.’

Yellow Dryas – [a radiating creeper a pioneering plant, growing where glaciers previously covered. Flowers are like little periscopes looking out from the edge of the plant] for the pioneering spirit offering support form the central core /soul family (could be blood family) so that one no longer feels isolated – support for those pioneering new realm – inner or outer **Indications:** feeling estranged from one's soul family; unable to sense the connective thread that links one's experiences into a coherent and understandable whole. **Healing Qualities:** support for those who are exploring the edge of the known; helps one maintain an energetic connection to one's soul family during dynamic cycles of growth and change.

Yellow Violet Viola biflora [Alaskan Essences research] — fearlessness; gives us the strength and confidence to naturally express the essence of our beings without limitation, compromise, or self-consciousness, in all circumstances; gives protection to the act of verbal expression, especially when there is a challenge or controversy around what needs to be said

Wild Sweet Pea [A.E. research] — promotes confidence and ease in our interactions with others; helps us offer our best in service to others.

White Violet [AE] — shyness…

Hawaiian Essences – Jane Bell

**Naked - Self Radiance Formula** Bamboo Orchid • Dolphin Blessings • Hibiscus Pollen Naked removes your invisibility cloak, liberating you to be fully yourself. Rather than judging, you feel confident and courageous, radiating inner beauty and sharing your gifts with the world. It’s so easy to know who you are when you are being yourself!

**Netherlands Blossoem Essences**

Evening Primrose Teunisbloem Oenothera lamarckiana [Netherland Blossoem Essences] - This plant flowers at night. While "Red Poppy - Klaproos" brings the power of the sun into the female qualities, the Evening Primrose essence strengthens the creative forces of the moon. It helps us to (re)discover and connect with the source of self-confidence and the inner worth of the feminine. It brings insight into old patterns of incest, rape and problems in the area of sexuality, giving support and help for discussing such problems, and bringing everything out into the open. - clearing from past negative sexual experiences insight in old pains, such as abuse.

Goldenrod Guldenroede Solidago officinalis [Netherland Blossoem Essences] - The keywords of the
Goldenrod are: your individuality and the other person. When you feel locked up, and cannot open yourself to the other. When you are not able to let go your personal ego, and cannot direct yourself to the higher qualities. When you put your interest too much into your personal achievements, and feel dependent on the other. The Goldenrod gives you self-trust and self-confidence, the Goldenrod helps with the development of open-heartedness and hospitality; it opens you to be a channel through which you can transform the higher energies. Gives strength and because of this strength you open your being with love towards your environment and you can direct yourself to enthusiasm, abundance and cooperation as a result of the better connection with the higher self. – for shyness emotional difficulties in groups. Develops feeling at home in a group, courage to be yourself in a group and adapting to the group.

**Sneezewort** Wilde Bertram *Achillea ptarmica [Netherland Blossoem Essences]* - Provides protection on the spiritual path you follow, when you aspire after pure standards and values, but have been unable to actualize them. Helps you to stand on your own two feet and to give expression to your own clear thoughts and visions, without having to lean on others; gives self-confidence. For saying clearly where things stand in relationships. Helps to make you aware of what is good and what is not so concerning help from others. (Also, for example, from spiritual guides).

**INTEGRATION COMBINATION** INTEGRATIE COMBINATIE - *[Netherland Blossoem Essences]* – This combination essence is prepared with two mushrooms: *Stropharia* and *Psathyrella candolleana* and four flowers: *Angel’s Trumpet, Hollyhocks, Impatiens* and *Pumpkin*.

A remedy for integration, protection and the resolution of old emotions which have not been integrated. Whenever, at a given moment of your life, the hold on of your life was been lost and in the end never really worked through. It helps you to let go of the old and gives insight into how the problem came about. This can be related to past relationships, but also to past misfortunes and abuse. In all situations in which you have been hurt and offended and you have lost control over your life, even sometimes just for a moment. Often this deprives you of a feeling of fullness and trust leading to a persistent sensation of vulnerability. This remedy re-establishes the link with the Higher Self, integrating the various processes of recovery and giving protection and confidence.

**ORCHID** RODE BOSVOGELTJE *[Netherland Blossoem Essences]* - for courage based on self-confidence. This orchid grows in sandy clearings and, as its Dutch name suggests, has flowers in the form of little birds. Unity of your being in all circumstances. Being able to continue all actions from your own source without self-sacrifice. Not letting yourself be pushed aside by people or circumstances but following your own path in purity. Softens that which is hard and gives better circulation. Seeing the reflection of yourself in the outside world. Opening you to "higher" energies. Can be helpful for healers especially when short of energy because of not being able to retain a proper connection with their own Higher Selves. Gives more power for the healing of others and lets this force stream out of the Higher Self into the world. **Affirmations**: I mirror the Light from my Being into the surroundings. --- I fill myself with Strength/Light from my own Being and recognize this in me. --- I am a violet flame, burning bright with healing power.

**EDLEAD ROUNDHEAD** Mushroom **ORANjerode**

**STROPHARIA** Stropharia aurantiaca *[Netherland Blossoem Essences]* – The Redlead Roundhead is a very rare mushroom originating in Australia and whose spores were carried to the Netherlands on the winds. This essence has to do with sadness connected to the feeling of not belonging on earth, with the result that you have been unable to manifest the fire/strength of your Higher Self. It helps you to stop crying over things and renews your connection with the earth. For being happy and contented, having few needs, being contented and having confidences in the universe. It helps you to stand up for yourself and brings your personality to the fore through your connection with your spiritual source. For becoming aware of why you do not feel happy on earth, being aware of the cause of your vulnerability and being able to let go of it through trust.

I let go what is unimportant though the love of my heart.

I am bonded with the earth though the pleasure I have in others and through the enjoyment of life.

My soul opens itself up to love and remains open to the challenges of life.

Strength and care for yourself, abandoning patterns of doubt and seeking your way through the chaos of life. Re-establishing the bond with who you are and standing up for who you are. Insight into what is happening so that
you may go on to understand that it is necessary for the next step in the development of your consciousness. Helps with the clearing of emotions originating in past sorrow, from failed relationships and failed actions to more recent provocations. Taking life as it comes, having the insight of how to handle things so that you don't fall in to the same old behavior pattern - a pattern of pain, stress and sorrow. Finding your new path in this and with strength and courage, daring to go ahead without letting yourself be held back.

**Round Leafed Wintergreen  [Netherland Blossoem Essences]** — This essence is made by Inske Zaalberg in the North of Sweden in a swamp area with high humidity and pure oxygen. The plant owes her name to her round leaves and because it keeps its green leaves for at least one winter. It grows in groups, the flowers have no nectar and are not visited by insects. The self-pollination is normal and adult plants live in a symbiosis with a fungus for the supply of nitrogen (arbutiode mycorriza). The young plants have no chlorophyll and they only feed on humus. The flower essence helps you with the digestion of nutrition from the earth and it keeps you going on, while you drop everything that does not belong to you. The wintergreen **gives you self-confidence and makes you aware of the fact that you have more qualities in you than you show.** It puts you in your own power and because of this you can release old, not processed emotions to the earth. Other people, with the same problems can recognize this and start to release these too. In this way you can be a healing mirror for the other. You can help the other because the wintergreen lets you stand in your own power, independent from your environment and with your heart in the right place. It lets you move on, helps you to expand and gives faith in yourself, so that you can bring out the qualities, that you have hidden, deep inside.

**Fluorite** gives protection and confidence, opens the door to the unconscious and helps with releasing stuck limitations and habits. She removes negativity and helps with understanding the emotions.

**Celestite** brings you in connection with the realm of the angels, brings a deep peace and ensures the spiritual development. Helps with conflict resolution and gives confidence in the infinite wisdom of the divine.

**Trumpet Vine  [Netherland Blossoem Essences]** - certainty and self-confidence.