

# Compassionate Care Giver



**Angelica** – Supports feeling the love and care of spiritual beings; receptivity to guidance and guardianship from angelic realms – addresses loneliness.

**Bleeding Heart** – Supports releasing attachment to those who can no longer be with us; healing a broken heart – addresses emotional attachment & abandonment.



**Borage** – Assists in overcoming grief from the death or impending death of a loved one; heart balm for grief – addresses grief & heavy-heartedness.

**Five-Flower Formula** – Provides stabilization, calm and consciousness – addresses shock, trauma, overwhelm and extreme pain.



**Forget-Me-Not** – Supports connection with loved ones in the spiritual realm – addresses pain, suffering & isolation.

**Love-Lies-Bleeding** – Supports finding meaning and purpose in one's suffering – addresses personalization of emotional & physical pain & suffering.



**Pink Yarrow** – Promotes emotional centering and strength; appropriate emotional boundaries – addresses dysfunctional merging with others.

**Red Clover** – Supports calmness and centeredness in the midst of challenging circumstances – addresses emotional extremes.



**Walnut** – Supports letting go and healthy transitions; inner strengthener – addresses inability to let go of departing soul.

# Peace-Full



**Alpine Aster** – Supports body-free consciousness; freeing the spiritual body from the physical body – addresses fear of death.

**Angel's Trumpet** – Supports spiritual surrender; opens the heart to the spiritual world; deep peace – addresses fear of death.



**Angelica** – Offers protection and benevolence from the Angelic realms – addresses loneliness.

**Chrysanthemum** – Supports acceptance of one's own mortality; shifting awareness from lower Self to higher Self – addresses fear of death & mortality.



**Forget-Me-Not** – Supports connection with loved ones in the spiritual realm; spiritualizing the love currents of the heart – addresses spiritual isolation.

**Love-Lies-Bleeding** – Supports soul and spiritual insight and transcendence – addresses personalization of emotional & physical pain and suffering.



**Mariposa Lily** – Supports connection with the Divine Mother; feeling surrounded by a mantle of warmth and love – addresses feelings of abandonment.

**Penstemon** – Offers courage to accept and endure suffering – addresses extreme physical hardship.



**Walnut** – Supports the life passage of death; letting go; transitions – addresses inability to let go and transition.