

# Elementals

## EMPOWER COLLECTION

Essences to support healing of self, community and the world



### OASIS

**Restore and replenish your inner reserves**

- During periods of exhaustion after strenuous mental, physical, or emotional work
- To promote introspection, relaxation, and rest
- During times of prolonged emotional suffering or personal crisis
- To support periods of adrenal fatigue or burn out, when you've lost the ability to 'get up and go'



### GET UP STAND UP

**Empower positive action in service of humanity**

- To rekindle the will to persevere when feeling defeated or afraid
- To transmute terror, fear or discouragement into purposeful action
- To restore a sense of personal agency to those who are threatened, violated or bullied
- To counter the any of the five faces of oppression: exploitation, violence, marginalization, powerlessness or imperialism



### WHOLEHEARTED

**Awaken optimism, compassion, commitment and meaningful connection**

- To rekindle flames of love, compassion, and connection after heartbreak
- For a tendency to withdraw during a period of sadness or disappointment
- To restore a sense of wholeness after shock or emotional pain
- When feeling disconnected from a sense of purpose and meaning



### EMBODIED LIGHT

**Honor the magnificence of your physical body**

- At the start of any diet, wellness or exercise program
- To increase motivation for physical activity and to reconnect to the body's desire to be active
- To explore discontent with the body's physical form- especially when there is a desire to gain weight, lose weight or change a physical feature
- To explore the emotional roots of chronic physical pain or discomfort
- After periods of stress or trauma, to reconnect to the parts of the body that feel numb and uninhabited



### PRESENT PRESENCE

**Attune to the beauty and wonder of the present moment**

- To cultivate meditative presence and attentiveness to the present moment
- To ease the tendency to worry about the past or fret about the future
- For peace of mind and clarity, especially during times that require focused attention to the present
- For reverence of "now"



### QUEENDOM

**Awaken heart-centered power and leadership**

- To cultivate the capacity to listen to intuition and to trust one's gut, especially when doubted or minimized by others
- For the confidence to make decisions and to stand behind them
- For heart-centered awareness and perception when leading others