

Elementals

MANIFEST COLLECTION

Essences to support self-actualization and personal success



WATER

SACRED SOURCE

Access your intuition, dreams, and inner knowing

- At the onset of any meditation or mindfulness program
- When you need to trust your intuition as much as or more than external sources of information
- To cultivate a relationship with dreams through journaling and reflection
- To practice "being" instead of "doing"



WOOD

ABUNDANCE

Inspire entrepreneurs, creatives, idealists, and visionaries

- To breakthrough procrastination translating ideas into action
- To transform negative beliefs about money, abundance and your value in the world
- To spark innovative ideas and solutions that carry your lifework forward

OPEN

Support openness, trust and vulnerability in relationships

- As a support for attracting and fostering deeper connections in social and romantic relationships
- To facilitate openness and expansiveness in the heart center
- To bring higher self-awareness to one's own tendencies for jealousy, insecurity or manipulation in relationships
- To open the heart to trust again after bitterness or disappointment



FIRE

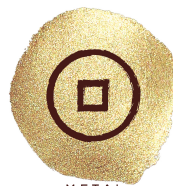


EARTH

ALIGNED INTENTIONS

Bridge your desires, intentions, and actions

- At the onset of any task or project that requires commitment and dedication
- To increase integrity with oneself by backing intentions with tangible actions
- When feeling stuck or lethargic-
- To explore and move through resistance and procrastination



METAL

WORTHY

Cultivate radical self-love, acceptance and esteem

- To acknowledge spiritual radiance in self and others
- To counteract hypercritical tendencies or negative self-talk that focuses on one's own faults or the faults of others
- Any situation that requires assured, unapologetic presence
- To awaken a sense of inner value and self worth
- To facilitate forgiveness and acceptance of flaws and past mistakes



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