

HERBAL PRODUCTS FOR RELEASE, RESTORE AND AWAKEN

Weeks 1-3:

1. Desert Rose selenite crystal

a. "helps to dissolve self-imposed programs that have been running for too long. It releases the program and assists in finding an appropriate replacement. It can be used to strengthen affirmations of purpose.

b. place stone/crystal on alter and use it during your meditations. This might be a good stone to place on your desk where you work. You can also place stone on your chest while practicing a lying down meditation

2. Focus, Energy and Clarity Essential oil blend:

a. ingredients: basil for sluggish feeling, peppermint for focus, frankincense helps elevates the mind, stimulates helps with clarity, geranium helps let go of wanting to please others. Use as needed.

3. Night night tea

a. helps quite an over active mind, relaxes the nervous system for a better night's sleep. Use as needed.

4. Ease and Flow tinctures

a. use as needed through out the whole program. To help relax the nervous system, adaptogens help buffer the body from the brain. Anti-stress, anxiety tinctures to overcome chronic stress and support the adrenal glands.

5. Nourishing tea- high vitamin, high mineral great to use any time but also during weeks 4-6 during our cleanse. This will give you tons of nutrients! Drink as needed.

6. Rose hydrosol spray. I use this as a toner. Wash your face, pat dry, spray toner then moisturize. You can also make a sparking drink out of it! It's food grade. Roses help open our heart chakra!

7. Alise head ache essential oil blend - use as needed

8. Alise stress relief essential oil blend - use as needed

9. Raw azurite and malachite stone: combines the qualities of the two crystals and is a powerful conductor of energy. It unlocks spiritual vision, strengthens the ability to visualize and opens the third eye chakra. At an emotional level it brings deep healing, cleansing ancient blocks, miasms*, or thought patterns. It overcomes muscle cramps. USE during meditations or keep on alter or at desk, in car etc..

Weeks 4-6:

1. Detox tea

- a. Drink 1 cup of tea daily for 30 days in a row. Tea bag can be re-steeped.
- b. This tea is designed to help you eliminate toxins by support eliminating organs. It is high in vitamins and minerals too!

2. Detox bath mixes

- a. Enjoy 1-2 baths during our 30 day cleanse. My friend makes these wonderful bath mixes. Have fun with them and enjoy!

3. Digestive bitters

- a. Curb sugar craving, Soothe gas and bloating, Relieve occasional heartburn, Encourage digestive enzymes, bile & HCL production, Calm upset stomach and nausea, Increase absorption of fat soluble vitamins A, D, E, K, help maintain healthy blood sugar levels, Balance appetite, Ease constipation and regulate bowel movements, Support liver function and healthy skin
- b. use as needed or before or after meals. Not to be used daily after the cleanse.

4. Mung beans with garam masala and asafoetida

- a. you'll want to kick off your cleanse with a 1-10 day mung bean soup only diet. I gave y'all a full cup of mung beans to 16 servings of soup. Here is a great recipe: <https://www.feastingathome.com/ayurvedic-detox-bowl-khichari/>

5. Nourishing tea

- a. full of vitamins and minerals to support the detoxification process. Drink 1-2 cups daily

6. Smudge stick

- a. light the end on fire, let it burn a few seconds then blow it out. Let the energy call you fully into the moment. As the sage to cleanse your house, your body, mind and spirit. You can walk around your house saying shanti shanti shanti (peace, peace, peace) open a door let smoke take all the unwanted energy with it! Or use it around body, careful not to burn yourself.

Weeks 7-9

1. Surrender, gratitude and joy essential oil blend

- a. ingredients: sweet orange for joy and to help you surrender frustrations, bergamot to also help aid in letting go of anxiety, insecurity and fear, grapefruit for depressed, jealous, envious TO optimistic, hopeful, pleased with self and life. "I have what I need" Grapefruit also helps to refine the crown chakra. Your will becomes more stable and aligned with your higher self.

2. Use the ease and flow tincture mentioned above as needed

3. Use bath mixes as needed

Weeks 10-12

1. high vibe tea: girl on fire as needed during the last few weeks. It will stimulate circulation into your reproductive organs, aphrodisiac but also stimulates second chakra for manifestation

2. incense kit for week 11's ritual

3. cacao blend for our final week's ceremony. More info in week 12 lessons