New Blends from Cortesia Flower Essences

“Clarity” Blend

Aconitum: protecting & nurturing deep soul qualities through solitude & contemplation
Alpine Avens: physical/mental stamina, clear thinking & optimism
Aster: peace of mind in all circumstances, adaptability
Harebell: letting go of rigidity & control, strength thru flexibility
Horsebrush: finding joy, celebration & purpose in everyday life
Queen’s Crown: accessing old patterns, behaviors & memories with fresh insight & understanding

Sometimes we feel that the expression of our full potential is limited by “negative” experiences from our past, including relationship & childhood traumas. We want to move on perhaps, but the old scenarios seem to haunt us and hold us back by blocking our confidence. From the high peaks of the Colorado Rockies, Wyoming Teton’s and the Oregon Cascades come the extraordinary flowers that make up the Clarity Blend. They help us to gently access those old patterns, behaviors & memories with fresh insight and understanding about what our past can teach us.

Perhaps out of fear we have become rigid or controlling in certain ways or have closed off from the deeper parts of ourselves or from people/situations that bring up our past. “Clarity” will bring greater flexibility & adaptability into our thinking. When we truly accept that everything that happens to us has meaning & purpose, we will feel more at peace in our lives, more open & joyful. But this is a gradual evolution requiring physical & mental stamina, a fair bit of optimism, and regular periods of solitude and deep contemplation. The rewards are great — like a deep breath of fresh mountain air after living too long in the city smog. (Clarity Blend is a perfect follow-up to Woundedness Recovery Blend or Loving Myself Blend).

“Loving Myself” Blend

Calypso Orchid: attuning to divine guidance, spiritual openness
Foxglove: allowing things to unfold in their right time, understanding & flowing with the natural rhythms & cycles of life and nature
Lily of the Valley: belief in the attainability of one’s noble & pure-hearted dreams & visions
Peony: seeing the larger picture and one’s place within it, playing one’s part well with style, grace & humility
Star Tulip: loving, nurturing, & accepting oneself
Woods Anemone: surrender to the plain & simple truth, seeing our personal reality clearly without denial

This blend will stimulate & support a return to one’s core. If we cannot truly love ourselves, then who will? This may be the antidote to many of life’s larger struggles and our own personal sense of loss, imbalance, or powerlessness. We can choose to take the time to nurture ourselves and our deeper dreams. Through stillness & contemplation, we can remember to listen deeply to the voice of Spirit within us, guiding us on our path towards peace of mind. When we begin to feel & see ourselves more clearly, we understand our present limitations and our true potential. We can then accept our role within the larger picture as it naturally unfolds and becomes perfected over time. By truly loving ourselves, the expression of our love for others can only be deepened.

“Menopause” Blend

African Tulip Tree: recognizing our ancient roots & sacred link to women everywhere
Canna: understanding the root cause of our anger or suffering
Cortesia Rose: seeking refuge & solace in Spirit
Hau Hibiscus: transformation & personal growth, willingness to change & deepen
Hollyhock: openness to new people & experiences without defensiveness or fear
St. John’s Wort: overcoming nervous tension, depression, or exhaustion

The years leading up to menopause can be challenging for any woman, as well as transformational. So much is changing within and without. This is a sacred time and cycle when we must courageously face these many changes with openness, even while seeking refuge & solace in Spirit. This blend will support you in better understanding the inevitable periods of anger, depression, exhaustion, etc., and in emerging with a deeper sense of self and a stronger connection to women everywhere. This Blend is good for PMS, too! The Loving Myself Blend and Clarity Blend will each also provide loving support in the menopause years.

“Perseverance” Blend

Circimifuga: maintaining individuality & integrity in competitive or difficult situations
Desert Coneflower: expressing joy & creativity in spite of limitations
Fireweed: courage, resilience, rising above negativity
Hawaiian White Hibiscus: brilliance & clarity under pressure
Queen’s Crown: accessing old patterns, behaviors & memories with fresh insight & understanding
Wild Iris: forgiveness, conflict resolution, willingness to try again

We have all experienced times when we are so deeply discouraged by a tough situation that we begin to lose all hope and willingness to keep working at it. And yet that may be precisely the time when a breakthrough can occur. If your intuition says to persevere but your will is weak, this blend is for you. These flowers were growing beautifully under the harshest of conditions, as we can each learn to do. Not through blind acceptance of our fate do we overcome difficulty, but through deepening our understanding, clarity, resilience and ability to forgive others. The world does not need more martyrs or quitters; it needs creative problem-solvers willing to joyfully rise above the tough challenges of modern life. You can do it!

“Letting Go” Blend

Brugmansia: opening to a larger vision, seeing the larger picture
Chinese Lantern: seeing the elemental truth, releasing attachments
Harebell: letting go of control, greater flexibility and resilience
Saxifraga Stolonifera: freedom from the past, new beginnings
Toad Lily: acting on clear, heartfelt priorities
Vervain: letting go of old patterns that no longer serve us to evolve to a higher self

When a loved one or a beloved pet dies, a job or relationship ends, or a phase in our lives is clearly over - this is the time for letting go. If we can release the past while honoring its lessons, we can move into a new vision and fresh potential. Every ending brings a new beginning if we can learn to let go.

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**Hawaiian Blends**

The Cortesia Hawaiian blends each contain six individual flower essences from flowers organically grown or reverently wildcrafted in Hawaii. Many come from sacred sites and have extraordinary qualities. Generally, these are advanced blends for those who have worked previously with some of the more basic blends and/or other healing modalities. You will know when you are ready for these blends!

As always, each Hawaiian blend comes in one-ounce dosage bottles to be taken in does of three drops on the tongue, three or more times a day. We gratefully welcome specific written feedback on your experiences with these blends, or any of the Cortesia Flower Essences.

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**“Transformation” Hawaiian Blend**

**Be Still Tree:** calmness in the midst of activity and change (Kula Botanical Garden, Maui)

**Canary Flower:** freedom to express our limitless potential (Maui)

**Red Canna:** transmuting pain, anger, and suffering into compassion and true understanding (Ka Ula A Pao Heiau, Kauai)

**Red Ginger:** courage to ask for what we truly need (Coral Miracle Church, Maui)

**Tibouchina Vina:** creatively taking full advantage of positive opportunities (Waimea Canyon, Kauai)

**Vervain:** acceptance of one’s level of advancement and role in life, yet a willingness to let go of old ways that no longer serve us to evolve to a higher level (Cave of the Blue Pool, Kauai)

Transformation is not a word to be used lightly. It generally comes only as a result of significant personal work on many levels. For those who have already integrated much but want to really fly, this blend of amazing Hawaiian flowers (some from sacred sites) can facilitate a powerful leap forward. (We can’t worry about the edge we may be standing on!) Are we sincerely ready to rise above our long-held limitations by asking for what we most need and taking full advantage of life’s best opportunities? Can we willingly let go of the albatross of our past and, with new understanding, claim our freedom and highest potential? If so, we must prepare to have life as we now know it turn completely upside down, and calmly proceed.

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**“Embracing Duality” Hawaiian Blend**

**African Tulip:** recognizing/honoring the ancient roots and archetypes that link all people

**Black-Eyed Susan Vine:** exploring the shadow without fear, balancing inner and outer awareness, spirit and matter

**Parrot’s Beak Heliconia:** joy and enthusiasm tempered by wisdom

**Poinciana:** maintaining clarity and focus in spite of distractions or misleading appearances

**Scarlet Orchid:** physical longevity through spiritual attunement

**White Hibiscus:** perceiving the truth in every circumstance

Being human, we must learn to embrace duality as it exists within and around us. Rising up through seemingly opposing manifestations without resistance, we can begin to contain diversity with more grace and less confusion. If we recognize our ancient roots and honor the universal archetypes that link the behaviors and perceptions of all people, we will be better able to befriend and explore the shadow side in self and others without fearing it. There is as much truth in the shadow as in the light, in spirit as there is in matter. The trick is to unify these different aspects and honor each of them without getting bogged down in over-reacting to any one aspect.