

St Francis Essences UK

Flower & Plant Essences for Horses

Affirmations / Reason to use

- 1. Alkanet:** *Trust & Alignment*
Trust to move beyond fears. Alignment with the body, environment and whatever is being presented. This essence is useful when the horse /person find themselves to feel they are at a standstill in progress, same routine or repeating patterns of behaviour that don't serve or unsure of own self knowing, lack of trust in own capabilities.
- 2. Blue Vervain:** *Freedom & Relaxation*
Freedom and relaxation from the fear of confinement, loss of mental control and focus, anxiety due to separation. Relaxes uncontrollable energy and desire to move constantly.
- 3. Borage:** *Free Expression & Confidence*
Free will freedom to express. This Essence helps to support a building of confidence, and personal growth which allows the horse to return to his true nature and be himself again. It is useful if the horse has had a period of domination in the herd or training situations.
- 4. Buttercup:** *Confidence & Flow*
Confidence, open to learning, taking life as it presents with ease. This Essence can be used when starting young stock or improvement to the desire to work well in training situations or at competitions.
- 5. Caraway:** *Reclaiming Natural Balance*
This Essence is useful for when there has been a loss of balance when travelling and in motion that creates an anxiety within the horse. This Essence can be used when travelling a horse for the first time and for anxiety to loading and travelling.
- 6. Common Bistort:** *Free Flowing Movement*
Freedom of expressive movement and way of being / introversion through being dominated by others. This Essence can be used when a horse has become deeply introverted and will allow a gentle and progressive release of inward frustration.
- 7. Common Comfrey:** *Gentle Calming Support*
This Essence offers an animal gentle support when anxious, calming and soothing the fear of confrontation. Relieves inflammation and irritation.
- 8. Common Valerian:** *Harmony & Peace*
Restores harmony and peace and relieves the sense of extreme panic and loss of control. This Essence can be used for post-traumatic stress and uncontrollable responses of fear and anxiety.

Affirmations / Reason to use

- 9. Cow Parsley:** *Self–confidence & Security*
Supports self –confidence and security when around crowds, traffic or noise. This Essence supports insecurity and anxiety of unfamiliar places when away from herd.
- 10. Daisy:** *Learning & Growth*
This Essence helps to restore a feeling of being comfortable within the herd. Adjustment to a new environment with ease. Opening to learning and growth.
- 11. Dandelion:** *Grounding & Centring*
Grounding and centring. cleansing, and revitalising. Facilitating the feeling of both balance and harmony. This Essence supports the rebalancing of the system.
- 12. Feverfew:** *Inner calm & Confidence*
This Essence is useful to support and restore inner calm, confidence and relieves performance anxiety.
- 13. Greater Burnet Saxifrage:** *Deep Connection*
This Essence supports the horse /human connection relationship by nurturing a supportive and mutual respect and desire to be with each other. It helps the horses ability to connect and form a healthy partnership with clear boundaries and respect for each other
- 14. Greater Celandine:** *Tranquillity*
This Essence helps the mind and body to release and relax its tension quietening down the mental over activity and analysis. It helps to relieve the pressure caused by constant thoughts.
- 15. Greater Stichwort:** *Grace and Majesty*
Reveals Grace and Majesty This Essence helps to improve the loss of core body strength and free flowing movement.
- 16. Holly Berries:** *Peace, Calm & Comfort*
Nourishes and soothes irritability due to confinement, box rest, and long periods of time indoors in winter months. This Essence brings vibrancy, positive energy and interest in work back into the bodies system. It is also useful during periods of convalescence.
- 17. Hyssop:** *Clarity & Acceptance*
Brings clear vision and acceptance. This Essence is useful for teaching and schooling situations where there may have been previous confusion.

Affirmations / Reason to use

- 18. Lady Smock:** *Harmony & Connection*
Comforts an animal when experiencing feeling over whelmed. This Essence is useful for loading issues and isolation issues. Brings harmony and connection with nature.
- 19. Purple Knapweed:** *Soft Serenity.*
This Essence supports grief, sorrow, loss and separation allowing the gentle release of emotion and restoring peace and harmony.
- 20. Ramsons:** *Awakening to Truth.*
This Essence assists to improve concentration, vision and understanding. It supports the immune system and helps to calm and reduce frustration and irritability.
- 21. Red Clover:** *Opening to Sensitivity.*
This Essence supports mental exhaustion and trauma shut down after long term abuse.
- 22. Red Horse Chestnut:** *Calm Stillness*
Calming and quieting the mind. This Essence is useful for attachment issues, separation anxiety, weaning young animals.
- 23. Ribwort:** *Focus & Clarity.*
This Essence can be used when there is a sudden loss of focus or lack of interest in work, play or life in general.
- 24. Rosehip Berries:** *Abundance, Fulfilment, Joy, & Fun*
Abundance, fulfilment, joy, fun time. This Essence is useful as a way of restoring the horse's true sense of interest in life and brings a feeling of wellness and vitality.
- 25. White Clover:** *Soul Alignment*
Soul realignment supports physical and mental trauma and shut down after long term abuse. Return to young freedom and beautiful pastures.
- 26. Wild Basil:** *Happiness & Play*
This Essence assists the horse to feel contented and happy in whatever activity he is doing. This opens up the opportunity to make work playful and enjoyable for all who work with him.

Affirmations / Reason to use

27. Wild Carrot:

Clear Focus & Intention

There is a maturity and way of being and working that comes from using this Essence. The Essence supports the horse enabling him to hold concentration, commitment and focus on collaborating with his Owner in all aspects of work and play which makes for a harmonious relationship

28. Willow Herb

Opening Heart Connection

This Essence supports the opening heart connection, which creates and sustains true and trusting friendship that will last

29. Wood Sorrel

Pure Spirit

This Essence works to clear away all negative patterns and energy that have been inherited from both past and present experiences. It supports to horse in his working and learning experience with the handler/ Trainer ensuring that the horse retains his dignity and purity of natural spirit at all times.

30. Yarrow

Love

This Essence supports the horse in feeling a deep sense of connection to both himself and all those around him making him comfortable and aligned at all times.

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Essences for Horses Owners

Affirmations / Reason to use

- 1 Bindweed:** *Awakening Intuition*
This Essence helps to open the crown chakra, increasing spiritual growth and the growth of intuition and awakening, opening the channel of light.
- 2 Blackberry:** *Sweetness and joy*
This Essence helps us to a sense of feeling wholesome again. Soul retrieval and reclaiming lost parts of the self. It offers to support the body energy by centring and grounding. It offers us the gift of protection and openness to the sweetness of life.
- 3 Bleeding Hearts:** *Clarity & Insight.*
This Essence supports the opening of the back the heart chakra. It allows us to acknowledge pain and soothes our sorrows or sense of sadness. The Essence helps to nurture and support any past lack of direction offering both clarity and insight and the gift of inner wisdom.
- 4 Blue Cornflower:** *Inner Confidence & Free Flow*
This Essence helps the person to activate a fearless ability to flow through life. It replaces inaction, confusion, tears, and pain with action, imagination, playfulness and joy.
- 5 Bluebell:** *Wisdom*
This Essence supports us and allows the speaking of one's own truth. Ancestral connection and guidance.
- 6 Celtic Horse Wisdom:** *Spiritual Power*
The beauty and charm of black horses convey strength, power, courage, independence and wisdom with a bit of mystery and a sense of freedom. A wild black horse is symbolic to the mustang that is the ultimate meaning of freedom. Freedom is the most sacred and spiritual meaning of what it is to be a horse person.
- 7 Chives:** *Empowerment*
This Essence supports us in self-recognition, feeling of self-worth and achievement.
- 8 Columbine Meadow Rue:** *True Potential*
Centring and grounding. Reaching true potential. Leadership and developing harmony in all friendships.
- 9 Red Dead Nettle:** *Clear Boundaries*
Creating clear boundaries. Facing up to responsibilities. Independence. Self-reliance

Affirmations / Reason to use

- 10 Orange Hawkweed:** *Creativity and Joy*
Womb centred. Creativity and joy. Increased energy for enjoyment of life. Laughter and deep centred peace.
- 11 Foxglove:** *Deep Compassion*
Open to Compassion, inner strength, embodying authentic self. Feminine wisdom
- 12 Harebells:** *Freedom & Liberation*
This Essence supports the will and intention to live free of judgment of self or others in all that life has to offer. The true freedom to be whatever you wish at any time is wholesome and liberating.
- 13 Honeysuckle:** *Opportunity & Success*
This Essence helps us to be in tune with our true nature. Life becomes full of flow, opportunity, success and good fortune.
- 14 Lily of the valley:** *Inner peace*
Peace, tranquillity, contentment, Innocence
- 15 Lesser Periwinkle:** *Self Expression*
Freedom to be whatever you need to be at any given moment, connection to your true divine spirit and in alignment with your own true nature at all times.
- 16 Marsh Violet:** *Clarity*
Clarity and inspiration, intuition
- 17 Yellow Iris:** *Trust & Faith*
Trust, Faith and confidence. Putting the power of your mind towards positive intention. Focus.
- 18 Meadow Sweet:** *True Spirit*
Opening up to self. Golden insights and connection to true spirit.
- 19 Purple/Violet Crocus:** *Spiritual Awakening*
Spiritual awareness and light. Gentle spiritual opening.
- 20 Purple Pansy:** *Transformation*
Transformation and new beginnings
- 21 Red Campion:** *Courage*
Open heart, courage, being who you are born to be. Fulfilling your own destiny. Reclaiming your personal power. Freedom to be yourself. Soul connection

Affirmations / Reason to use

22 St Francis - Healers Way: *Loving support and Inner guidance*

This Essence offers us the inner knowing that we are connected to love, support and offers us a deep connection to Divine Love awareness at all times. It is an Essence that works with the person to develop a wonderful harmonious awareness and appreciation of the Nature and Animal kingdom and is a support to all those who work in any capacity with horses.

23 Rhododendron: *Divine Oneness*

Love, recognising the Divine Oneness, Loving and appreciating yourself and others.

24 Greater Sea Spurrey: *Innocence*

Innocence, removing guilt, freedom from judgement.

25 Snow drop: *Grace & Purity*

Gentle Support, soothing and inner calm, new beginnings, shining own light, grace and purity

26 Trefoil: *Hope*

Hope, relief from sorrow

27 Wild Poppy: *Harmony*

Remembering friendships. Harmony

28 Wild Rose: *Unconditional love.*

Balance. Endocrine system balance. Gift of Love. Radiant Beauty. Keeping focus, relinquish of distractions