

# St Francis Essences UK Affirmations & Usage

---

For Horses & People

By Karen Eastham  
2019



## Contents

- St Francis Essences UK Flower & Plant Essences for Horses Pages 2-5
- St Francis Essences UK Flower & Plant Essences for Horse Owners Pages 6-10



# 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*  
This Essence offers freedom and relaxation from the fear of confinement, loss of mental control and focus, anxiety due to separation. Using this Essence allows uncontrollable energy to relax and the desire to move constantly becomes a sense of calm freedom from restricting thoughts or patterns of resistance.
- 3. Borage:** *Free Expression & Confidence*  
This Essence offers us free will and the 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*  
This Essence supports us with confidence, being 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*  
This Essence supports the 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. The Essence supports and relieves inflammation and irritation.

## Affirmations / Reason to use

- 8. Common Valerian:** *Harmony & Peace*  
This Essence restores harmony and peace and relieves the sense of extreme panic and loss of control. The Essence can be used for post-traumatic stress and uncontrollable responses of fear and anxiety.
- 9. Cow Parsley:** *Self –confidence & Security*  
This Essence 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. It allows adjustment to a new environment with ease. The Essence supports an opening to learning and growth.
- 11. Dandelion:** *Grounding & Centring*  
This Essence offers grounding, centring, cleansing, and revitalising. The Essence supports the facilitation of the feeling of both balance and harmony and allows 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*  
This Essence reveals grace and majesty. The Essence helps to improve the loss of core body strength and free flowing movement.
- 16. Holly Berries:** *Peace, Calm & Comfort*  
This Essence nourishes and soothes irritability due to confinement, box rest, and long periods of time indoors in winter months. The Essence brings vibrancy, positive energy and interest in work back into the bodies system. It is also useful during periods of convalescence.

## **Affirmations / Reason to use**

- 17. Hyssop:** *Clarity & Acceptance*  
This Essence brings clear vision and acceptance. The Essence is useful for teaching and schooling situations where there may have been previous confusion. Taking this Essence helps to support acceptance of traumas, grief & loss as it gently opens the doorway to a deeper understanding and focus
- 18. Lady Smock:** *Harmony & Connection*  
This Essence seeks to comfort an animal when experiencing the feeling of being over whelmed. The 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*  
This Essence helps in calming and quieting the mind. The 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. It offers an animal who has experienced control and repression at the hands of others reclamation of their own self-freedom.  
The Essence serves to support flexibility, flowing movement and freedom of expression. It is good for competition nerves, performance anxiety and helps us to access our best self, being calm, consistent and gives us the strength and courage to find a way to keep connection to the centre and core making it possible for others to feel a sense of safe comfort in the presence of this energetic resonance.

## **Affirmations / Reason to use**

**24. Rosehip Berries:**                    *Abundance, Fulfilment, Joy, & Fun*

This Essence offers abundance, fulfilment, joy, fun time. The 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*

This Essence supports soul realignment addressing physical and mental trauma and shut down after long term abuse. The Essence returns a horse /person 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.

**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 the 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.

# St Francis Essences UK

## 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. It gently opens us to the sense of Ancestral connection and guidance allowing us to gain and access our inner wisdom.
- 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 and the feeling of self-worth and achievement. Its helps us to develop the growth in confidence that allows us to feel a healthy connection to our self and the world around us. This gives us a sense of true freedom that gifts us with the ability to express who you are in the world.
- 8 Columbine Meadow Rue:** *True Potential*  
This Essence helps us to feel a true sense of centring and grounding. It supports our journey to reaching our true potential. The development of our own unique leadership and developing harmony in all friendships is the gift that this Essence brings us to.

## Affirmations / Reason to use

- 9 Red Dead Nettle:**                    *Clear Boundaries*  
This Essence helps us to creating clear boundaries. It helps us to dissolve rigid boundaries that may be a cause of resistance and to create a flexible clear structure that both holds and honours both the safety and security that is needed for individual growth and interaction in the world. It supports us in facing up to responsibilities both with our self and others helping us to develop true independence and self-reliance.
- 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*  
This Essence opens us to compassion, inner strength, embodying the 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*  
This Essence offers us 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*  
This Essence opens up clarity, inspiration, and 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*  
This Essence guides us and supports our full commitment and desire to opening up to the authentic self. With golden insights and connection to true spirit.
- 19 Purple/Violet Crocus:**             *Spiritual Awakening*  
Spiritual awareness and light. This Essence offers us a gentle spiritual opening.



## Affirmations / Reason to use

**20 Purple Pansy:** *Transformation*

Transformation and new beginnings

**21 Red Campion:** *Courage*

This Essence invites you to keep an open heart, courage, being who you are born to be and fulfilling your own destiny. It supports you in reclaiming your personal power affording you freedom to be yourself and feel your soul connection.

**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, to recognise the Divine Oneness, Loving and appreciating yourself and others.

**24 Greater Sea Spurrey:** *Innocence*

This Essence restores our purity and innocence, removing guilt and freedom from judgement.

**25 Snow drop:** *Grace & Purity*

This Essences offers us gentle Support, soothing and inner calm, It represents new beginnings, shining our own light, and radiating grace and purity.

**26 Trefoil:** *Hope*

This Essence offers us hope and relief from sorrow

**27 Wild Poppy:** *Harmony, Remembering Friendship, Loss or Bereavement*

The Poppy is famously pictured as growing in the cornfields and offering the vibrancy and richness of colour in contrast to the golden glow of wheat and corn. This plant connects us to our heart and solar plexus chakras as well as enveloping us in loving warmth securing us in a grounded richness that anchors us to the present. The flowers support us in allowing us to set free any sense of nostalgia and regret which allows us to let go of painful memories from the past and any ancestral connections that no longer serve us in a way that is nourishing for the soul.

The Essence offers us the promise of a life renewed to the full after trauma or self-sacrifice that has been painful and gifts us with a gentle loving energy that guides us to refocus, renew and restore in the joy of life in the present and future.

The rich red flower offers us the opportunity to give remembrance to friendships and loved ones lost or forgotten. The delicate serenity that is present within the soft petals offers us a healing channel of light that allows the communication of loving expression to be felt, given and heard. This healing light eases the pain of loss and

gently urges us to focus on what needs to be truly said from our hearts in order that harmony and peace can be felt again. The Essence gives us a link to heart filled memories and an everlasting connection to the friendship of deep love and connection that will serve all who work patiently with the beauty that presents and is offered by Wild Poppy.

This plant has for centuries been thought to have magical properties that bring deep sleep, relief from pain and comfort as well as connecting us to loved ones who themselves want us to rest from the anguish of feeling any sense of loss or bereavement. The Poppy supports the awakening and renewal of memories of loving friendships and the opportunity to mend the heart of any regrets transforming the heart of the friendship into a golden realm of loving remembrance and peace.

**28 Wild Rose:** *Unconditional love.*

This Essence restores our balance. It offers support to the Endocrine system. Its special gift is Love, Radiant Beauty. It also enhances our abilities on keeping our focus and relinquish of distractions.