

St Francis Essences UK

Flower and Plant Essences for Horses

Affirmations List

1. **Alkanet:** *Trust and Alignment*
2. **Blue Vervain:** *Freedom & Relaxation*
3. **Borage:** *Free Expression & Confidence*
4. **Buttercup:** *Confidence & Flow*
5. **Caraway:** *Reclaiming Natural Balance.*
6. **Common Bistort:** *Free Flowing Movement*
7. **Common Comfrey:** *Gentle Calming Support*
8. **Common Valerian:** *Harmony & Peace*
9. **Cow Parsley:** *Self-confidence & Security*
10. **Daisy:** *Learning & Growth*
11. **Dandelion:** *Grounding & Centring*
12. **Feverfew:** *Inner calm & Confidence*
13. **Greater Burnet Saxifrage:** *Deep Connection*
14. **Greater Celandine** *Tranquillity*
15. **Greater Stichwort:** *Grace & Majesty*
16. **Holly Berries:** *Peace, Calm & Comfort*
17. **Hyssop:** *Clarity & Acceptance*
18. **Lady Smock:** *Harmony & Connection*
19. **Purple Knapweed:** *Soft Serenity.*
20. **Ramsons:** *Awakening to Truth.*
21. **Red Clover:** *Opening to Sensitivity*
22. **Red Horse Chestnut:** *Calm Stillness*
23. **Ribwort:** *Focus & Clarity*
24. **Rosehip Berries:** *Abundance, Fulfilment, Joy, & Fun*
25. **White Clover:** *Soul Alignment*
26. **Wild Basil:** *Happiness & Play*
27. **Wild Carrot:** *Clear Focus & Intention*
28. **Willow Herb** *Opening Heart Connection*
29. **Wood Sorrel** *Pure Spirit*
30. **Yarrow** *Love*

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Essences for Horse Owners

Affirmations

1 Bindweed:	<i>Awakening Intuition</i>
2 Blackberry:	<i>Sweetness & Joy</i>
3 Bleeding Hearts:	<i>Clarity & Insight.</i>
4 Blue Cornflower:	<i>Inner Confidence & Free Flow</i>
5 Bluebell:	<i>Wisdom</i>
6 Celtic Horse Wisdom:	<i>Spiritual Power</i>
7 Chives:	<i>Empowerment</i>
8 Columbine Meadow Rue:	<i>True Potential</i>
9 Red Dead Nettle:	<i>Clear Boundaries</i>
10 Orange Hawkweed:	<i>Creativity & Joy</i>
11 Foxglove:	<i>Deep Compassion</i>
12 Harebells:	<i>Freedom & Liberation</i>
13 Honeysuckle:	<i>Opportunity & Success</i>
14 Lily of the valley:	<i>Inner Peace</i>
15 Lesser Periwinkle:	<i>Self Expression</i>
16 Marsh Violet:	<i>Clarity</i>
17 Yellow Iris:	<i>Trust & Faith</i>
18 Meadow Sweet:	<i>True Spirit</i>
19 Purple/Violet Crocus:	<i>Spiritual Awakening</i>
20 Purple Pansy:	<i>Transformation</i>
21 Red Campion:	<i>Courage</i>
22 St Francis - Healers Way:	<i>Loving support & Inner guidance</i>
23 Rhododendron:	<i>Divine Oneness</i>
24 Greater Sea Spurrey:	<i>Innocence</i>
25 Snow drop:	<i>Grace & Purity</i>
26 Trefoil:	<i>Hope</i>
27 Wild Poppy:	<i>Harmony</i>
28 Wild Rose:	<i>Unconditional Love</i>