

*TerrAnoint*TM

Pulse Point Flower Power

**Beneficent roll-on blends of
flower essences & essential oils**

by Patricia Kaminski

Announcing the *TerrAnoint™* Line: A Symphony of Flower Essences and Essential Oils for Topical Application

FES is pleased to announce *TerrAnoint™*, beneficent healing blends of flower essences and essential oils in fractionated coconut oil, designed for direct bodily application to pulse and acupressure points.

These formulations are based on six master blends developed during the last three decades in the private practice of Patricia Kaminski, Executive Director of the worldwide *Flower Essence Society*. Patricia has observed that in addition to standard oral doses of flower essences, topical applications of flower essences combined with essential oils can help to support or further amplify one's healing program.

Each formula is a richly layered symphony of flower essences and pure botanical essential oils designed to address diverse structures within the body-soul complex. They offer healing for the most basic issues needing multi-level support and lifestyle boosting during any therapy or wellness program. The *TerrAnoint* formulations are excellent choices for those who are new to flower essences or subtle body healing, as well as supportive aids to those who are deeply immersed in transformative flower essence therapy.

The 9 ml (0.3 fl oz) roll-on applicator bottles for the *TerrAnoint™* blends are compact and convenient for home, work or travel. They can be used as needed and applied in countless different ways, whether used solo or in tandem with other healing measures. Because they are applied topically, they will not interfere with oral doses of other flower essences or supplements, while still supporting and augmenting one's wellness program.

General Precaution: All the flower essences and essential oils in the *TerrAnoint™* line are formulated for external use only, at levels that are safe to use for the widest possible population. Nevertheless, any individual can be reactive or allergic to a particular ingredient. Sometimes these reactions are brief and are part of the body's healing response. However, it is always recommended that you test a very small amount of substance on a small patch of skin to familiarize yourself with its properties before using it more widely.

Application Technique One: Pulse Points

Pulse Points: Pathways to the Body-Soul Identity

In modern medicine, the pulse is taken in order to measure one's basic state of health, especially the rhythmic beat of the heart. What is less known, is that these primal points are also pathways for communicating back to the heart. The heart is located within the center of the physical human being, but is also the energetic focal point of the human soul, wherein the deepest feelings and impulses of the human being originate. Therefore, the pulse points of the human body are uniquely receptive to external, vibrational patterns of healing substances as a way of communicating with the human heart center. The application of flower essences carefully combined with synergistic essential oils helps the heart to register and balance life energy in harmony with soul/feeling states within the human being.

Application to Pulse Points:

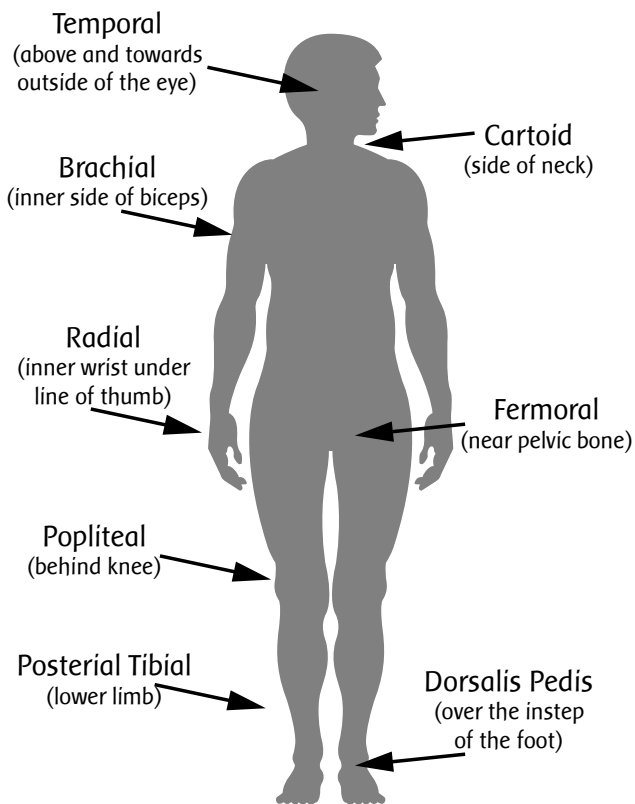
When applying any **TerrAnoint™** oil, it is important to understand the sacred opportunity for building a bridge between one's physical and soul reality. Gently apply the **TerrAnoint™** oil to the pulse point, using moderately firm pressure. Breathe deeply, connecting oneself with the innermost recesses of the heart. Visualize and affirm the qualities of the particular healing substance as it radiates back to the heart center. Then imagine the heart's response, as the healing substance is absorbed and flows back through the pulsations of the blood/life force circulating throughout the body.



The pulse of the radial artery of the heart located at the wrist is one of the most efficacious, and readily accessible places to apply any **TerrAnoint™** formula. Place your fingers toward the center of your wrist. You should feel the pulse between the wrist bone and the tendon. Press gently until you feel your pulse. Once you are familiar with the location of this pulse you can easily access it whenever needed for application of any of the **TerrAnoint™** formulas.



This diagram shows a more complete overview of all the major pulse points that can be accessed on the human body. Any of these pulse points can be used for application of the **TerrAnoint™** formulas:



Application Technique Two: Acupressure Points

Acupressure points are also very responsive to the *TerrAnoint™* formulations. Acupressure is a remarkable healing art developed in Asia over 5,000 years. It involves a map of energy points that stimulate vital life meridians flowing throughout the human body, as well as the bodies of animals. While acupuncture involves the precise placement of needles by a trained practitioner, acupressure points are a basic component of home health care and can be readily understood with general study and practice. A good general reference is *Acupressure's Potent Points* by Michael Reed Gash, Ph.D., with 400 illustrations and over a hundred self-acupressure healing applications.

Acupressure points are employed for a wide spectrum of physical healing issues. Also, they are important for many emotional states and work very well in tandem with oral and/or topical doses of flower essences. For a general overview see *Acupressure for Emotional Healing: A Self-Care Guide for Trauma, Stress & Common Emotional Imbalances* by Michael Reed Gach, Ph.D., with 500 illustrations of emotional healing applications.

When using the *TerrAnoint™* formulas on acupressure points, apply moderate but steady pressure on the point for 1-3 minutes. This allows the stimulation of the specific energy meridian along with the healing pulsations of the *TerrAnoint™* formula to fully register in the body-soul complex. If you are new to acupressure, LI 4 (large intestine meridian) is the most widely used and easily accessible point. It provides emotional calming and pain cessation throughout the body, and rapidly assists the uptake of any *TerrAnoint™* formula.

LI 4 is located where the thumb and pointer finger meet towards the base of the wrist. Slide your finger along the bone of your pointer finger about a half an inch towards the tip. Then come out off that bone towards your thumb. Alternatively, you can squeeze your thumb into your index finger – the top of the “lump” created by the web is LI 4.

Key Acupuncture Points for Topical Applications

LI 4 Acupuncture Point -

He Gu - Large Intestine Meridian



LI 4 - On the back of the right hand, in the web, on the bone of the index finger. It is the most commonly used point for calming and pain cessation throughout the body. Also, specifically indicated for any trauma, swelling or dysfunction in the head and face.

LU 9 Acupuncture Point -

Taí Yuan - Lung Meridian



LU 9 - From the thumb to the crease in the wrist, the point is located at the depression of the crease. It facilitates circulation, and also is helpful for general assessment of the pulse condition. Also beneficial in calming palpitations and various forms of watery discharge.

CV 17 Acupuncture Point -

Dan Zhong - Conception Vessel Meridian



CV 17 - Located on the sternum, directly in the center of the chest, midway between the nipples. It raises the overall energy of the body, and is centering and warming.



CV 22 Acupuncture Point - Tian Tu - Conception Vessel Meridian

CV 22 - Located at the base of the throat, in the depression that is in the center of the collar bone. It assists any feeling of tightness, oppression or congestion in the upper body. Opens and frees expression.



LV 3 Acupuncture Point - Tai Chong - Liver Meridian

LV 3 - Located on the top of the right foot, in the web of the big toe. It stimulates the life force of the liver, and generally helps energy that is stuck in the upper part of the body to ground and move through the body.

Application Technique Three: General Body Application as Needed

While the above two techniques are recommended for more precise application according to established systems of body-mapping, they cannot replace one's own intuitive sense of topical placement. The **TerrAnoint™** formulas can be applied as needed throughout the body – for example on chakra points, places of bodily sensitivity, numbness, pain, and so forth. Each individual should listen to where **TerrAnoint™** wants to be placed on the body as a pathway of healing and nurturing.



Be-Bright: Living in the Light of Now

The **Be-Bright™ TerrAnoint™ Formula** is entirely comprised of yellow flowers that characterize various qualities of light and radiance. This flower essence formula is highlighted by the illuminating notes of citrus essential oils, and related essential oils that nourish the light structures of the body-soul complex.

Be-Bright™ is indicated for those who suffer from various forms of depression, despondency or dejection. The main challenge faced is the hesitancy to move forward, and to be in the moment of living with its pregnant potential for transformation. Instead, one is gripped by the shadows of the past, especially limiting and negative beliefs regarding self-identity, or prior experiences that may have stymied one's self-esteem and creative potential. **Be-Bright™** evokes the potential for change that resides within the soul, transforming darkening and defeating thoughts of Self, and encouraging the full embrace of light and life that manifests as a gift to be tapped in every present moment.

Flower Essences

Sunflower, Blazing Star, St. John's Wort, Dandelion, and Golden Yarrow – Moving with greater assurance and confidence into future possibilities and potential within oneself

Agrimony, Mimulus, Black-Eyed Susan, Pretty Face and Buttercup – Overcoming the darkening doubts, fears, low-self esteem and related emotional and mental barriers to the radiant Light that is available for healing of past and present states of consciousness

Essential Oils

Grapefruit, Orange, Red Mandarin, Lemon, Bergamot and Melissa – A joyful blend of citrus notes that encourage the full luminous Sun-Self to shine within body and soul

St. John's Wort and Helichrysum – Providing protection, stability and structure for the expansive Light structures of body and soul



Connect: Celebrating Self Through Others

Nourishment and strength come not only from physical sources of food, water and air. It is also the soul effluvia that flows into us from others—how one is ignited to act, to create, and to fruitfully collaborate with other living beings around us. Without being fully open and receptive for the energetic gift that comes from the social periphery, we miss much of the potential life offers for evolution and transformation. For many individuals, past wounds and disappointments in relationships – whether those in one's personal, cultural or professional life – have resulted in hardened barriers of cynicism or seclusion. When human warmth and receptive potential for new social connections is stymied, one's potential future is limited in the workplace, community, and family.

The *Connect™ TerrAnoint™ Formula* helps us to see beyond the illusion of separation, learning to take risks and build channels of exploration and adventure for social relationships in all aspects of life. The predominant underlying healing theme in this formula involves the ability to listen and to receive, to re-imagine what comes to meet us in the “other.” It cultivates the capacity to be curious, flexible and open to the many social possibilities that present themselves for the further enrichment and evolution of one's life.

Flower Essences:

Star Jasmine, Lewisia and Fawn Lily – Nurturing the deepest spiritual aspirations for why we have come to Earth, the ideals and social longings that spark and sustain our connections with others

Mallow, Yellow Star Tulip and Calendula – Facilitating the ability to re-imagine and to receive the intentions and meanings of others, the ability to feel the soul as a chalice, receptive to how the “Other” appears in us, and what truly wants to be expressed

Spreading Phlox, Wisteria and Pussy Paws – The ability to feel the warmth of connection through one's physical self, beyond the personalization of sexuality, as a real substance that nourishes and builds a greater reality of who one is and can become in the wider social fabric of work, community and greater family

Essential Oils

Rosemary, Cinnamon, Juniper, Silver Fir and Cardamom – Building greater emanations of warmth from the physical to the social

Rose Otto – Nourishing the heart as the center point of social connectivity



Protect: Consolidating the Core Self

Immunity involves both body and soul. It is essentially a process of filtration – the ability to discriminate and eliminate, as well as the ability to embrace and taste. By knowing what to exclude and include in our daily lifestyle, we consolidate the essential Core Self, contributing to both physical and psychic health. For many, these boundaries are porous and diffuse, one is not able to discern what makes one strong – whether it be environmental influences, lifestyle choices in eating, sleeping and living, thoughts and beliefs, or social and cultural factors. It is important to know how to source one's Center, to be aware of what is true, health-imparting and sustaining. Often, this soul awareness needs to be cultivated through an interval of self-containment or retreat, in order to enter again into life, all the more vibrantly and purposively.

The *Protect TerrAnoint™ Formula™* helps one to initiate and maintain this vital process of discernment and discrimination, so that the Core Self is able to be truly healthy, productive and present in life.

Flower Essences

Mountain Angelica, Angelica, St. John's Wort, Arnica and Star of Bethlehem – Ability to discern healthy spiritual influences, to invoke and invite positive spiritual forces in one's life and lifestyle

Pink Yarrow, Golden Yarrow, Green Rose, Yarrow (white) and Echinacea – To facilitate Soul containment and boundary cohesion, recognizing what constitutes and contributes to the Core Self and what has a debilitating or deleterious effect on one's psychic or physical well-being

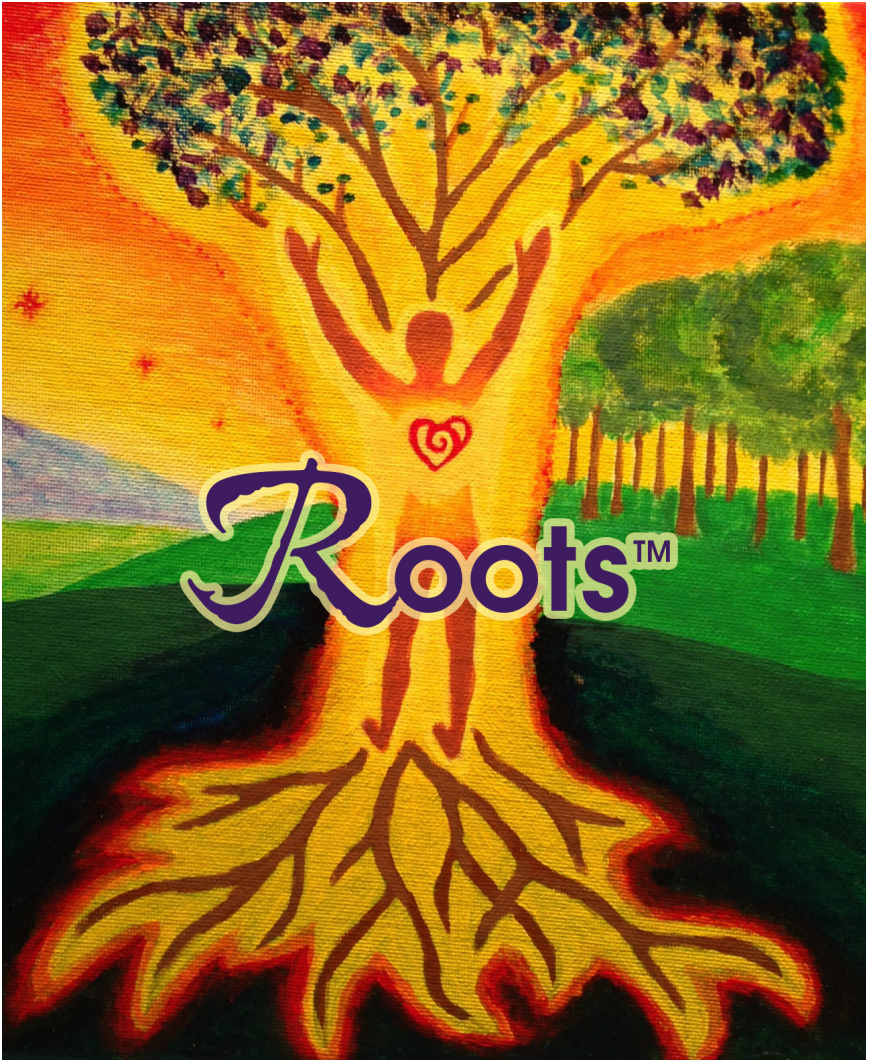
Rue, Garlic, Onion, Mountain Pennyroyal and Monkshood – Cleansing and clarification of subtle and physical bodies, active filtering of unhealthy or inappropriate contaminants, both psychic and physical

Essential Oils

Angelica, St. John's Wort and Yarrow – Protective and spiritually replenishing qualities

Cedarwood and Lavender – Grounding and calming, helping one to source the center point of Self

Myrrh and Cistus – Cleansing and clarifying, imparting greater immune resilience and healthy elimination of contaminants



Grounding Tree art copyright by Catherine Hutchison, used by permission.

Roots: Anchoring & Aligning Life Force

Our modern world makes extreme demands on the head and nervous system forces of the human being. It can seem that intellectual prowess is what is needed to power through our daily lives of computers, traffic and technology. Yet, unless we also access what wells up from the Earth as vital substance, we short-circuit our physical energy and life link. Without roots, there is increasing restlessness and dissatisfaction. One scurries and hurries to encounter each fleeting experience, yet still hungers for contact with the foundation of life – for that which truly sustains, and deeply engages. The sensate world may involve myriad opportunities via the brain/nervous system to taste, touch, see, hear, and smell. But unless one's over-all *sense for life itself* takes ground in the depths of being, we feel depleted both physically and soulfully.

The *Roots™ TerrAnoint™ Formula* helps one learn to identify and embrace the ground of life-being as the foundation of health and happiness. This blend instigates a homing instinct in the deepest core of Self, helping us dive deeper into the foundations of how we eat, live, dwell, work—in essence, how to awake and how to partake in one's primal Home of Body and Earth.

Flower Essences

Sweet Pea, Rock Fringe, Corn and Madrone – Nurturing the homing instinct in body and soul, bringing greater consciousness for what enlivens and strengthens and connects us to life force

Blackberry, Indian Paintbrush, Columbine and Red Penstemon – Ability to access life forces and let them flow through the body into practical deeds and healthy manifestation; physical roots that surge into shoots

Cassiope and Sierra Primrose – Joy and gratitude as the engendering foundation of life force – the ability to identify, give thanks and feel immersion within the Living-Matrix that replenishes and regenerates physical and soul life on Earth

Essential Oils

Silver Fir, Pine, Cedarwood, Juniper, Sitka Spruce and Larch – The Ever-Green essence of the conifer tree oils, to impart Earth's life force, the roots of relationship with the Earth

Cinnamon, Vetiver and Sandalwood – Providing physical warmth and grounded connection from body to soul



StressRest: Letting Go and Letting Flow

The *StressRest™ TerrAnoint™ Formula* addresses the underlying thoughts and energetic responses that contribute to feelings of agitation, anxiety and strain in daily life. When we resist what challenges or confronts us, even greater forms of hardening, tension and rigidity result in the body-soul complex. By learning to name and accept disharmonious or oppositional events in the life, one acquires a deeper ability to release, and respond to stress and ultimately re-claim composure and emotional balance. The soul process engendered by *StressRest™* balances both the receptive and active channels of the human body and soul. When both polarities work in tandem, the soul simultaneously accepts and acts, allowing deeper recognition for daily life phenomena, accompanied by greater strength of soul for true transformation.

Flower Essences

California Valerian, Passion Flower, Motherwort, Lavender and Chamomile – Encouraging greater calm and composure; the ability to allow disharmonious aspects to appear in the theatre of one's consciousness without overwhelming or subsuming the core identity of Self

Impatiens, Vervain, Olive, Aloe Vera and Blazing Star – Facilitating the ability to act positively, with greater equanimity; ability to make clear, informed and non-reactive responses for transforming stress, pressure or anxiety in one's life

Essential Oils

Lavender, Sandalwood, Vanilla and Chamomile – Promoting greater relaxation and positive receptivity in the body, allowing deeper breathing and self-centering

Grapefruit – Opening a channel of illumination for recognizing and transforming stress and tension



Wings: Nurturing the Inspired & Spacious Mind

Materialism has many definitions, but for the modern human soul it is particularly characterized by a sense of compression. When we can no longer feel or affirm the spirituality of our inmost being, a sense of density replaces immensity; a feeling of severance replaces that of reverence.

The buoyant spaciousness of the soul is an essential component of joy; its absence is the cause of many forms of depression (literally, to suffer from the feeling of being deep-pressed). If the wings of the modern soul are wounded, how then are they mended? While the answers to finding spirituality may present themselves in many teachings and philosophies, they will not take hold within us, even when the words themselves are true, if we do not actively experience their reality. The *Living Logos*, or *Creative Word* within the human soul must be felt and heard as a true presence and potent force.

The *Wings™ TerrAnoint™ Formula* encourages greater connection to spiritual activity, so that its substance can be recognized and activated in the daily life of the soul.

Flower Essences

Lewisia, Alpine Aster, Mountain Angelica, Mountain Forget-Me-Not and Cosmos – Building awareness of the Spirit as a real and positive emanation; fostering the ability to notice shifts in consciousness, and subtle forms of communication in dreams and daily life

Lotus, California Poppy, Star Tulip, Morning Glory and Bird's Eye Gilia – The translation of Spiritual imaginations and inspirations into actual soul reality and day to day activity; the ability to receive, register and radiate spirituality as a soul force

Downy Avens and Sierra Primrose – The translation of soul-spiritual activity into bodily structure, especially the capacity within the etheric space of the heart to contain and channel higher spiritual impulses; gratitude as the link from higher to earthly worlds, the receptive awareness for what is sent as a spiritual gift into one's daily life

Essential Oils

Frankincense, Angelica and Lavender – To nourish the upward streaming forces of the soul's wings

Sandalwood and Helichrysum – Providing grounding, depth and anchoring for soul-spirit activity

Rose, Grapefruit and Vanilla – Nurturing the inner space of the heart's light as a container for soul expression



Flowers are the beautiful
hieroglyphics of Nature.
Through flowers, Nature tells us
How much She loves us.

Johann Wolfgang von Goethe



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