

First Aid Kit for *Mourners*



PEACH LEAF

- Gently caresses your senses,
- Melting away anxiety.
- Relieves stress-related symptoms for an oasis of tranquility.
- Its soothing effect lulls both mind and body into peaceful slumber for enhanced sleep quality.

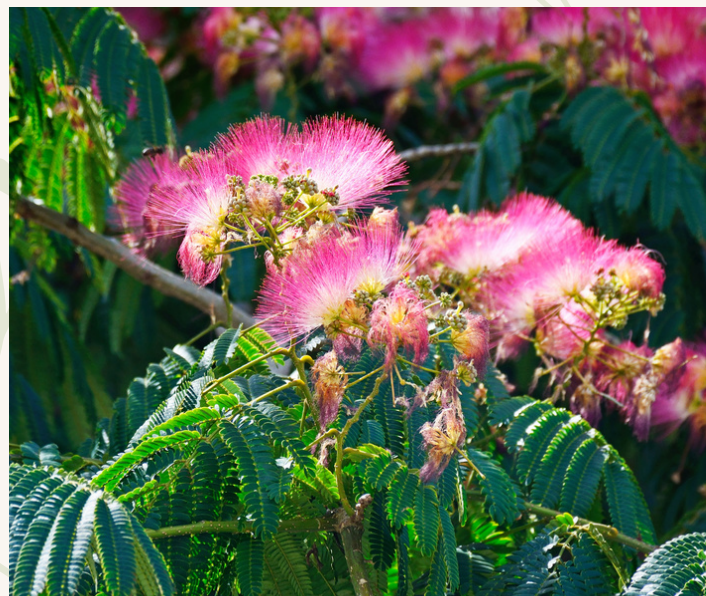


KAVA-KAVA

- Helps sedate a person.
- Relieves muscle tension.
- Helps people escape.

MIMOSA

- known to bring relief when we feel burdened from continuous tears that will not stop – allowing us to break for a breath and feel peace to roll into our hearts.





LEMON BALM

- imbues lighthearted cheer
- great pair with Linden
- lifts any sadness from a burdened heart



ROSE

- allows energy to be moved and a great release to be let go
- helps us to find balance once again within ourselves
- opens the heart to allow us to be vulnerable
- uplift suffering from any form of anxiety, anger, insecurity, grief and depression



HAWTHORN

- brings balance and integrity into the tissues by simultaneously strengthening any weakness and reducing hyperactive states of stress within the cardiovascular system.

BLUE VERVAIN

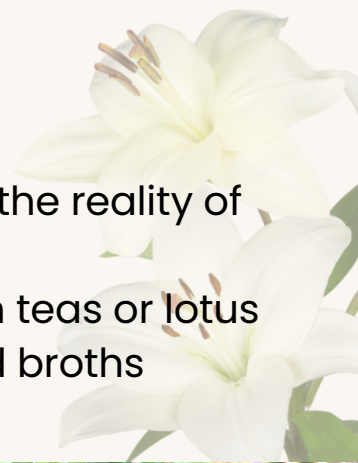
- works to take stored up energy in the head and shoulders and disperse it down throughout the body
- relieves tension around the neck, shoulders, and chest





PINK LOTUS

- ally when facing the reality of illness or death
- Use the flowers in teas or lotus root in soups and broths



HOLY BASIL

- useful in times of feeling choked up or having a hard time expressing what's been experienced through a traumatizing experience
- opens the throat
- helps to calm and restore the nervous system



LAVENDER

- calm strong emotions by bringing our presence back into the moment
- help in releasing pent-up emotions while allowing energy to move and flow

LINDEN

- softens tension and lifts off worry
- support restlessness, improve sleep and lower anxious states
- supports the heart and circulatory system





WESTERN RED CEDAR

- burning any form of Cedar as incense will also bring forth comfort
- can help with moving those stagnant energies with the heart

MOTHERWORT

- relieves tension within hypertensive states while acting as a tonic to the heart
- a good remedy to turn to during times of weakness within the heart space
- helps moodiness and grumpiness



ST. JOHN'S WORT

- works to restore and tone the nerves within the body
- used to ease anxiety, tension, and is commonly known to support seasonal affective disorder or mild to moderate depression

SKULLCAP

- does wonders for the nervous system and brain as a relaxing nerve
- can help to quiet the thoughts so we can focus on the present

