



*Tree Essences for E-Motional Feelings
Spiritual Synergy Essences*

Change Tree Essence

1 oz. bottle

Suggested Use: 1 dropper full first thing in the morning and 1 dropper full last thing in the evening is the normal dose. If you take these essences as directed they will last about 10-12 days.

NOTE: If working with an Essence Practitioner you may be advised a different suggested use.

Contents: Essences of Black Oak, Black Locust, Virginia Creeper (a vine) and Northern Catalpa in a base of Double Helix Water®.

E-motional feelings to consider:

- Feel powerless to change
- Feel it is time to change emotions or belief
- Feel powerless to things happening to you
- Feel you do not know how to make changes
- Feel resistance to change
- Feel fear of unknown
- Feel unconscious happenings you cannot control
- Feel out of your comfort zone
- May not feel you can do it
- You want others to change, not you
- Feel change would be more than you can handle
- Feel if change happens life could end

CAUTIONS: None. Essences are safe to use with any foods, medications or supplements.

These Essences should not be diluted into any other water, drink, or food and should be taken on an empty stomach. The essences should be used up after opening. If unopened these essences will last indefinitely. Essences should be kept in a cool dry place, out of the sunlight or near any electromagnetic fields such as microwaves, computer, etc.

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