



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

## **Confidence 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 Cucumber Tree, Mountain Maple, Serviceberry, Cranberry Viburnum, White Ash, and White Birch in a base of Double Helix Water®.

### **E-motional feelings to consider:**

- Who am I
- Why am I on this Earth
- Why do I even exist
- Feel lonely in a crowd
- Parts of yourself are lost or dead
- Feel like you are slowly dying
- Feel like part of yourself is gone
- Feel like part of you left when a loved one died
- Part of you left after surgery, illness, or trauma
- Feel empty inside
- Feel like crying for no apparent reason
- Look for answers but never find them

*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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