



Tools for Self-Discovery, Healing, & Personal  
Transformation

Anne Marck, LMT



## **Sacred Plant Essence Remedies: Tools for Self-Discovery, Healing, & Personal Transformation**

Anne Marck, LMT

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## Tools for Self-discovery, Healing, and Personal Transformation

Self-discovery is the gateway to self-love, healing, and personal transformation.

There are two sides to Self-discovery. The first is “Self” discovery – this is when you get to know your true, authentic, soul Self (Self with a capital “S”).

Self comes from the purest form of love and is our connection to the Divine.

The other side is “self” discovery (self with a small “s”). This happens when you find and explore the ego, all your past parts that hold trauma and unmet emotions. Those parts need to be felt and to be held with compassion. This is where healing happens.

You cannot pursue only one “Self” or the other “self” for healing and transformation to occur, *it must be both*.

When you heal your past self and learn to live life from your true Self, personal transformation happens.

### **The Foundation Essences**

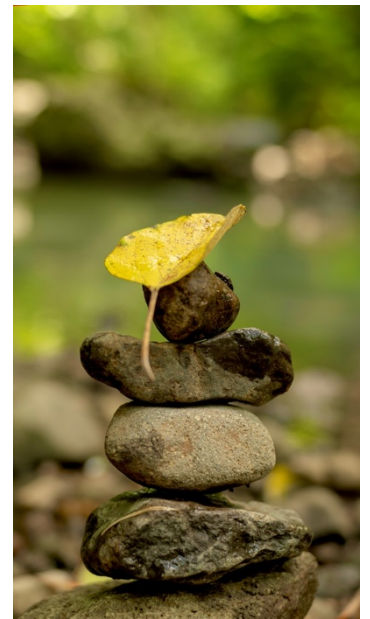
All our remedies begin with the foundation essences of Ayahuasca and Chacruna. These sacred plant essences provide loving support and awareness of the issues that may hinder Self-discovery and self-love.

The sacred plant essences create a clear channel, a communication bridge between the body and the psyche, setting in motion the process of Self-discovery and the awareness that is needed to meet the self with love and compassion.

The Qualities of Self Remedies use this essence as a foundation or base, with other flower essences added. We’ve combined these sacred plant essences with other flower essences to create remedies that have the potential for Self-discovery, self-healing, and personal transformation.

Our remedies will help you on your path to embodying your truest Self – Calm, Connection, Courage, Confidence, Clarity, and Creativity, and becoming Self-led.

Our tools will help you develop life-style routines, sacred personal ceremonies, and self-care rituals that support your journey inward to the soul Self, to find peace, joy, hope, and live a full life with purpose.





## Is Something Missing in Your Life?

Do you want to live a more meaningful life?

Maybe you long to find your true purpose and have the confidence to pursue it.

Or perhaps you daydream about living a more creative life.

You sense an adventurous, confident person inside but don't know how to connect with that.

You know you could be living a more authentic life, but something blocks your potential for manifesting the person you want to be.

### **What Are Sacred Plant Essence Remedies?**

Ayahuasca and Chacruna are sacred plants of the Amazon rain forest, used by the shamans of Peru to uncover the true "Self." The true Self is an inner advocate, the part of you that knows exactly what you need to manifest your most authentic and fulfilling life.

We've combined the energetic essences of Ayahuasca and Chacruna with other flower essences to create supportive, healing, and transformative remedies that allow the higher attributes of the true Self – courage, confidence, clarity, connection, calm, and creativity to be realized. We call these Sacred Plant Essence Remedies.

Sacred Plant Essence Remedies are a form of energy therapy that can be used in conjunction with other forms of therapeutic intervention for releasing mental blocks and negative emotions, opening the way for the positive attributes of the true Self to manifest.

Sacred Plant Essence Remedies use the wisdom of the shamans to help you achieve emotional and spiritual healing and manifest the qualities of your most authentic Self through a process of awareness, catharsis, and emotional clearing.

### **How It Works**

As a tea brewed for consumption in a ceremonial setting, Ayahuasca and Chacruna provide profound clarity of emotional issues, initiating a compelling process of catharsis, spiritual awakening, and healing. Catharsis and awareness lead to a deeper connection to the higher Self.

The foundation remedy is a vibrational extraction of the energetic signature or "essence" of Ayahuasca and Chacruna. Essences are prepared from a sun infusion of the plant or flower into water, then diluted, potentized and preserved in brandy. In this form, the remedy does not contain any psychoactive properties.

Essence preparations of Ayahuasca and Chacruna have unique properties that are supportive of the healing journey. As an essence preparation these plants retain their energetic signature of healing, clarity, consciousness, and support, as well as the catharsis necessary for clearing emotional issues, and connection to the higher Self.

Quapiti Robintree, developer of flower essences states, "*Ayahuasca has the ability in vibrational form to open the pineal-pituitary circuitry of the third eye... The remedy can be used with affirmations for communicating with individual cells of the body... to take one on the journey into the body and psyche, to create a communication bridge between the body's processes of degeneration and what is intended from the psyche.*"

*As an essence preparation, Chacruna assists in the expansion of psychic abilities, and assists development and transformation of inner psychic processes... Chacruna essence is useful to release past issues of irritation, annoyance, and lack of concentration, and it heightens awareness of the unseen realms." ~ Flower Essences for Transformation, Quapiti Robintree*

As a Self-discovery tool, the essences of Ayahuasca and Chacruna create a communication bridge between the brain, body and psyche and a state of deep awareness that can set in motion self-healing, change and transformation.

### **What Are Flower Essence Remedies?**

Flower essences are subtle liquid extracts that contain the energy or "life force" of various plants and flowers. They are used to address issues of well-being, soul progression, and mind/body health. Flower essences assist in clearing emotional issues and mental blocks.

We combine flower essences with sacred plant essences to address specific issues. The Qualities of Self Remedies are best used for specific emotional and behavioral challenges related to developing the qualities of the true Self - calm, clarity, confidence, courage, connection, and creativity.

Like other energetic healing modalities, this approach seeks to create balance in areas of energetic disruption. Disruptions in the Emotional, Mental, Physical and Spiritual Body occur in response to trauma and negative belief systems. The remedies help to clear these patterns, making way for the true Self to emerge.

### **When To Use the Remedies**

The remedies may be used in a therapeutic setting, such as during life-coaching, bodywork, or counseling sessions. They may bring support and clarity to the problems a client is dealing with, as well as supporting resolution of those issues.

Similarly, with adequate self-supporting tools, a person may use the remedies on their own to effect self-healing in a therapeutic setting, such as in mindfulness meditation, to enhance affirmations, or with tapping (EFT) or journaling. Whatever self-therapy tools you are using, the remedies may help support your process.

The remedies are also lifestyle tools and can be used to face daily challenges. In this usage, start by asking yourself what tasks or challenges you may be facing throughout your day. Perhaps you have a presentation at work and feel inadequate. This may be a good time to use the Confidence remedy. A poor night's sleep and not having enough energy to face your day might call for the Courage remedy, supporting feelings of overwhelm and exhaustion, etc.

The remedies may be helpful for times when you experience "triggering," an exaggerated emotional response inconsistent with the stimulus that prompted it. These reactions to seemingly non-threatening situations may be evidence of unresolved issues from the past. We sometimes call these "emotional flashbacks."

The remedies may be helpful in crisis, particularly the Hope, Calm, or Crisis Support remedies, which are specifically formulated to be supportive of sadness, fear, or wounding events, both physical and emotional; although any of the remedies may be used in this capacity, such as the Connection remedy, also helpful in crisis, as it grounds the person back into the body and into connection with Self. \*

## **Mindfulness**

Unlike the Western model with its "pill for an ill" philosophy, these remedies require the participation of the person using them. Intention and mindful awareness are a part of the healing journey. The remedies work best in the presence of a desire to understand the beliefs and behavior patterns that keep us stuck.

Without mindfulness and intention, the remedies are helpful and can be vehicles for change. But they may also potentially open an awareness of issues that a person may be unwilling or unable to address. Incorporating mindfulness and intention into your healing practice, and learning how to be self-supporting, is the best way to get the most out of this therapeutic approach.

## **"Self" Supported Transformation**

We believe that healing and life change is possible through a connection to an inner advocate, a true Self that knows how to direct your journey inward. The higher Self knows exactly what you need to create the life you most desire to live. We encourage you to learn about this inner advocate and how to listen to the voice of your inner wisdom.

The true Self is calm, peaceful, loving, open, compassionate, and kind. It is curious, courageous, creative, connected, and confident. Self is the source of inner wisdom, clarity, and consciousness. It is every growing and evolving. The goal is to have Self occupy the "seat of consciousness," to become Self-led.

## **How To Choose a Remedy**

How do you choose the best remedy for your situation? Start by focusing on the problem you wish to resolve. Breathe deeply a few times and get yourself grounded and calm. Then

read the descriptions of the remedies or hold a remedy in your hand and feel into your body's response, whether positive or negative.

Initially you may feel like you need everything! Think of your most pressing issue and then begin narrowing down the remedies you want to use. Initially you should start with only one remedy, then depending on your response to that remedy, add others as seems appropriate to your situation. Some people intuitively know what they need. You will develop this intuition over time as you work with your response to the remedies.

Muscle testing is also useful for determining what to use. If you use the "sway test" to choose, be aware that testing essence preparations is different than with other supplements. Both a pulling forward or a pulling backward sensation is a positive result. A neutral response (not moving either forward or backward) is a negative response.

When muscle testing with the arm, the same holds true. A strengthened or weakened response would indicate a positive result, and no change from baseline would indicate a negative response. Search the internet - Google or YouTube search "muscle test" or "sway test" for more information.

## Getting Started

With your very first serving of remedy you may experience a sense of release, lightness, and the positive qualities you are seeking. You may feel free of the barriers that have previously hindered your progress toward realizing your purpose and highest potential.

However, occasionally the effect of a remedy may be to bring awareness of the issues that have prevented you from experiencing the positive qualities you are seeking. Consequently, when a remedy is used for the first time, you may experience a brief period of acute awareness of the issues surrounding your problem and the mental blocks that have prevented your progress.

The clarity effect of a remedy may not be experienced immediately. You could use the remedy for a few days and then suddenly notice that you are experiencing a deeper awareness of your issues, or even more emotional or physical symptoms.

It is important to be aware that this is in response to the remedy and should not be seen as a worsening, but as a call to address the issues that are surfacing. This would be a good time to use self-supportive tools such as mindfulness, meditation, tapping, journaling, etc.

We suggest that you start a new remedy on a weekend, or on a day off from work, when you can stay mindfully present to the effects of the remedy. Start by setting an intention to be aware of your thoughts and feelings so that you can meet them in a supportive way.

Start with one remedy at a time, using a small amount of 2-4 drops. Proceeding carefully and being mindful and open during this time of increased awareness will help you to move toward change. At any given time, as many as three remedies may be used at the same time.



We suggest that you use at least one other Qualities of Self or Supportive Remedy when using a Healing Remedy, as they complement each other and support the healing process. When using a Qualities of Self or Supportive Remedy with a Healing Remedy, we call these “companion remedies.” Any combination of remedies, whether Qualities of Self, Healing, or Supportive may be used as companion remedies.

**Example:** If you are using the Healing Obsessions Remedy, it may be important to also use a companion remedy for the emotional issues that created the addictive behavior in the first place. The addiction could be a secondary problem. You may need to use a companion remedy such as Calm for anxious feelings, or Hope for sadness. Without addressing the underlying problem, your approach may not be complete enough to be truly helpful.

We suggest using kinesiology, known commonly as “muscle testing” to help determine what may be most helpful and best tolerated. The issue isn’t always what we think it is. Bring the challenge you wish to address to mind, then ask if the remedy builds you, but also ask if it will be well tolerated. A remedy can test positive for building, but test negative for tolerance, perhaps because you are not ready for it or something else needs to be addressed first.

Timing is an important aspect of using the remedies, and a “top down” approach may be the best approach. “Top-down” implies that we start with the most pressing and obvious surface issues and work our way into more core issues as tolerated.

Depending on where you are in your self-discovery process, you may want to start first with a Qualities of Self Remedy before attempting a Healing Remedy. This is particularly true if you are unfamiliar with the inward journey that is supportive of deeper healing, lacking adequate tools to support yourself. It may also be necessary to seek the help of a facilitator, someone who can provide guidance and support through the process.

Read the descriptions of the remedies carefully before deciding which remedies feel right for you. We suggest that you work with no more than three at a time and if this is your first time using Sacred Plant Essence Remedies, try one of the Qualities of Self Remedies first before working with the Healing Remedies to see how you respond to this form of intervention before going deeper.

### **What to Expect**

The first time you use one of the remedies you may experience one of two things:

- 1) An immediate experience of the positive emotions or qualities you desire.
- 2) A “triggering” of old emotional baggage that stands in the way of having those positive emotions and qualities.

If the second response happens, you can respond by using one of the tools that follow (see How to Be Self Supporting) to help you move through and release the old emotional issues that are blocking your progress.

## **Combining Remedies**

As previously mentioned, using the remedies in combination may be beneficial. In the following examples, we refer to remedies that complement each other.

For instance, you may be experiencing more than one emotional issue. Sadness, hopelessness, and anxious feelings often show up together. This would be a good time to use both the Hope Remedy and the Calm Remedy. If you are finding it difficult to stay grounded in the present when you feel anxious, you could also add the Connection Remedy to help with feeling disconnected.

Perhaps you are feeling overwhelmed in your life and lack the courage to take on difficult tasks. This would be a good time to use the Courage Remedy for emotional overwhelm but consider using the Confidence Remedy as well, to bolster belief in yourself and your ability to accomplish the tasks at hand. This applies to all the remedies, as they complement each other.

## **Topical Application**

The remedies are not specifically labeled for use topically, however applying a few drops to the soles of the feet or heart chakra may be helpful, in addition to using them internally. You can also add 2-4 drops of any remedy to a glass of water or other liquid and sip it throughout the day.

If you want to use a remedy as a topical application, DO NOT use it on broken skin or apply it to open wounds. DO NOT use it in the eyes, ears, or nose. These remedies are alcohol based and will sting and irritate if applied on broken or sensitive skin.

## **Making Adjustments**

If you feel you are moving through your issues too quickly, take a break from the remedies until you feel more in control of the process or try adding other companion or complementary remedies. Make sure you have set aside enough time to process anything that may be coming up.

The most common effect of a remedy is an experience of subtle balance and calm restored, and the positive qualities you are seeking. This is especially true of the Qualities of Self and Supportive Remedies. The Healing Remedies may require a more intentional approach, as their primary effect involves bringing hidden issues to the surface where they can be cleared.

Take time to learn self-healing tools and methods. Perhaps your process needs more knowledge of how to be self-supporting. Please explore the resources we have provided for support, so that you can use the remedies effectively. We encourage you to seek a facilitator if you are inexperienced with self-healing.

## How to Be Self-Supporting - Resources

You may experience positive emotions and feel better the first time you use a remedy. But if you don't, it may be that you need to do some unburdening of old emotional baggage. The process of acknowledging your wounds can be painful and requires self-supporting tools to facilitate healing.

To learn more about self-supported healing, we encourage you to explore the information offered by The Survivor's Compass here: <https://www.thesurvivorscompass.com/>

*If you experience intense feelings that become unmanageable, this may be evidence that you need help from a facilitator, or more knowledge of how to be self-supporting on your healing path. If you become unable to manage your emotional healing process safely, you should discontinue use of the remedies and seek the help of a facilitator.*

### Practitioners

If you do not have experience using flower essence remedies, we suggest that you schedule an online session with the developer to learn how to use this unique form of healing with your clients.

For more information visit: <https://bluemorphomedicine.com/practitioners/>



### Mission Statement

At Blue Morpho Market we believe that everyone can heal, transform, manifest their authentic self, build a life they love and live their dreams. Healing and growth are always messy, difficult, and uncomfortable. Everyone's journey looks different and is as unique as the individual.

We've developed a roadmap of sorts, guideposts, and the tools you need to step into self-discovery, begin healing and find your true Self. What we offer is a hand to hold and directions to take on the journey of discovering how YOU can heal you and YOU are the creator of your own life!

### Step On the Path

Are you ready to step on the path of Self-discovery, healing, and transformation? Choose your first remedy today: <https://bluemorphomedicine.com/shop/>



## About the Author & Developer

Anne Marck, LMT, is a trauma informed life coach, craniosacral therapist, and flower essence practitioner. She developed the Sacred Plant Essence Remedies in response to the need she witnessed while working with her clients as a trauma recovery mentor.

She is committed to bringing Sacred Plant Essence Remedies and the tools she has developed to those who seek healing and aspire to live a more Self-directed life.

Anne is the author of *From Trauma to True Self: A Self-Directed Approach to Healing Childhood Trauma* and the inspiration behind *The Survivor's Compass*, an online resource for trauma healing.

To learn more about Anne and her work visit: <https://www.annemarck.com/>

## References

*Flower Essence Repertory: A Comprehensive Guide to the Flower Essences researched by Dr. Edward Bach and by the Flower Essence Society*; by Patricia Kaminski and Richard Katz

*Flower Essences for Transformation and Healing*; by Quapiti Robintree