

# Elementals

## RELATE COLLECTION

Essences to support healthy romantic, social, family, and professional relationships



WATER

### LEGACY

**Facilitate family healing and connection to ancestral wisdom**

- When exploring ancestral and cultural heritage for a deeper understanding of self
- To open receptivity to the guidance of elders and ancestors
- To support the exploration and healing of wounds in the family of origin
- To explore how early experiences with nurturing and authority affect current relationships



EARTH

### EARTH'S EMBRACE

**Feel supported and nurtured as you care for others**

- During times when healthy boundaries need to be established and lovingly communicated
- To ease feelings of doubt, guilt or worry in caretaking
- To cultivate patience and receptivity in demanding relationships
- When feeling overwhelmed or burdened by responsibilities

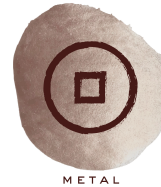


WOOD

### ELOQUENCE

**Support clear communication and creative expression**

- To prepare for any public speaking engagement, performance, presentation or writing endeavor that requires vibrant, authentic expression
- For effective communication, when there is a need to express oneself with clarity and honesty
- For communication that tends to be argumentative or combative, or "rubs others the wrong way"
- To amplify a voice that is quiet or timid



METAL

### EXHALE

**Let go of the past and embrace new opportunities**

- To bring awareness to subconscious thoughts and habits that no longer serve you so they can be consciously released
- To release unhealthy attachments to people, places, or things
- As an aid during a period of decluttering or reorganizing the mind, heart or home
- To encourage the soul's forward growth by letting go of the past

### INTIMATE

**Ignite passion, confidence and sensuality in intimate relationships.**



FIRE

- To awaken sensitivity to the delightfulness of touch and sensations on the skin
- To introduce a spirit of creativity and playfulness into intimate relationships
- To bring a deep respect for the feminine body- in all shapes and forms.
- To explore sources of personal pleasure and ecstasy within and outside of sexuality



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