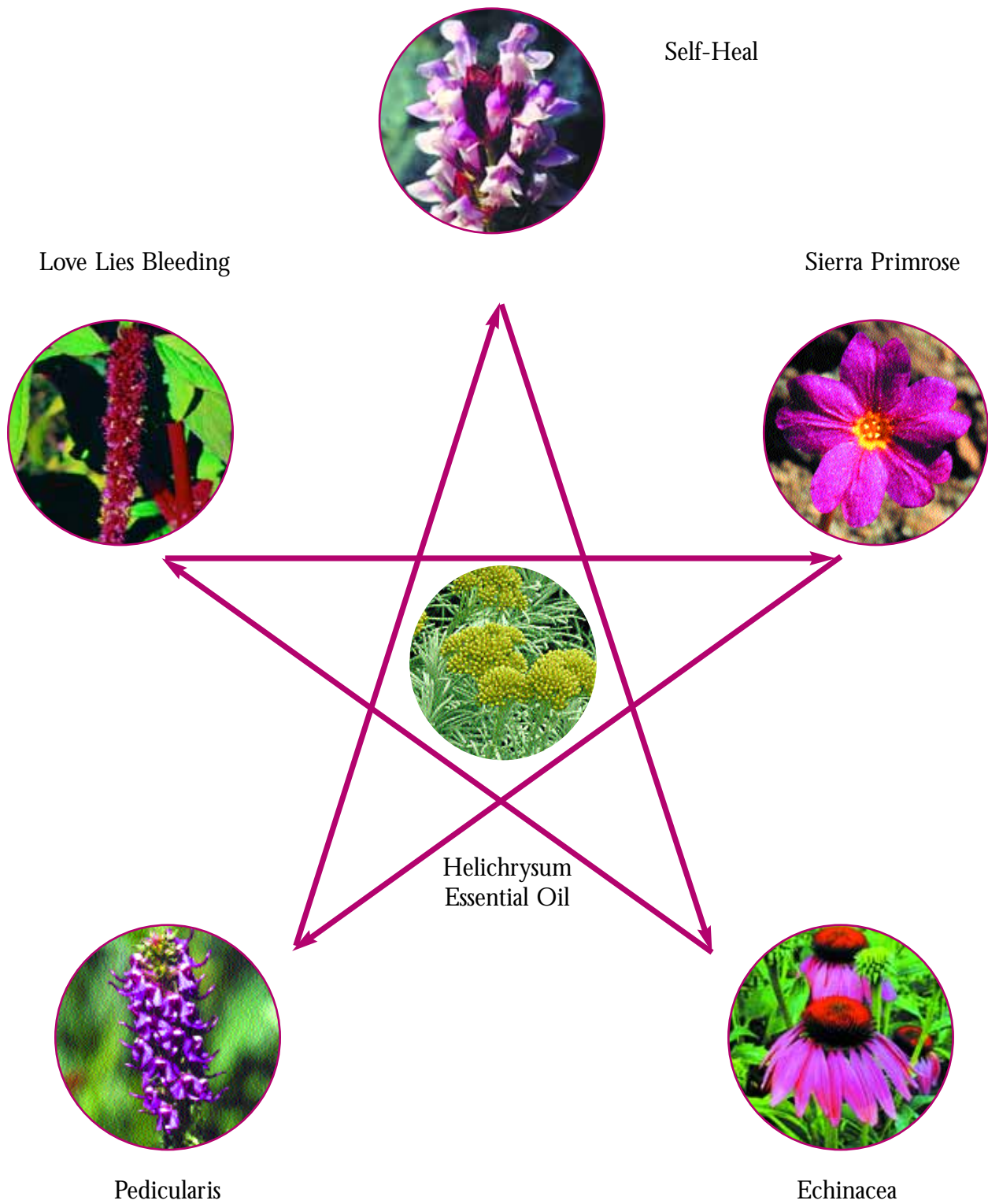


# Magenta Healer



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The Magenta color, which combines the red and violet “ends” of the color spectrum, is an expression of vibrant and vitalizing energy. Flower essences from magenta-colored flowers often work with themes of rejuvenation and healing. The Magenta Healer formula was developed by Patricia Kaminski to revitalize those depleted by illness, injury or trauma, and consists of five flowers of various hues of magenta. *(For a discussion of the inner meaning and meditative work with this formula, please see the essay “Magenta Healer Meditation,” by Patricia Kaminski.)*

## Usage

**Indications:** for regeneration, recuperation, revitalization

**Dosage:** four drops taken under the tongue at least four times daily, can be taken as often as every few minutes during an immediate crisis. *Strength of dosage is increased by the frequency of the dosage not the amount. You never need to take more than four drops at a time, but there is no danger of overdose from taking more.*

**Other methods** of administration:

Place 20 drops in **bath water** and circulate in a figure-eight motion;

Add 12 drops to a **misting bottle** of water and use as a spray.

*(This formula is also available in a pre-mixed spray bottle.)*

Add 6 drops per ounce (30 ml) to **cream or lotion** and apply to the skin.

**Caution:** Helichrysum essential oil (*Helichrysum italicum* or *Helichrysum angustifolia*), which is included in the formula in dilute form, is contra-indicated during pregnancy.

## The Formula

**Self-Heal** — The Self-Heal herb (*Prunella vulgaris*), also known as “Heal All,” has long been known for its remarkable healing and restorative powers. Self-Heal is also one of the most universal of flower essences, awakening our inner self-healing forces, as well as building confidence and strength in the healing process. Used topically, it can bring regenerative forces to a particular part of the body, which is why it is the basis for the FES Self-Heal Cream. In Magenta Healer formula, Self-Heal strengthens our resolve to meet the challenges presented by a transformational healing journey.

**Echinacea** This highly structured and sturdy member of the Sunflower family builds our strength and integrity of self, particularly after trauma, injury, and other shattering experiences.

**Love Lies Bleeding** is an *Amaranthus* species, a robust and nutritious plant, which was also sacred to the ancient Aztecs and Mayans, as well as being used in Christian ceremonies. As the late summer and autumn days ripen, the drooping spikes of deep red-magenta flowers bend and touch the ground in a gesture of surrender. This essence helps us when we suffer pain, loss, emptiness or debility, whether through surgery, devastating illness, or other trauma. It helps us to transform physical or psychic suffering, to offer it up for a higher purpose, and ultimately to develop deeper insight and compassion for the suffering of others.

\* **Sierra Primrose** is a native wildflower in the alpine regions of the Sierra Nevada mountains, blooming right out rocky hillsides as the snow melts in brilliant Sierra summer sun. Its radiant magenta color and sweet scent convey a vibrant zest for life. It is a life-renewing essence when we feel depleted by illness, trauma or the aging process.

\* **Pedicularis** –*Pedicularis*, also known as Elephant’s Heads, is a mountain wildflower of the moist, damp meadows. It has fern-like leaves, and grows low to the ground. This essence helps us to see the roots of our suffering. When we are laid low by illness and pain, we have an opportunity to go deeper and understand the sources of our suffering, and the suffering of others. It is an opportunity to discover our true identity, and the connection of our spirit to the Earth.

**Helichrysum essential oil** – This oil is known for its anti-inflammatory and rejuvenating effects. As well, it is reputed to have anti-depressant qualities. Helichrysum essential oil is safe to ingest in the highly dilute form found in the formula.

\* *indicates a Research Essence whose tentative indications are still being verified*

