

THE ANDEAN FLORAL ESSENCES



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The elements and concepts here are not intended to diagnose discharges, prescribe, treat or cure physical or mental disorders, but to establish an inner state of harmony and conscious care of emotions, thoughts and physical health. Uncertain about any physical problems and / or mental, consult the appropriate doctor.





The 24 Andean Floral Essences

Prepared from the wild South American vegetation of the Andes Mountains.

The Andean floral essences SYLFOS carry the message of the living forces of the wild, untamed nature.

1 - ALFALFA CHILOTA

Lotus uliginosus



Comprehension - Communication - Calmness

For people who are locked within themselves. It facilitates the understanding of events as well as that of human behavior. It helps not to get lost in the detail and to focus on the big picture. For people who have a tendency to have repetitive thoughts and who often miss the essential things in life.

2 - AMANCAY

Alstroemeria ligtu ssp. simsii



Release old beliefs and unsolved conflicts

A purification essence; it favors communication between the two hemispheres of the brain. It helps to overcome the instinct of protection when it becomes too dominant. It helps to overcome beliefs that limit us, and that put boundaries to our intuition. It facilitates the release of blocked situations as well as unsolved conflicts. It releases muscular tension.

3 - ARAUCARIA

Araucaria araucana



Compassion, Connection to the Earth, Energy

This essence lets us connect to the Earth and sense the cycles of time and space. It's very energizing due to its connection with the root chakra. It allows us to open up to compassion by giving us more openness. It gives us presence, and it awakens the desire to live and to enjoy life. It acts upon the conception vessel meridian and physically stimulates the straightening of the spine, correcting the posture.

4 - ARBOL DEL PERÚ

Schinus molle



Flexibility, Communication

It facilitates communication without prejudice, by opening the heart. It is recommended in situations where communication imposes respect, harmony and fluidity in expression. It helps us get rid of mental patterns,

ideas or old fashioned and negative concepts that are no longer useful.

5 - AVE DEL PARAISO

Strelitzia reginae



Acceptance, Creativity

This essence helps us eliminate creativity blocks and accept our life circumstances to create a new future by accepting others and ourselves. The paradise bird allows us to stabilize our ego and work on our selfishness to discover our internal beauty, based on a sensibility separated from material things. It helps us accept whatever we have a hard time accepting, what hurts us, what we think is unjust, painful, or excessive, silencing our fake desires.

6 - BOLDO

Boldea fragans



Reconciliation and healing with our emotions and our self-image.

When we lose our joy of living and / or interest in life. For the difficulties in accepting our feelings or what we get from others. When we question our own image. When the joy of life is replaced by bitterness. When there is guilt and / or search for our interior identity. When we retain things or we fear that we will lack something, and we do not let go. It helps to forget the bad experiences. When we have difficulty "digesting" our emotions. Boldo gives us back the desire and energy to reconcile and heal our inner-self. It is useful assisting in addiction treatments.

7 - BOUGAINVILLEA

Bougainvillea glabra



Comprehension of our ancestral past, Rebirth

To integrate our ancestral inheritance. It allows us to value that bond by liberating the associated emotional toxins, making us preserve the wisdom linked to that ancestral past. It frees us from bad habits and conducts related to our inheritance. It favors all learning processes by helping us be aware of its limits and it gives us a balanced judgment. It is recommended in substance abuse cases.

8 - CANELO

Drimys chilensis



Peace, Wellbeing

Master Plant of the Mapuche indians, used to grant a state of profound peace, serenity and trust, after an agitated period. It helps in the overcoming of tests and emotional shocks that make us react in a rigid way. It helps us face life with flexibility and according to our own personality.

9 - CEDRON

Aloysia citriodorata



Confidence, Perseverance

It gives us confidence, stimulating our social side, prudence, comprehension and compassion. It accentuates our personal attractiveness, favoring empathy for others. It gives us balance, humility and affability. It allows us to rest without feeling guilty. Ideal for people

who feel like they have to prove themselves to others to be valued. This essence helps us to solve traumas accumulated in old memories and integrate them in our conscious concepts, with our values and our life goals.

10 - CEIBO

Erithrina crista-galli



Communication, Interior voice

For communication problems within a couple. It strengthens passion and lust. It releases us from blockage, and helps people who feel diminished and seek to dominate their partner. It facilitates the connection with our internal self and allows us to walk our path with honesty and solidarity.

11 - COLA DE ZORRO

Cortadeira araucana



Purification, Emotional balance

It helps us release negative emotions and get over emotional distress, bitterness, frustration, hate, etc. It is recommended for people who are very sensitive in the emotional field. It favors vigorous and healthy self-expression. It helps us develop our natural charisma. In the physical aspect, it releases tension kept in the head area and the mandible.

12 - COPIHUE

Lapageria rosea



Inner joy

To accomplish inner joy and learn how to achieve a positive self-criticism of our interior self. For people who constantly complain and live in a state of pessimism, self-loathing, and probably depression. This essence is recommended for people who suffer from "pretend" illnesses and who feel inferior to others; people who doubt before starting anything.

13 - COSTILLA DE ADAN

Monstera deliciosa



Free expression, Suppression of self-limitation

This essence releases our nature of inhibited expression. It will inspire us and favor a balanced exuberance. Ideal for people who have accepted the limitation paradigm, which they can now break by taking advantage of opportunities and pleasure. It is recommended for people who are stuck with the idea that "they can't" do things: now they can change their own definitions. It releases us from the restrictions we have imposed on our physical and spiritual heart, and allows it to be more flexible in bodily expression. It stimulates circulation and the heart meridian, and increases our vigor (useful against degenerative heart disease). It will be an excellent aid for the treatment of impotence and frigidity. It has a balancing action.

14 - DONDIEGO DE NOCHE

Oenothera affinis



Affective balance

It helps us solve traumas that originated during our early infancy, due to our mothers emotional distress and profound sadness during pregnancy or

in the following months. It stimulates our survival instinct, as well as our capacity to react in extreme situations. It helps us overcome fears that belong to our ancestral patrimony. It allows us to create bonds and healthy, balanced relationships. It reconciles us with the maternal image.

15 - FLOR DE UN DÍA

Tigridia pavonea



It wakens the interior warrior, Courage, Dare to do things

This essence awakens our interior warrior, making us feel strong and protected, and it allows us to step out of our “shell” of protection. It softly shows us the huge possibilities we have ahead of us, driving us away from fear and sadness. It awakens in us the energy necessary to be present in a balanced day to day life. Ideal for people who escape to avoid facing reality, leave things undone, suffer from low self-appreciation and are sad, afraid and panicking, and try to go by unnoticed in life.

16 - LIBERTIA

Libertia sessiliflora



Protection, Trust, Faith in life

It develops a feeling of protection. It favors the acceptance of reincarnation, to have conscience of the wounds of our interior child, facing our fear of abandonment. This is the essence of the great changes of life, which helps us to focus on objectives, avoiding distractions and useless temptations. It favors meditation, and helps us overcome the fear of death, developing trust in life.

17 - MAYÚ

Sophora macrocarpa



Communication, Focus, Emotional balance

It helps us to verbalize emotions, and stabilize them by allowing us to focus on a particular issue with tranquility and confidence (preparing for upcoming exams, for example). It is recommended for ironic or sarcastic people, as well as exalted ones, since it balances and lessens emotional excess. It is advised for working frustration, favoring mental clarity.

18 - NOTRO

Embothrium coccineum



Interior peace

Sacred tree of the Mapuche Indians, which favors spiritual openness. It helps us gain conscience and transform low instinct energies like violence, hate and aggressiveness, for positive peace energy, like harmony and mutual respect. It is recommended for people whom explode violently and cannot control the excess of negative energy that can lead to anguish, depression or great fatigue.

19 - ORTIGA BRAVA

Loasa acanthifolia



Vitality, Capacity to go forward

For periods during which we find ourselves stuck and retaining vital energy. For people who are tied to functioning models that paralyze them and do not fit their aspirations. Fearing not being able to adapt to the

changes necessary for their evolution, they lose vitality and all kinds of enthusiasm for life. This essence allows us to establish a new, strong, confident and creative relationship with the world.

20 - PALO BORRACHO

Chorisia speciosa



Let go, Self-acceptance, Trust

For people who protect themselves by adopting a nasty attitude towards their surroundings. Behind this rigid mask, there are soft, nice people who, out of shame, fear of being hurt, or inability to accept their own body, take this defensive attitude. It develops trust, acceptance of oneself, and courage to go forward.

21 - QUINOA

Chenopodium quinoa



Openness of the heart, Compassion

It favors profound and sincere heart openness, developing self-acceptance and compassion towards others. It balances out our energetic poles (root chakra and crown chakra) harmonizing our inner self.

22 - QUINTRAL

Tristerix tetrandrus



Ancestral fears, Acceptance and comprehension of our beliefs

It helps us overcome old fears, profound, ancestral ones, that influence the beliefs on which our relationship with life rests. It facilitates the expression of emotions linked with such primitive fears. These fears, if left untreated, can develop in physical degeneration. It helps to gain back conscious control over this. It favors our anchorage with the earth, balancing energetic circulation in the back and correcting posture.

23 - TOLOACHE

Datura arborea



Courage, Faith

It helps us overcome our fear of death and of the unknown. To accept the parting of a loved one with comprehension and compassion, freeing us from the emotional bonds that could interfere with the natural process of passing to the next state. It is recommended for people who are reaching the end of their life, to help them with material matters and accept the departure from the terrestrial world.

24 - YERBA MATE

Ilex paraguariensis



Mental balance, Presence

This essence brings peace and allows us to focus in the current moment, without useless influences that interfere with our life and our health. Yerba Mate helps us break unwanted telepathic bonds with people from the present or past lives. Its action increases our memory, our visualization capacity and our attention span.



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