



The Glory B Transformational Set
*“to help people become more centered in their core
and feel healthy.”*

How to use the Glory B Transformation flower essence set:

For 42 days, daily look for the flower essence to use for that day. Take a couple of drops of that flower essence in bottled water 1 x that day and each time say “I am well”. You will notice that there will be days of repetition of the same flower essence.

Starting on day 35 you will be taking more than 1 flower essence per day with 3 hours in between. Rest a few minutes after you take the flower essence each day to notice its effects. Use this chart to assist you in keeping track of which flower essence to use each day while doing the 42 day program. (to download another copy, go to glorybessences.com and look under printable charts)

If you should forget to take a flower essence according to this protocol, start over again from the beginning. Keep the chart with the flower essence of the day in a place you won't forget. Don't worry you will get to the end eventually.

After PHASE 1 give yourself a pat on the back! You will be ready to start PHASE 2. (see the following page for information).

Your Name _____ beginning date _____

PHASE 1

A wonderful 42 day program using the Glory B Transformational Set

day 1	day 2	day 3	day 4	day 5	day 6	day 7
Indigo	Indigo	Indigo	Violet	Violet	Violet	Yellow
day 8	day 9	day 10	day 11	day 12	day 13	day 14
Yellow	Yellow	Blue	Blue	Blue	Orange	Orange
day 15	day 16	day 17	day 18	day 19	day 20	day 21
Orange	Orange	Gold	Gold	Gold	Gold	Gold
day 22	day 23	day 24	day 25	day 26	day 27	day 28
Green	Green	Green	Yellow	Yellow	Yellow	Violet
						After 3 hrs.
						Blue
day 29	day 30	day 31	day 32	day 33	day 34	day 35
Violet	Violet	Gold	Gold	Gold	Gold	Gold
After 3 hrs.	After 3 hrs.	After 3 hrs.	After 3 hrs.	After 3 hrs.	After 3 hrs.	After 3 hrs.
Blue	Blue	Orange	Orange	Orange	Orange	Orange
		After 3+ hrs.	After 3+ hrs.	After 3+ hrs.	After 3+ hrs.	After 3+ hrs.
		Red	Red	Red	Red	Red

PHASE 2 of Glory B Transformational Set

“to help people become more centered in their core and feel healthy.”

day 1		day 2		day 3		day 4		day 5	day 6	day 7
Indigo	Yellow	Indigo	Yellow	Green	Orange	Green	Orange	Days Off	Days Off	Days Off
Indigo	Yellow	Indigo	Yellow	Green	Orange	Green	Orange			
day 8		day 9		day 10		day 11		day 12	day 13	day 14
Days Off		Days Off		Blue		Blue		Blue	Orange	Orange
				Blue		Blue		Blue	Orange	Orange
day 15										
Orange										
Orange										

After completing the PHASE1 of the Transformation, you will be ready to start the PHASE 2.

Day 1 & 2: Indigo & Yellow

Add 2 drops of Indigo and 2 drops of Yellow flower essences to bottled water and drink with meals 2 x a day and say “I am healthy & wise.”

Day 3 & 4: Green & Orange

Add 2 drops of Green and of the Orange flower essences in water 2x a day with meals 2 x a day and say “I am a loving person.”

Days 5-9: Days Off. Do not use the Glory B Transformational flower essences on these 5 days.

Days 10-12: Blue

Place a drop of the Blue flower essence on top of your head 2 x a day and say “I am wise.”

Days 13-15: Orange

Put a couple drops of the Orange flower essence on the bottom of your feet 2 x a day and say “I am connected to Spirit/God.”

If you miss once or twice continue with the PHASE 2.

If you miss more than 3 x, start PHASE 2 over.

Use this chart to assist you in keeping track of which flower essence to use each day while doing the PHASE 2. For additional copies, got to glorybessences.com and look under printable charts.

Your Name _____ beginning date _____