

Relief Essence

Relief Essence has a calming and stabilising effect on the body, mind and emotions during minor and major crises.

In the short-term, it will quickly address fear, panic, stress and shock. It can also be used in the medium-term to help consolidate the improvement, and in the long-term to help resolve outstanding issues.

Relief Essence can be used for adults and children, as well as animals.

The flowers in the Relief Essence all have animal names. They are:

Dog-Toothed Violet – for injury. To assist with the energy to heal oneself

Foxglove – for illness, to regulate and strengthen the body and mind

Pig Squeak – for situations of betrayal, to help one trust one's own experience

Pussy Willow – for grief, to comfort and nurture

Tiger Lily – for stress, to soothe and calm the body and mind



Using the Essences

You can order Relief Essence and other Blended Essences from the online Shop. The usual dose is 4 drops 4 times a day, and as required. Relief Essence can be taken hourly if you wish.

We can make up Personal Dose Bottles. You can look at the indications for each Essence, and the keywords for its use. You can then use the Dose Record Sheet to keep a record, and order the combination online from the Shop.

There are beautiful photos for each of the flowers, and you can view them on the webpage, and print them if you wish. There are YouTube videos for each set of Flower Essences, and also for the individual Essences.

Printed material for download includes this brochure, handouts about Relief Essence and Blended Essences, and an eBook. Dose Record sheets and a Repertory can assist you in selecting the Essences.

Practitioner Kits are also available, for the Spring and Summer Flowers, Rose Flowers, Blended Flowers and Relief Flowers.

We hope you enjoy the webpage, and lose yourself in its intricacies.

Rosie

www.christchurchfloweressences.com



Christchurch Flower Essences



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Christchurch Flower Essences

Christchurch Flower Essences are made in Christchurch, New Zealand by Essences of The Light. They have been activated by the earthquakes in Christchurch.

The Christchurch Flower Essences represent a new wave of energy, and resonate with Christ consciousness, as well as helping us to open up to receive light from our Guides, the Masters and the Great Ones. The plant kingdom is assisting.

Christchurch, New Zealand is a remarkable city with many natural and man-made attributes, and one where there is much care and tending of plants and gardens.

They are not just for use in Christchurch however, and when Dr Wendy Rose Isbell was producing them she was very much aware of their future use throughout New Zealand and around the world.

Earthquake Experiences

The Mother Essences have been through the earthquake experiences in Christchurch in 2011-2012, and the recovery since, and they have taken on new dimensions, as they reflect the higher Light that is pouring in to Christchurch.



Spring Essences

Flower Essences are used to help transform attitudes and patterns of behaviour which hinder the person's full development or potential.



The Spring Essences are used to help with emotional growth and transformation.

The themes in the Spring Essences are opening and unfolding, dealing with specific situations such as relationships and responsibility, and personal growth for the challenges of life.

There are a number of Flower Essences that were also used in the Bach Flowers, but have a wider use.

Summer Essences

The Summer Essences are used to help with spiritual growth and transformation. The indications refer to the stages of spiritual growth that the flowers represent, and the outcome of that growth.



The themes in the Summer Essences are opening and unfolding, spiritual growth, higher states of consciousness, energising daily life, and world service.

There is also a collection of Rose Essences.

Blended Essences

Blended Essences are combinations of Christchurch Flower Essences that have been chosen to enhance specific qualities of physical, emotional and spiritual development.

The names of the Blended Essences reflect the qualities that they enhance.

They are named: Awareness, Balance, Energy, Growth, Guidance, Harmony, Inspiration, Life Path, Openness, Relief, Transformation and Truth.

Each of the Blended Essences contains five Flower Essences, and these have been grouped into synergistic combinations, covering various aspects of each quality.

They also relate to the stages a person can pass through while learning to become that quality.

