

Essences of the Light House[®]

CHRISTCHURCH FLOWER ESSENCES

DOSE RECORD SHEET

Name of the person the remedy is for: _____

Name of Prescriber: _____ Signature: _____

Please date and initial each recommendation in the boxes below

Spring Flowers		Date	Initial	Date	Initial	Date	Initial	Summer Flowers		Date	Initial	Date	Initial	Date	Initial
Anemone	SP1							Arum Lily	SU1						
Azalea	SP2							Bleeding Heart	SU2						
Bluebell	SP3							Busy Lizzie	SU3						
Camellia - Double	SP4							Buttercup	SU4						
Camellia - Pink	SP5							Canterbury Bells	SU5						
Camellia - Red	SP6							Christmas Lily	SU6						
Camellia - White	SP7							Chrysanthemum	SU7						
Cherry Blossom	SP8							Columbine	SU8						
Clematis	SP9							Dogwood	SU9						
Crab Apple	SP10							Evening Primrose	SU10						
Daffodil - Actaea	SP11							Forget-Me-Not	SU11						
Daffodil - King Alfred	SP12							Fuchsia	SU12						
Daffodil - White	SP13							Hollyhock	SU13						
Daphne	SP14							Honesty	SU15						
Erlicheer	SP15							Iris	SU15						
Freesia	SP16							Jasmine	SU16						
Gentian	SP17							Larkspur	SU17						
Grape Hyacinth	SP18							Lavender	SU18						
Hyacinth	SP19							Lilac	SU19						
Japonica	SP20							Lily of the Valley Bush	SU20						
Magnolia	SP21							Lobelia	SU21						
Magnolia - Star	SP22							Lungwort	SU22						
Magnolia - White	SP23							Marigold	SU23						
Maple	SP24							Paeony Rose	SU24						
Pansy	SP25							Periwinkle	SU25						
Pansy - Joker	SP26							Poppy	SU26						
Plum	SP27							Ranunculus	SU27						
Polyanthus	SP28							Rock Rose	SU28						
Primrose	SP29							Rose - Blue Moon	SU29						
Rhododendron - Pink	SP30							Rose - Peace	SU30						
Rhododendron - Red	SP31							Rose - Pristine	SU31						
Rhododendron - Wine	SP32							Rose - Superstar	SU32						
Snowflake	SP33							Rose - The World	SU33						
Soleil d'Or	SP34							Shasta Daisy	SU34						
Star of Bethlehem	SP35							Spiraea	SU35						
Tulip	SP36							St John's Wort	SU36						
Viburnum	SP37							Sunflower	SU37						
Violet	SP38							Trillium	SU38						
Weeping Prunus	SP39							Wallflower	SU39						
Winter Rose	SP40							Windflower	SU40						
Yellow Hoop Petticoat	SP41							Wisteria	SU41						
Relief Essence	RE							Relief Essence	RE						

HIMALAYAN FLOWER ENHANCERS

DOSE RECORD SHEET

Name:

	1	2	3	4	5	6	7	8
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BOX 1 CHAKRA SET

Down to Earth								
Well Being								
Strength								
Ecstasy								
Authenticity								
Clarity								
Flight								
Gratefulness								

BOX 2

Hidden Splendour								
Aura-Cleaning								
Children's Flower								
Healing								
Trust								
Chiron								
Pluto								
Happiness								

BOX 3

Blue Dragon								
Golden Dawn								
Let Go								
Expansion								
Nirjana								
Vital Spark								
Heart of Tantra								
Gateway								

BOX 4 FLOWERS OF THE WORLD

Warrior								
Goddess								
Veil of Dreams								
Endurance								
Lotus								
Isan (Neem)								
Morning Glory								
Renaissance								

	1	2	3	4	5	6	7	8
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BOX 5

Rapa-Nui								
Nijara 2								
Pink Primula								
Rock Primula								
White Orchid								
Purple Orchid								
Astral Orchid								
Opium Poppy								

BOX 6 TRANSFORMATION

Cedar								
White Orchid								
Gulaga								
Let Go								
Gateway								
Nirjara								
Nirjara 2								
Gulaga Crystal								

SINGLES

Sat-Chit-Ananda								

STAR ESSENCES

DOSE RECORD SHEET

Name:

ANDEAN ORCHIDS OF MACHU PICCHU

Anchoring Light							
Ancient Wisdom							
Balance & Stability							
Divine Child							
Divine Goddess							
Eternal Youth							
Faith & Courage							
Freedom/Libertad							
High Frequency							
Nature Communion							
One Heart							
Sacred Union							

HIGHER CHAKRA TRILOGY

Gold/Silver/White							
Magenta/Zeal Point							
Awakened Thymus							

PERUVIAN FLOWER ESSENCES

13 th Gate							
About Face							
Bushilla							
Doorway to Heart							
I Am Generosity							
I Am Gratitude							
Inocencia Coca							
Integration							
Mango Paradise							
Master Teacher							
Purification							
Strength & Chi							
Sublime Chocolate							
Wild Feminine							

SANTA BARBARA FLOWER ESSENCES

Be Nurtured							
Creation/Focus							
Cup of Gold							
Dance							
Deep Breath							
Early Bloomer							
Echinacea Energy							
Emancipation							
For Giving							
Full Moonlight							
God/Goddess Unity							
Graceful Shift							
I Remember							
Initiation of Heartlight							
Inner Guru							
Let Go & Trust							
Light Navigator							
Magic Healer							
Male Strength							
My Passion							
Open Mind/Future Vision							
Pure Joy							
Recharge and Nourish							
Solar Power							
Soul Family							
Strength of Achilles							
Sweet New Beginnings							
Violet Flame							
Wise Body							
Zania							

STAR ESSENCES

DOSE RECORD SHEET

Name:

CHAKRA GEMSTONE ESSENCES

Ruby								
Carnelian								
Citrine								
Emerald								
Blue Sapphire								
Sodalite								
Amethyst								
Rhodolite								
Aquamarine								
Yellow Sapphire								
White Topaz								
Clear Quartz								

ADDITIONAL ESSENCES

Chaska Star Connection								
Otter Delight								
Whale Time								
Earth Balancing Trinity								

CONSTELLATIONS

Attention								
Brilliant Student								
Celebration								
Emancipated Master								
Exalted Earth								
Forever Young								
Glorious Menopause								
Graceful Passages								
Happy Kid								
Happy Pet								
Magnificent Moontime								
Man Alive								
Perfect Weight								
Prosperity Alchemy								
Quintessential Balance								
Radiant Sensuality								
Shield of Light								
Soul Purpose								
Super Immune								
Travel Solution								
Yoga Mind								

FLOWER ESSENCE SERVICES

DOSE RECORD SHEET

Name:

	1	2	3	4	5	6	7	8
Aloe Vera								
Alpine Lily								
Angel's Trumpet								
Angelica								
Arnica								
Baby Blue Eyes								
Basil								
Black Cohosh								
Black-Eyed Susan								
Blackberry								
Bleeding Heart								
Borage								
Buttercup								
Calendula								
California Pitcher Plant								
California Poppy								
California Wild Rose								
Calla Lily								
Canyon Dudleya								
Cayenne								
Chamomile								
Chaparral								
Chrysanthemum								
Corn								
Cosmos								
Dandelion								
Deerbrush								
Dill								
Dogwood								
Easter Lily								
Echinacea								
Evening Primrose								
Fairy Lantern								
Fawn Lily								
Filaree								
Forget-Me-Not								
Fuchsia								
Garlic								
Golden Ear Drops								
Golden Yarrow								
Goldenrod								
Hibiscus								
Hound's Tongue								
Indian Paintbrush								
Indian Pink								
Iris								

	1	2	3	4	5	6	7	8
Lady's Slipper								
Larkspur								
Lavender								
Lotus								
Love-Lies-Bleeding								
Madia								
Mallow								
Manzanita								
Mariposa Lily								
Milkweed								
Morning Glory								
Mountain Pennyroyal								
Mountain Pride								
Mugwort								
Mullein								
Nasturtium								
Nicotiana								
Oregon Grape								
Penstemon								
Peppermint								
Pink Monkeyflower								
Pink Yarrow								
Poison Oak								
Pomegranate								
Pretty Face								
Purple Monkeyflower								
Quaking Grass								
Queen Anne's Lace								
Quince								
Rabbitbrush								
Red Clover								
Rosemary								
Sage								
Sagebrush								
Saguaro								
Saint John's Wort								
Scarlet Monkeyflower								
Scotch Broom								
Self-Heal								
Shasta Daisy								
Shooting Star								
Snapdragon								
Star Thistle								
Star Tulip								
Sticky Monkeyflower								
Sunflower								

FLOWER ESSENCE SERVICES

DOSE RECORD SHEET

Name:

	1	2	3	4	5	6	7	8
Sweet Pea								
Tansy								
Tiger Lilly								
Trillium								
Trumpet Vine								
Violet								
Yarrow								
Yarrow Special Formula								
Yellow Star Tulip								
Yerba Santa								
Zinnia								