



**CHRISTCHURCH
FLOWER ESSENCES
HANDBOOK**



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INTRODUCTION

CHRISTCHURCH FLOWER ESSENCES

Christchurch Flower Essences have been made in the tradition of Flower Essences that started with Dr Edward Bach, and has since extended to include Flower Essences from all around the world.

Flower Essences are natural remedies from the flowers of bulbs, trees and garden plant by a special technique. They are liquid, potentised plant preparations with carry an imprint of specific flowers.

The Christchurch Flower Essences have been designed to capture the healing properties of the flowers and gardens of Christchurch, New Zealand also called “The Garden City” and “The City that Shines.” They are not just for use in Christchurch, and when I was producing them I was very much aware of their future use throughout New Zealand and around the world.

The Christchurch Flower Essences project was done using my intuition, and the guidance I received at each stage led to the next development of the project. I am grateful to have been used in this way to prepare the Essences, and look forward to helping with their distribution, as their healing properties are spread more widely.

For the Christchurch Flower Essences, the indications came in a number of manners. The Doctrine of Signatures was used, or the symbolism of the flower and indeed the plant itself and its name. Other indications came in the form of ideas and dreams, or through meditation and channelling.

There are many coherences with other Flower Essence sets, although in many cases there are also subtle differences between the Christchurch Flower Essence and the Flower Essence from other sources. In some cases the use of the Christchurch Flower Essences is more refined than in the earlier Flower Essence sets, and I think that this represents mankind’s continued growth of consciousness since the 1920’s, when the Bach Flowers first became available.

The Flower Essences are designed to help transform emotions, attitudes and patterns of behaviour that hinder the person’s full development or potential. They do not directly treat disease or illness but help to stabilise emotional and psychological stress. The Essences are not a substitute for other medication or treatment. If you have a health problem please also see your doctor, homeopath, psychologist or health professional.

For the Christchurch Flower Essences the Spring Flowers are used for emotional growth and transformation, and the Summer Flowers are for spiritual growth and transformation. The Blended Essences are combinations to enhance specific qualities of physical, mental and spiritual development.

SPRING FLOWERS

Flower Essences are used to help transform emotions, attitudes and patterns of behaviour which hinder the person's full development or potential. The Spring Flowers are used to help with emotional growth and transformation, whereas the Summer Flowers is more spiritual growth and transformation.

Opening and Unfolding

As you look at the Spring Flowers, you will find a gradual progression of flowers used, from "beginning to open and unfold" with the Anemone, and "discovering and expressing one's wholeness" with the Azalea. The flowers that follow represent in many ways the path that an individual pursues on the way to personal development So Camellias are on the whole about fear of changing, and fear of making the necessary changes for further development. Then the Clematis is for the ability to flourish in the present, and the Daffodils are for different aspects of bringing energy, joy and enthusiasm into one's life. And the Rhododendrons are to do with the issues of presenting oneself clearly to others in the three ages of man, or woman - in youth, maturity and old age.

Flower Essences for Specific Situations

There are also a number of Flower Essences for specific situations and of course any of the Flower Essences can be used in any order or in any combination. So Daphne is for a situation where there are constant or long-term responsibilities, to help balance these with an all-round balance of activities, and Plum is for when one is disheartened after seemingly futile effort, to give enthusiasm to continue, and eventually claim the fruit of one's endeavours.

Grape Hyacinth and Hyacinth represent destructive relationships as seen from both the male and female viewpoints. So Grape Hyacinth for when there has been an abuse of one's power, and Hyacinth for when one has allowed oneself to be used for a false sense of security. Of course, these are not the only situations when these Flower Essences can be used - for example early on when I used Hyacinth for an adolescent boy who was giving away his power. It is more that the essence of the Flower Essence must be matched to the essences of the person.

Flower Photographs

It is partly for this reason that the sets of Photographs of the flowers have been released. These photographs can be used as a reference to the Flower Essence, and as an aid for choosing which Flower Essence to use, to increase the practitioner's attunement to the Flower Essence, and as a meditation aid. Some people have even commented that they can have some of the effect of the flower itself, and its Flower Essence, by just looking at the photo.

Indications for Personal Growth

Some of this holds also for the writing about the individual Flower Essences. The words used have been specially chosen to give as much depth and resonance to their meaning as possible, and there are many references, illusions and indeed puns in the wording. For instance the Primrose, "to develop one's true image", as all written in photographic jargon, and if you look at the photograph itself you

will find that I never did manage to get the flower in focus! Similarly the White Magnolia (*Magnolia denudata*), for “delicate flowering of femininity”, is really about the stage in young woman’s life when deflowering occurs.

As well as the individual use of words, most of the indications can be used in their own right as therapeutic tools. So in most cases for the Spring Flowers there is a negative condition mentioned, then a transformative key, and then a positive outcome, which is really the initial problem in its transformed state. I hope that in this way there are many keys to personal progress just sitting in the pamphlets waiting for people’s discovery. One example of this Maple: “For when one is subject to swinging moods and emotions. So that one may pull a balance into the various aspects of one’s being, and so provide a framework for positive emotions and behaviour.

Parallels with Bach Flowers

There are a number of Christchurch Flower Essences which are also used in the Bach Flower series, and in these it is interesting to draw some comparisons. It is not that the more spiritual aspects were not present in the Bach Flowers, as Dr Bach himself was such a high person; but rather it reflects the explosion of spiritual questing that is happening today. In fact I felt a distinct affinity with Edward Bach as I was preparing the Christchurch Flower Essences, and took comfort from the story of his life in the early stages of my Flower Essence preparation, when I briefly passed through each of the mental states related to the first few batches of Flower Essences that I prepared.

In the Bach Flower system, Cherry Plum is for Fear, for fear of losing mental and physical control, but in the Christchurch Flower Essences the same issues have been expressed from a different aspect: “to help lift a cloud or weight from one’s aura, to restore calm and quiet beauty, so that one can develop serenity and a quiet joy in the processes and progression of life”. Clematis is not just for Insufficient Interest in Present Circumstances, but rather for its positive outcome: “for the ability to flourish in the present, without needing a structure or formal context, so that one can express oneself fully in the present”. And Star of Bethlehem is not for Despondency or Despair directly, but resonates with the Star of Bethlehem in the New Testament, bringing in aspects of peace, well-being and joy.

Flower Essences for Spiritual Growth

Towards the end of the Spring Kit, there are a few Flower Essences more related to spiritual growth. The Tulip is for “opening one’s channel upwards”, and the Winter Rose is for “inner peace, staying in one’s own energy”. And the Yellow Hoop Petticoat is “for when the next stage of growth is to transmit light and radiance out into the world to waken others. Helps one become a beacon, with the ability to shift and heal others, and to send out radiance to bring everything around to a higher level.” Isn’t that what we all as healers aspire to?

SUMMER FLOWERS

Flower Essences are used to help transform emotions, attitudes and patterns of behaviour which hinder the person's full development or potential. In the Christchurch Flower Essences, the Spring Flowers are used for emotional growth and transformation, and the Summer Flowers are more for spiritual growth and transformation.

Indications for Spiritual Growth

Whereas for the Spring Flowers, the indications have a negative condition treated, then a transformative key and a positive outcome, for the Summer Flowers, there is no negative condition to treat. So the indications usually include a statement about the stage of spiritual growth that the Flower Essence represents, and then a more general statement about the result or outcome of this stage.

Hence Bleeding Heart is "for releasing of emotional attachment and letting go of the past, so that one is no longer attached at an emotional level to people, events, experiences and outcomes." The more general statement for this essence is "assists one to stay neutral, remain open and loving, allow external events to flow, and maintain a centre of peace, harmony and inner joy."

You can also see from this indication that there is information about spiritual growth in general, even if you do not wish to take this particular Flower Essence. The issue may be more acute if someone is held back by emotional attachment or attachment to the past, but most people would like to learn to become more neutral and centred, with inner peace, harmony and joy.

The Bleeding Heart Flower Essence is also an example of how the indications for the Christchurch Flower Essences are more on a spiritual plane than was the case for some of the earlier Flower Essences. For example, an earlier version of the Bleeding Heart from America was for "releasing emotional attachments, letting love exist in freedom; for those who are overly-identified, clinging and possessive with those they love; helpful when experiencing the breakup of a relationship." The Christchurch Flower Essence does encompass all of these issues, but goes further, to also include learning from the situation, growing further because of it, and then using what you have learned to further your own spiritual growth.

Opening and Unfolding

Whereas the Spring Flowers begin with Anemone, for "beginning to open and unfold" and Azalea, for "discovering and expressing one's wholeness", the Summer Flowers also have a gradual progression of states of consciousness. So the first Summer Flower is Arum Lily, "for an unfolding at one's self-worth, so that one can discover one's inner truth, and honour one's deepest feelings". It can be used to "enable one to stand by one's deepest truth and validate one's own beliefs and experiences, acting with dignity and power."

Among the next few Summer Flowers are Busy Lizzie, "for when one has made a quantum leap in personal development, and is impatient to bring one's own personality, body emotions and attitudes up to the same level". And Buttercup, "for knowing the true value of one's gifts, and accepting who one really is, so that one can appreciate, value and support oneself". These can lead to the situation where one can work with situations as energy, and live in a higher flow, moving forwards easily and effortlessly while asserting one's power and self-warmth with strength, humility and compassion."

Spiritual Growth

Many of these Flower Essences are for aspects of spiritual growth that are common to many meditation disciplines, such as Canterbury Bells, “to help one become a clear channel, and connect with a high source of guidance, clarity and direction”, and Dogwood, “for opening the heart centre, and an expansion of love and healing, both for oneself and others. To experience an enhanced ability for compassion and forgiveness, and start to awaken one’s inner healer.” Also Forget-Me-Not, “to give one the courage to deal with sub-personalities that need to be brought to a higher level of evolution. For the strength to acknowledge the part of oneself that seems to resist goals, resolutions and commitments, and the guidance to evolve, love and transform them”.

High States of Consciousness

Moving on in the Summer Flowers, there are a number of Flower Essences that are related to the high states of consciousness that can be reached in meditative states. So Hollyhock is “to help centre consciousness in the higher dimensions of the soul, using one’s awareness to sense reality at other levels beyond ordinary life,... so that one can have an expanded sense of oneness with all of life”. Lavender is “for the ability to sense subtle energies from a cocoon of harmonised energy around the body” and Ranunculus is “for observing the continual unfolding of energy, as if of a thousand-petalled lotus... and using this experience as a base on which to play in infinity.” Sunflower goes further “to connect oneself directly to the light, and to regulate, filter and integrate the light that is brought in, becoming an open and radiating source of light for oneself and one’s environment.”

Energising Daily Life

A parallel theme to the attaining of high states of consciousness in meditation is the issue of bringing these states back into normal waking consciousness, and integrating them into everyday life. Among the Flower Essences for this are Fuchsia, “for a greater awareness and honest expression, of emotions, and an open and expansive emotional body”, Honesty, “to assist one in honouring one’s deepest truth, choosing higher thoughts, speaking with love and compassion, and acting with integrity”, and Jasmine, “for a sense of precision and mental clarity after returning from the higher frequencies. Shasta Daisy, “to help with expressing in every area of one’s life, as one activates one’s spiritual aura.”

World Service

There is also a recurring theme of World Service, starting with Yellow Hoop Petticoat in the Spring Flowers, “for when the next stage of spiritual growth is to transmit light and radiance out into the world to awaken others.” This continues into the Summer Flowers, with Larkspur: “to accept one’s role as a teacher, leader and healer, and help in reaching upwards to become a source of light, awakening and higher consciousness.” And Wallflower develops quite an expanded meaning to its usual social association: “for discovering one’s life purpose, looking at life from a higher perspective, and discovering more about one’s path and the mission one came to accomplish.”

Learning from Daily Life

These are several Flower Essences related to spiritual aspects of everyday situations. Lilac is “for a balanced and rounded accessing of sexual energy, and for using this to express the divine life force,... accessing increased energy for healing and creativity, and releasing the separation between individuals”. Spiraea is “for abundance, seeking growth and aliveness,... and for following one’s path of great-

est creativity, joy and aliveness”. And Trillium is for “rising above the limitation of family and social consciousness,... to rise above acceptance, transcend judgement, go beyond the illusions of time, and live only for the fulfilment of the self”.

Health and Healing

These are two Flower Essences specifically for healing physical illnesses on a higher plane, the “Hypercal” of the Summer Kit. Marigold, is “for understanding that illness is a communication from one’s higher self, that pain is a resistance to change, and that healing cannot occur until the message of the illness has been heard and understood. That disease is not evil, but paradoxically a blessing in disguise, whose purpose is solely and purely corrective”. The last sentence of this indication is a direct quote from the writings of Dr Edward Bach, who started the Flower Essence tradition earlier this century. Moving further, StJohn’s Wort, is “for the understanding that health is a state of balance and harmony, a state of ease. That health is a state of mental harmony where all of the thoughts are focused in the present, and that once one’s mind is healed, then one’s form will follow.”

Perhaps it is worth pointing out that the Christchurch Flower Essences are part of a tradition of vibrational medicine, where information is gained by meditative processes. They are designed to help transform emotions, attitudes and patterns of behaviour which hinder the person’s full development or potential. They do not directly treat disease or illness, and are not a substitute for other medication or treatment. Anyone using Flower Essences is advised to also see their health professional if they have a specific health problem.

The Roses

The highest and most uplifting essences come near the end of the Summer Flowers, the Roses and related Flower Essences. For these there is no longer any negative state to be addressed, nor is there a process to be followed. The Roses are just there for when one reaches a state of peace, love and forgiveness in everyday life, without there being any sense of imperfection, incompleteness or striving. The indications for the Rose Flower Essences are quotes from “A Course in Miracles”.

The Paeony Rose has to do with knowing reality and letting go of the ego. “Therefore lay judgement down, not with regret but with a sigh of relief. Open your eyes and look upon a happy world of safety and of peace. Retain your gifts of clear awareness as you see the light of truth beyond appearances.” For the Rock Rose: “perfect love casts out fear. If fear exists, then there is not perfect love. But, only perfect love exists. If there is fear, it produces a state that does not exist.”

And for the true Roses, Miracles no longer occur only in a blue moon. The Blue Moon Rose states: miracles occur naturally as expressions of love. The real miracle is the love that inspires them. In this sense everything that comes from love is a miracle... Miracles are a kind of exchange. They bring more life to both the giver and the receiver.” Peace Rose “will carry its message of love and safety to everyone who draws nigh. When a situation has been dedicated wholly to truth, peace is inevitable”. And the Pristine Rose has to do with forgiveness.” Forgiveness recognises what you thought your brother did to you has not occurred. It does not pardon sins and make them real. It recognises that there was no sin. And in that view are all your sins forgiven.”

Superstar Rose has to do with the deceiving of appearances and the changelessness of reality, and The World is for seeing yourself as truth in the real world. “How lovely does the world become in just that single instant when you see the truth about yourself reflected there. Now you are sinless and behold your sinlessness. Now you are holy and perceive it so.”

The Holy Instant

The last of the Summer Flowers is Wisteria, which has to do with the holy instant “All separation vanishes as holiness is shared. In the holy instant you recognise the idea of love in you, and all of your relationships are blessed.

“There is no end to the peace and joy that is available, and this is love, for this alone is natural under the laws of God.”

BLENDING ESSENCES

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

Blended Flowers is a set of Stock Bottles, which can be used to make up individual Dose Bottles, or Blended Essences.

Blended Essences are also available singly, or in sets of twelve.

Blended Essence Qualities

The names of the Blended Essences reflect the qualities that they are used for. They are labelled Awareness, Balance, Energy, Growth, Guidance, Harmony, Inspiration, Life Path, Openness, Relief, Transformation and Truth.

Each of the Blended Essences contains five Christchurch Flower Essences, and these have been grouped into synergistic combinations, covering various aspects of each quality. They also relate to the stages through which a person can pass while working to attain that quality.

Essences are Interrelated

Although each Blended Essence is for a specific quality, they are all interrelated to some extent. For instance, Life Path Essence is to help with discovering and following your true Life Path. The flowers in this Essence are to help with viewing life from a higher perspective, developing higher thoughts, approaching change, and living with a sense of purpose.

These five essences all enhance each other and yet the main single Christchurch Flower Essence for discovering your life purpose is Wallflower. This is found in the Truth Essence, and is the culmination of dealing with personal issues, and being true in the way you present yourself.

Similarly, Awareness Essence has aspects of energy and creativity, while Energy Essence is for energy flow. Inspiration Essence is for aspects of personal growth in daily life, and Growth Essence is related to growth through illness and life experiences.

Balance Essence is for cleansing and facing sensitive issues, in order to develop courage and integrity. This has parallels with Harmony Essence, which is for releasing fear, and developing inner peace and awareness.

However, each Blended Essence has its own distinct attributes, and clearly reflects the quality it represents.

Physical, Emotional, Spiritual

On the whole, the Blended Essences have indications for use with issues on the physical, emotional and spiritual planes.

For example, Guidance Essence may help with restful sleep on the physical plane, sensitivity and receptivity on the emotional plane, and attunement and receiving guidance on the spiritual plane.

Growth Essence is to help with learning from illnesses and life experiences. It has to do with awareness of the meaning of illness, openness to change, and a willingness to grow through life experiences.

Relief Essence is more specifically for the physical plane, and specifically addresses the issues of injury, illness, betrayal, grief and stress. It is used to give a calming and stabilising effect on the body, mind and emotions during minor and major crises. Relief Essence can also be taken the medium term to help consolidate the improvement, and in the long term to help resolve outstanding issues.

The Blended Essences can be selected for just their emotional qualities. On the emotional plane, Balance Essence is for facing sensitive issues and processing emotions, Harmony Essence is for releasing fear, and Truth Essence has to do with discovering your true self. Openness Essence is for developing gentleness and sensitivity, Inspiration Essence is for developing positive emotions and behaviour, and Awareness Essence is for focus and enthusiasm.

Two of the Blended Essences, Energy Essence and Transformation Essence, have more spiritual indications. Energy Essence is for dealing with physical, emotional and spiritual energy, and energy flow. Transformation Essence contains roses, and is related to aspects of spiritual growth, including forgiveness, love, peace and truth.



**SPRING
and
SUMMER
FLOWERS**

SPRING FLOWERS

ANEMONE

For opening and unfolding of the individual's full potential, in the light of one's soul.

AZALEA

For a shyness or diffidence in expressing one's own true worth or value, to help in unfolding and expressing the wholeness of who one really is.

BLUEBELL

For transforming a sense of sadness and being weighed down by past experiences, so that one can become centred and clear in one's own current surroundings.

CAMELLIA - DOUBLE

To transform feelings of apprehension and fear about changes into a sense of divine anticipation about opportunities for growth and development

CAMELLIA - PINK

For fear about settling into a comfortable lifestyle, so that one can feel free to grow and play without being constricted by other people's definitions and expectations.

CAMELLIA - RED

For reluctance to acknowledge one's true worth, and claim one's sovereignty, to transform the fear of being a master in one's own right.

CAMELLIA - WHITE

For reluctance and fear to make the necessary changes to produce a more orderly lifestyle, so that one can have a framework for evolving and unfolding one's true self.

CHERRY BLOSSOM

To help lift a cloud or weight from one's aura, to restore calm and a quiet joy in the processes and progressions of life.

CLEMATIS

For the ability to flourish in the present, without needing a structure or formal context, so that one can express oneself fully in the present.

CRAB APPLE

For cleansing of a sense of shame and unworthiness, often showing as a veneer of irritability and resentment. To enable one to step aside from one's previous bitterness, and enjoy one's true worth.

DAFFODIL - ACTAEA

For tendency to present a false and self-indulgent person to the world, so that one can become more compassionate and gentle with oneself, and so act with more clarity, transparency and attunement.

DAFFODIL - KING ALFRED

For a lack of energy and enthusiasm in one's life, to produce an uplifting and elevating vibration, so that one can have more enjoyment, verve and creativity in the various aspects of one's life.

DAFFODIL - WHITE

For a tendency towards impatience and intolerance, to produce a broadening of one's conscious experience of life, so that one's energy and enthusiasm can be used for inspiring purposes.

DAPHNE

To overcome or prevent a degree of weariness during constant or long-term endeavours, and allow a selfless determination in discharging one's responsibilities, while still allowing an all-round balance in the rest of life's activities.

ERLICHEER

To help with confusion and darkness, to bring a fresh sense of hope and cheer, and a glimmer of joy in the potential and promise of the future.

FREESIA

For a sense of heaviness and weight in one's life, so that one can experience an even and smooth sense of the delicacy and fineness of life's experiences.

GENTIAN

For an awkwardness, uncertainty and diffidence in relating to others, to transform and transmute the depths of one's personality and lead to a sense of connectedness to all of life.

GRAPE HYACINTH

For when there has been an abuse of one's power, energy and emotions, to allow a glorifying and uplifting transformation, so that one can live a harmonious and upright life.

HYACINTH

For when one has allowed oneself to be used or abused for a false sense of security, to develop a strengthening of one's integrity, so that one can live a life of grace, openness and gentleness.

JAPONICA

For a fragility in presenting oneself to the outside world, and a tendency to change to fit in with others. Allows an improvement in the ability to acknowledge one's true beauty, and to present oneself in a straightforward and honest manner.

MAGNOLIA

For a bashfulness about acknowledging one's femininity, to develop a grandness and flourishing of one's external beauty, with an acceptance and acknowledgement of one's inner depths.

MAGNOLIA - STAR

For when there are blockages to sensitivity and receptivity, to allow an opening of intuition, and lead to a finer attunement with the higher realms and the dimensions of light.

MAGNOLIA - WHITE

For awkwardness in adolescence, to allow a rounded emergence of womanhood, and delicate flowering of femininity.

MAPLE

For when one is subject to swinging moods and emotions. So that one may pull a balance into the various aspects of one's being, and provide a framework for positive emotions and behaviour.

PANSY

For a tendency for tiredness, or tiredness after meditation. Stimulates immunity, and strengthens the body and mind leading, to a rested and balanced energy state.

PANSY - JOKER

For sadness and weariness related to emotional issues, often showing as ill-humour, moroseness or a black wit. Allows one to face sensitive issues, leading to a more relaxed and constructive form of behaviour.

PLUM

For when one is dishearted or discouraged after seemingly futile effort. To give enthusiasm to continue in a light and joyful manner, and eventually claim the fruit of one's endeavours.

POLYANTHUS

For when one wishes to have more vision, clarity and light in one's life. To strengthen the connection to one's core, so that one can radiate light with precision and intensity.

PRIMROSE

For those who are overwhelmed by being in a confused and blurred environment, who cope by shutting themselves out, and developing a negative veneer. To focus on allowing one's own colours to emerge, and developing one's true image, so that one can add one's own imprint to the processes of life.

RHODODENDRON - PINK

For a shyness in presenting oneself to others during adolescence. To allow a new social role to emerge, and so present oneself in one's best light, with a sense of clarity and delicacy.

RHODODENDRON-RED

To help with an ambivalence about how to present oneself honestly in an adult social setting. To enable one to acknowledge the power of sensitivity and openness, and thus be compatible within a group while still presenting one's own individuality.

RHODODENDRON - WINE

To help establish a positive social role in later life. So that one can step aside from the bustle of activity, and allow a natural radiance and serenity to emerge, bridging the gap between the old and the new.

SNOWFLAKE

For situations of alienation, in a harsh environment, to enable one to rise above one's limitations and present a clear and courageous beauty to the world.

SOLEIL D'OR

To help with states of despair, the dark night of the soul. To bring a fresh sense of hope and joy, and a glow of golden warmth and emerging strength.

STAR OF BETHLEHEM

For when one is overwhelmed by life's experiences, allowing an angelic and ethereal assistance, leading to an unexplainable feeling of peace, well-being and great joy.

TULIP

For the process of opening one's channel upwards, to assist in spinning light from one's core to the higher spaces, to build a connection to finer awareness.

VIBURNUM

For when one would feel inept and isolated in a group situation, to allow an allround and balanced personal development, so that one can fit harmoniously into one's social circle, and work for the overall good of the group.

VIOLET

For a tendency to be shy, to shrink back to protect one's individual sense of self. To transmute and transform these delicate and retiring tendencies, and develop a warmth, trust and openness in personal and group situations.

WEEPING PRUNUS

For women in the midlife who are irritable and depressed, easily offended, and indifferent to their family and friends. To produce a softening of attitudes, and restore a delicate sense of femininity, allowing a willingness to nurture and be nurtured, and discovering true fulfilment of womanhood.

WINTER ROSE

For inner peace, so that one can stay in one's own experience, and retain one's own identity and integrity without being affected by others. To help one remain in one's own energy flow, and maintain an inner sense of purpose, power, focus and peace.

YELLOW HOOP PETTICOAT

For when the next stage of growth is to transmit light and radiance out into the world to awaken others. Helps one become a beacon, with the ability to shift and heal others, and to send out radiance to bring everything around to a higher level.

RELIEF ESSENCE

This combination of five Flower Essences has a calming and stabilising effect on the body, mind and emotions during crises. It will quickly address fear, panic, stress and shock, then help to consolidate the improvement, and later to resolve any outstanding issues.

Dog-Toothed Violet is for injury, to assist with the energy to heal oneself.

Foxglove is for illness, to regulate and strengthen the body and mind.

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

Pussy Willow is for grief, to comfort and nurture.

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

SPRING FLOWERS INDEX

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RELIEF ESSENCE

RE1	Dog-Toothed Violet	Injury — energy to heal
RE2	Foxglove	Illness — regulate and strengthen
RE3	Pig Squeak	Betrayal — trust own experience
RE4	Pussy Willow	Grief — comforting and nurturing
RE5	Tiger Lily	Stress — soothe and calm

SUMMER FLOWERS

ARUM LILY

For an unfolding of self-worth, so that one can discover one's inner truth, and honour one's deepest feelings. Enables one to stand by one's deepest truth and validate one's own beliefs and experiences, acting with dignity and power.

BLEEDING HEART

For releasing of emotional attachment and letting go of the past, so that one is no longer attached at an emotional level to people, events, experiences and outcomes. Assists one to stay neutral, remain open and loving, allow external events to flow, and maintain a centre of peace, harmony and inner joy.

BUSY LIZZIE

For when one has made a quantum leap in personal development, and is impatient to bring one's personality, body, emotions and relationships up to the same level. To help one work with the situation as energy, avoid being involved in personality issues, and so move forward easily and effortlessly.

BUTTERCUP

For knowing the true value of one's gifts, and accepting who one really is, so that one can appreciate, validate and support oneself. For living in the higher flow and being a source of love, so that one can assert one's power and self-worth with strength, humility and compassion.

CANTERBURY BELLS

To help become a clear channel, and connect with a high source of guidance, clarity and direction. So that one can enjoy learning and opening to new skills and knowledge, and remain open-minded, aware, sensitive and in touch with one's feelings. To ring the changes in life easily and joyfully, while achieving new levels of personal power and spiritual growth.

CHRISTMAS LILY

To allow a sense of peace, joy and goodwill, with a feeling of connectedness to others, and love towards one's family and fellow men. So that one can appreciate the glory of mankind, and make one's life glowing and beautiful, contributing towards a harmonious world.

CHRYSANTHEMUM

For when one is searching for peace and a sense of inner completion, so that one can learn to become still, and to choose the activities that bring happiness and delight in one's life. So that one can live with a sense of purpose and direction, and move through life sounding an inner note of joy and peace.

COLUMBINE

For the ability to experience as much as possible in life, and to learn something positive from each new possibility. For the understanding that life is an opportunity for growth and development, and the ability to approach change with a sense of adventure and challenge.

DOGWOOD

For opening the heart centre, and an expansion of love and healing, both for oneself and others. From this space, to experience an enhanced ability for compassion and forgiveness, start to awaken one's inner healer, and learn to set a healing space for others.

EVENING PRIMROSE

To develop a fineness of awareness, and ability to reach higher in one's consciousness. To learn how to stay in a higher flow, increase one's awareness in each moment, and to see everything around as energy.

FORGET-ME-NOT

To give one the courage to deal with sub-personalities that need to be brought to a higher level of evolution. For strength to acknowledge the part of oneself that seems to resist goals, resolutions and commitments, and guidance to evolve, love and transform them.

FUCHSIA

For a greater awareness and honest expression of emotions. For emotional flow, with an open and expansive emotional body, so that one's energy fields become more harmonised and radiant, and one's physical body becomes more vibrant and energetic.

HOLLYHOCK

To help centre consciousness in the higher dimensions of the soul, using one's awareness to sense reality at other levels beyond ordinary life. While existing in this dimension, becoming also aware of the higher planes, so that one can have an expanded sense of oneness with all of life.

HONESTY

To assist in honouring one's deepest truth, choosing higher thoughts, speaking with love and compassion, and acting with integrity. To develop elegance, gratitude and aliveness, and to acknowledge that one has compassion, courage, strength and wisdom to come from a high level when relating to oneself and others.

IRIS

For a readiness and willingness to explore new areas, the ability to view life from a higher perspective, and the opening of one's soul-life to a more inspired and creative level of awareness. So that one can move into new understanding and concepts, and receive clearer guidance as ideas, inner knowing, insights and creative inspiration.

JASMINE

To assist one in taking action on new visions and insights, and for a sense of precision and mental clarity after returning from the higher frequencies of meditation. For learning to use one's higher mind in ordinary reality, and to maintain one's own intensity and brilliance while harmonising with society.

LARKSPUR

To accept one's role as a teacher, leader and healer, and help in reaching upwards to become a source of light, awakening and higher consciousness. For assisting others in knowing that they create their own reality and can take control of their lives, so that they may lead lives of increasing abundance, light and spiritual growth.

LAVENDER

For the ability to sense subtle energies form a cocoon of harmonised energy around the body, and to be comfortable with an ever-increasing level of harmony and balance. For a greater feeling of ease, flow and fluidity in the body, emotions and mind, and the openness and serenity that come from refining and balancing the vibrational energy bodies.

LILAC

For a balanced and rounded accessing of sexual energy, and for using it to express the divine life force, and to surrender to new levels of joy and ecstasy. To raise one's sexual expression to a higher chakra and energy level, accessing increased energy for healing and creativity, releasing the separation between individuals, and allowing new levels of merging and freedom.

LILY OF THE VALLEY BUSH

For creating a gridwork of light on the inner planes, as a connection to others on the spiritual path, and as a source of soul nourishment, strength, energy and light. For connection to the gridwork of light and the clear, harmonious and radiant energies it contains, to help with awakening your own light body.

LOBELIA

For building one's power base, generating power to send energy to the higher centres, and shifting awareness into an expanded reality. To release old blocks and clear stuck energies, stay centred and in control of emotions, and experience a stronger sense of identity and personal power.

LUNGWORT

To assist in holding the perspective of a positive and supportive environment and friendly universe, with the belief that everything is happening for the highest good. For the wisdom to be conscious of what is happening in one's environment, to see the higher truth, and to express oneself with love and compassion.

MARIGOLD

For understanding that illness is a communication from one's higher self, that pain is a resistance to change, and that healing cannot occur until the message of the illness has been heard and understood. The disease is not evil, but paradoxically a healing process, a blessing in disguise, whose purpose is solely and purely corrective.

PAEONY ROSE

The ego is trying to tell you how to gain the whole world and lose your soul. To know reality is not to see the ego and its thoughts, its words, its acts and its beliefs. Therefore lay judgement down, now with regret but with a sigh of relief. Open your eyes and look upon a happy world of safety and of peace. Retain your gifts of clear awareness as you see the light of truth beyond appearances.

PERIWINKLE

For a state of mental focus, creativity and clear ideas that comes as one allows one's guidance to come into consciousness from beyond polarity, giving higher, more complete and more positive thoughts. For working with the intuitive levels of one's awareness, and going beyond the knowing of one's intellect, to find answers and inner guidance.

POPPY

For becoming radiant, and experiencing a sense of receiving and transmitting light. For combining the floating, feelings of lower energy centres with the expanded feelings of upper energy centres, to achieve new levels of ecstasy and bliss.

RANUNCULUS

For observing the continual unfolding of energy, as if of a thousand-petalled lotus, being buoyed by the awareness of continual movement, and using this experience as a base on which to play in infinity. To observe the transition where images and sensations change into an awareness of infinity, so one can travel in the high and refined dimensions of light.

ROCK ROSE

Perfect love casts out fear. If fear exists, then there is not perfect love. But, only perfect love exists. If there is fear, it produces a state that does not exist.

ROSE - BLUE MOON

Miracles occur naturally as expressions of love. The real miracle is the love that inspires them. Miracles are natural. Miracles are a kind of exchange. They bring more love to both the giver and the receiver.

ROSE-PEACE

As peace extends from deep inside yourself to embrace all and give it rest, it will encounter many obstacles. Yet peace will gently cover them, extending past completely unencumbered. And you will

carry its message of love and safety to everyone who draws nigh. When a situation has been dedicated wholly to truth, peace is inevitable.

ROSE - PRISTINE

The real world is the state of mind in which the only purpose of the world is seen to be forgiveness. Forgiveness recognises what you thought your brother did to you has not occurred. It does not pardon sins and make them real. It recognises that there was no sin. And in that view are all your sins forgiven. When then is free to take its place is now the will of God.

ROSE - SUPERSTAR

Appearances deceive, but can be changed. Reality is changeless. It does not deceive at all, and if you fail to see beyond appearances, you are deceived. It is this that makes it real, and helps it separate from all appearances.

ROSE - THE WORLD

How lovely does the world become in just that single instant when you see the truth about yourself reflected there. Now you are sinless and behold your sinlessness. Now you are holy and perceive it so. And what you call with love will come to you.

SHASTA DAISY

For when one is gaining radiance from travelling high and refined dimensions of light, and for integrating these higher frequencies into one's mental, emotional and physical energy bodies. To help with adding light to the patterns of one's self and one's environment, and the growing desire to express this radiance in every area of one's life, as one activates one's spiritual aura.

SPIRAEA

For abundance, seeking growth and aliveness, and wanting to manifest one's potential and all one can be. For life filled with joy, love, a feeling of security, creative self-expression, and enjoyable and meaningful activities. For following one's path of greatest creativity, joy and aliveness, as one does one's life's work, and honours and serves the higher good of others.

ST JOHN'S WORT

For the understanding that health is a state of balance and harmony, a state of ease where the various parts are resonating in harmony. That health is a state of mental harmony where all of the thoughts are focused in the present, that health is communicating with all parts of oneself, and that ones' mind is healed, then one's form will follow.

SUNFLOWER

To connect oneself directly to the light, and to regulate, filter and integrate the light that is brought in, becoming an open and radiating source of light for oneself and one's environment. To receive light from the spiritual sun, with an awakening of will and purpose, a connecting to one's soul and monad, and a recharging of one's whole being.

TRILLIUM

For rising above the limitation of family and social consciousness, listening only to the voice within, and following only the path of joy, of knowingness. To transcend social consciousness, rise above acceptance, transcend judgement, go beyond the illusions of time, and live only for the fulfilment of the self.

WALLFLOWER

For discovering one's life purpose, looking at life from a higher perspective, and discovering more about one's path and the mission one came to accomplish. For becoming a world server, increasing one's belief in the worth of one's work, learning how to draw in opportunities and assistance, and seeing beyond the illusion to know that one is on the right path.

WINDFLOWER

For recharging at core, to assist in exploring one's core energy, and in balancing and aligning one's energy centres. For new aspects of flow, fluidity and balance, the ability to capture and use this flow in daily life, and a more subtle appreciation and awareness of one's body, emotions and thoughts.

WISTERIA

All separation vanishes as holiness is shared. In the holy instant you recognise the idea of love in you, and all of your relationships are blessed. There is no end to the peace and joy that is available, and this is love, for this alone is natural under the laws of God.

RELIEF ESSENCE

This combination of five Flower Essences has a calming and stabilising effect on the body, mind and emotions during any crises. It will quickly address fear, panic, stress and shock, then help to consolidate the improvement, and later to resolve any outstanding issues.

Dog-Toothed Violet is for injury, to assist with the energy to heal oneself.

Foxglove is for illness, to regulate and strengthen the body and mind.

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

Pussy Willow is for grief, to comfort and nurture.

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

SUMMER FLOWERS INDEX

SU1	Arum Lily	Stand by deepest truth
SU2	Bleeding Heart	Emotional non—attachment
SU3	Busy Lizzie	Move forward easily and effortlessly
SU4	Buttercup	Living in higher flow
SU5	Canterbury Bells	Becoming a clear channel
SU6	Christmas Lily	Peace, joy and goodwill
SU7	Chrysanthemum	Live with sense of purpose and direction
SU8	Columbine	Approach change with adventure and challenge
SU9	Dogwood	Opening the heart centre
SU10	Evening Primrose	Fineness of awareness
SU11	Forget-Me-Not	Evolve sub-personalities
SU12	Fuchsia	Flowing emotional body
SU13	Hollyhock	Centre consciousness in higher dimensions
SU14	Honesty	Acting with integrity
SU15	Iris	View life from higher perspective
SU16	Jasmine	Using higher mind in ordinary reality
SU17	Larkspur	Accept role as teacher, healer, leader
SU18	Lavender	Harmonised energy around body
SU19	Lilac	Raise sexual expression
SU20	Lily of the Valley Bush	Connection to gridwork of light
SU21	Lobelia	Centred and in control of emotions
SU22	Lungwort	Everything happening for highest good
SU23	Marigold	Illness is a communication
SU24	Paeony Rose	Know reality and let go of the ego
SU25	Periwinkle	Higher, complete and positive thoughts
SU26	Poppy	Receiving and transmitting light
SU27	Ranunculus	Unfolding energy into infinity
SU28	Rock Rose	Perfect love casts out fear
SU29	Rose — Blue Moon	Miracles occur naturally as expressions of love
SU30	Rose — Peace	Peace brings love and safety
SU31	Rose — Pristine	Forgiveness recognises there was no sin
SU32	Rose — Superstar	Appearances deceive, reality is changeless
SU33	Rose — The World	In the real world you see yourself as truth
SU34	Shasta Daisy	Expressing radiance in every area of life
SU35	Spiraea	Abundance, growth and aliveness
SU36	St John's Wort	Health is a state of balance and harmony
SU37	Sunflower	Open and radiating source of light
SU38	Trillium	Following the path of joy and knowingness
SU39	Wallflower	Discovering life purpose
SU40	Windflower	Recharging at core
SU41	Wisteria	Separation vanishes as holiness is shared

RELIEF ESSENCE

RE1	Dog-Toothed Violet	Injury — energy to heal
RE2	Foxglove	Illness — regulate and strengthen
RE3	Pig Squeak	Betrayal — trust own experience
RE4	Pussy Willow	Grief — comforting and nurturing
RE5	Tiger Lily	Stress — soothe and calm



**BLENDED
ESSENCES**

BLENDING ESSENCES

AWARENESS ESSENCE

Awareness Essence is to help with developing awareness of yourself and in your life.

Anemone has to do with opening and unfolding, the Daffodils for clarity, attunement, enthusiasm and creativity, and Plum for enthusiasm to continue.

On the physical plane Awareness Essence can help with awakening and awareness, on the mental plane with unfolding, awareness, focus and enthusiasm, and on the spiritual plane with spiritual awareness.

The flowers in Awareness Essence are Anemone, Daffodil-Actaea, Daffodil-King Alfred, Daffodil-White and Plum.

BALANCE ESSENCE

Balance Essence is used to help with developing balance in your body and your life.

Crab Apple has to do with cleansing, Pansy with facing sensitive issues, Forget-Me-Not for dealing with sub-personalities, and Snowflake and Honesty for courage and integrity.

On the physical plane, Balance Essence has to do with processing and balancing, on the mental plane with processing and dealing with emotions, and on the spiritual plane with balanced awareness and development

The flowers in Balance Essence are Crab Apple, Pansy-Joker, Snowflake, Forget-Me-Not and Honesty.

ENERGY ESSENCE

Energy Essence is for dealing with physical, emotional and spiritual energy, and energy flow.

Poppy is for receiving and transmitting light and energy. Polyanthus is for connection to your inner glow, while Lily of the Valley Bush is for connecting to others, and Ranunculus for continual unfolding of energy.

The flowers in Energy Essence are Polyanthus, Tulip, Lily of the Valley Bush, Poppy, and Ranunculi.

GROWTH ESSENCE

Growth Essence is to help with growth, and learning from illnesses and life experiences. The colours of the flowers form a rainbow.

Marigold is for regarding illness as an opportunity for growth, and St John's Wort for understanding that true health is a state of balance and harmony. Lobelia is for releasing old blocks and stuck energy, Fuchsia is for emotional flow and Gentian is for transmuting personality.

On the physical plane Growth Essence has to do with awareness of the meaning of illness. On the mental plane it can help with willingness to undergo change, and on the spiritual plane it can help with growing through life experiences.

The flowers in Growth Essence are Gentian (violet), Fuchsia (red), Lobelia (blue), Marigold (orange), St John's Wort (yellow). (Green is incorporated in the stems.)

GUIDANCE ESSENCE

Guidance Essence is to help with receiving guidance, and acting on your intuition.

Star Magnolia has to do with an opening of intuition. Pansy is for rested and balanced energy, and Clematis for flourishing in the present. Cherry Blossom and Star of Bethlehem are for serenity, joy, peace and well-being.

On the physical plane Guidance Essence may help with restful sleep, on the mental plane with sensitivity and receptivity, and on the spiritual plane with attunement and receiving guidance.

The flowers in Guidance Essence are Cherry Blossom, Clematis, Magnolia-Star, Pansy and Star of Bethlehem.

HARMONY ESSENCE

Harmony Essence is to help with emotional cleansing, and developing harmony in your life.

Rock Rose has to do with releasing fear, and Dogwood with opening the heart centre. Evening Primrose and Winter Rose are for fineness of awareness, staying in your own energy, and inner peace. Spiraea is for abundance, growth, creativity and aliveness.

On the physical plane the Harmony Essence may help with emotionally based illnesses, on the emotional plane with releasing and transmuted anger and fear, and on the spiritual plane with harmonious development, growth and creativity.

The flowers in Harmony Essence are Winter Rose, Dogwood, Evening Primrose, Rock Rose and Spiraea.

INSPIRATION ESSENCE

Inspiration Essence is to help with receiving inspiration as you go about your daily life.

Maple has to do with developing positive emotions and behaviour. The Camellias are related to inspiration throughout life - developing an orderly lifestyle, growing with comfort and claiming sovereignty. Lungwort has to do with a belief that everything is happening for the highest good.

On the physical plane Inspiration Essence may help with respiratory problems, and on the mental plane with fear and a feeling of being stuck. On the spiritual plane it may help with insight about your lifestyle, the changes that could be made, and the outcomes that may be produced.

The flowers in Inspiration Essence are Camellia-Pink, Camellia-Red, Camellia-White, Maple and Lungwort.

LIFE PATH ESSENCE

Life Path Essence is to help you with discovering and following your life path.

Iris has to do with viewing life from a higher perspective, and Periwinkle and Jasmine with developing higher, complete and positive thoughts. Columbine and Chrysanthemum are for approaching change with adventure, accepting challenges, and living with a sense of purpose and direction.

On the physical plane Life Path Essence has to do with concentration and clarity, on the mental plane with mental fluidity, and on the spiritual plane with a desire to follow your highest life path.

The flowers in Life Path Essence are Chrysanthemum, Columbine, Iris, Jasmine and Periwinkle.

OPENNESS ESSENCE

Openness Essence has to do with accepting and opening to your inner self.

Magnolia has to do with acceptance of inner depths. Hyacinth is related to grace and gentleness, and Red Rhododendron to understanding the power of sensitivity and openness. White Magnolia and Weeping Prunus have to do with a flowering of femininity. All are related to developing the feminine side in both women and men.

On the physical plane Openness Essence is related to sexuality and women's issues, on the mental plane to developing gentleness and sensitivity, and on the spiritual plane to acknowledging the anima, the Yang, the creative forces.

The flowers in Openness Essence are Hyacinth, Magnolia, Magnolia-White, Rhododendron-Red and Weeping Prunus.

RELIEF ESSENCE

Relief Essence is a combination of five Christchurch Flower Essences, and specifically addresses the issues of injury, illness, betrayal, grief and stress.

Dog-toothed violet is for injury, to give energy to heal, Foxglove is for illness, to regulate and strengthen, Pig Squeak is for betrayal, to trust your own experience, Pussy Willow is for grief, to comfort and nurture, and Tiger Lily is for stress, to soothe and calm.

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 taken in the medium term to help consolidate the improvement, and in the long-term to help resolve outstanding issues.

The flowers in the Relief Essence all have animal names, and are Dog-Toothed Violet, Foxglove, Pig Squeak, Pussy Willow and Tiger Lily.

TRANSFORMATION ESSENCE

Transformation Essence has to do with spiritual growth and transformation.

All the flowers in the Transformation Essence are Roses. With Superstar, appearances deceive but reality is changeless, and in the real World you see yourself as truth. With Pristine, forgiveness recog-

nises there was no sin, and Peace brings love and safety. In the Blue Moon, miracles occur naturally as expressions of love.

The Flowers in the Transformation Essence are Rose-Blue Moon, Rose-Peace, Rose-Pristine, Rose-Superstar and Rose-The World.

TRUST ESSENCE

Trust Essence has to do with truth and the way you see yourself and present yourself to the world.

Double Camellia is for anticipation of change. Primrose is for developing your true image, while Pink Rhododendron for presenting yourself clearly, and Japonica is for being honest and straightforward to others. Wallflower is for looking at life from a higher perspective, and increasing your belief in yourself and your work.

On the physical plane Trust Essence is related to speech and to skin problems, and on the mental plane it is for discovering your true self and your own self worth. On the spiritual plane it is for staying in your own energy, and retaining your personal power.

The flowers in Trust Essence are Camellia-Double, Japonica, Primrose, Rhododendron-Pink and Wallflower.

RELIEF ESSENCE

Relief Essence is a combination of five Flower Essences that have a calming and stabilising effect on the body, mind and emotions during crises. It is a Blended Essence which is similar to the Bach Flower rescue remedy, but can also be used in the medium-term and long-term.

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

The component of Relief Essence specifically address injury, illness, betrayal, grief and stress. They enhance each others effect, and so are dispensed only in combination, as a Blended Essence.

DOG TOOTHED VIOLET

For use after injury and attacks. In the short-term, to deal with the confusion, pain and powerlessness that is incurred. In the medium-term, to provide an umbrella to help the energy to heal oneself. In the long-term, to help with an overview so one can gain an inner wisdom from the experience.

FOXGLOVE

For situations of physical illness, associated with weakness and despair, a disheartened state. To help elevate the mind, and regulate and strengthen the body, working hand-in-hand with other remedies..

PIG SQUEAK

For when one finds oneself unwillingly embroiled in others emotional issues, and the feeling of confusion, bewilderment and betrayal that can be endangered. To enable one to trust one's own inner experience and guidance, so that one can be uncompromising in one's own actions, and immune to the false opinions of others.

PUSSY WILLOW

For situations of grief, loss and despair, and to help soften life's harsh experiences. Helps provide a cocoon of comforting and nurturing, and leading towards a state of acceptance and hope.

TIGER LILY

For when one is overwhelmed by the stress and speed of everyday life, often presenting as irritability and an aimless hurriedness, or later as anxiety, cowardliness and depression. Helps to soothe and calm the body and mind, so that one can spot the root causes of the distress and deal with those at their core. Later, to develop a more laid-back and discerning attitude to one's responsibilities and commitments, allowing one to draw the line between work, play and time out.

BLENDed ESSENCES INDEX

BE1 AWARENESS ESSENCE

SP1	Anemone	Opening of potential
SP11	Daffodil - Actaea	Clarity and attunement
SP12	Daffodil - King Alfred	Enjoyment, verve, creativity
SP13	Daffodil - White	Broadening of experience
SP27	Plum	Enthusiasm to continue

BE2 BALANCE ESSENCE

SP10	Crab Apple	Enjoy one's true worth
SP26	Pansy - Joker	Face sensitive issues
SP33	Snowflake	Clear and courageous
SU11	Forget-Me-Not	Evolve sub-personalities
SU14	Honesty	Acting with integrity

BE3 ENERGY ESSENCE

SP28	Polyanthus	Connected to inner glow
SP36	Tulip	Opening channel upwards
SU20	Lily of the Valley Bush	Connection to gridwork of light
SU26	Poppy	Receiving and transmitting light
SU27	Ranunculus	Unfolding energy into infinity

BE4 GROWTH ESSENCE

SP17	Gentian (violet)	Connectedness of life
SU12	Fuchsia (red)	Centre consciousness in higher dimensions
SU21	Lobelia (blue)	Centred and in control of emotions
SU23	Marigold (orange)	Illness is communication
SU36	St John's Wort (yellow)	Health is a state of balance and harmony (green is incorporated in the stems)

BE5 GUIDANCE ESSENCE

SP8	Cherry Blossom	Serenity and joy
SP9	Clematis	Flourish in the present
SP22	Magnolia - Star	Attunement to higher realms
SP25	Pansy	Rested and balanced
SP35	Star of Bethlehem	Peace, well-being, joy

BE6 HARMONY ESSENCE

SP40	Winter Rose	Inner peace, staying in own energy
SU9	Dogwood	Opening the heart centre
SU10	Evening Primrose	Fineness of awareness
SU28	Rock Rose	Perfect love casts out fear
SU35	Spiraea	Abundance, growth and aliveness

BE7 INSPIRATION ESSENCE

SP5	Camellia - Pink	Grow with comfort
SP6	Camellia - Red	Claiming sovereignty
SP7	Camellia - White	Orderly lifestyle
SP24	Maple	Positive emotions and behaviour

	SU22	Lungwort	Everything happening for highest good
BE8	LIFE PATH ESSENCE		
	SU7	Chrysanthemum	Live with sense of purpose and direction
	SU8	Columbine	Approach change with adventure and challenge
	SU15	Iris	View life from higher perspective
	SU16	Jasmine	Using higher mind in ordinary reality
	SU25	Periwinkle	Higher, complete and positive thoughts
BE9	OPENNESS ESSENCE		
	SP19	Hyacinth	Grace, openness, gentleness
	SP21	Magnolia	Acceptance of inner depths
	SP23	Magnolia - White	Flowering of femininity
	SP31	Rhododendron - Red	Power of sensitivity and openness
	SP39	Weeping Prunus	Softening of femininity
BE10	RELIEF ESSENCE		
	RE	Relief Essence, comprising:	
	RE1	Dog-Toothed Violet	Injury - energy to heal
	RE2	Foxglove	Illness - regulate and strengthen
	RE3	Pig Squeak	Betrayal - trust own experience
	RE4	Pussy Willow	Grief - comforting and nurturing
	RE5	Tiger Lily	Stress - soothe and calm
BE11	TRANSFORMATION ESSENCE		
	SU29	Rose - Blue Moon	Miracles occur naturally as expressions of love
	SU30	Rose - Peace	Peace brings love and safety
	SU31	Rose - Pristine	Forgiveness recognises there was no sin
	SU32	Rose - Superstar	Appearances deceive, reality is changeless
	SU33	Rose - The World	In the real world you see yourself as truth
BE12	TRUST ESSENCE		
	SP4	Camellia - Double	Anticipation of change
	SP20	Japonica	Straightforward and honest
	SP29	Primrose	Develop true image
	SP30	Rhododendron - Pink	Present oneself clearly
	SU39	Wallflower	Discovering life purpose

**LIST
of
SYMPTOMS
(REPERTORY)**

LIST OF SYMPTOMS (REPERTORY)

Abundance

Harmony Essence BE6
Larkspur SU17
Spiraea SU35

Abuse

Relief Essence BE10
Grape Hyacinth SP18
Hyacinth SP19

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Openness Essence BE9
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Buttercup SU4
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Wallflower SU39

Action

Life Path Essence BE8
Daphne SP14
Plum SP27
Columbine SU8
Iris SU15
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Growth Essence BE4
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Growth Essence BE4
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Rhododendron — Wine SP32

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Magnolia — Star SP22
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Relief Essence BE10
Crab Apple SP10
Grape Hyacinth SP18
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Weeping Prunus SP39

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Camellia — Double SP4

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Harmony Essence BE6
Relief Essence BE10
Azalea SP2
Camellia — Double SP4
Camellia — Pink SP5
Camellia — Red SP6
Camellia — White SP7
Maple SP24
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Star of Bethlehem SP35 Violet SP38

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Paeony Rose SU24
Rose — Superstar SU32

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Guidance Essence BE5
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Clematis SP9
Magnolia — Star SP22
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Magnolia — Star SP22
Star of Bethlehem SP35
Shasta Daisy SU34
Periwinkle SU25
Wallflower SU39

Attachment

Relief Essence BE10
Bleeding Heart SU2

Attack

Relief Essence BE10

Attunement

Awareness Essence BE1
Guidance Essence BE5
Daffodil — Actaea SP11
Magnolia — Star SP22

Avoidance

Azalea SP2
Camellia — White SP7
Primrose SP29
Busy Lizzie SU3
Forget-Me-Not SU11

Awake

Awareness Essence BE1
Life Path Essence BE8
Anemone SP1
Daffodil — Actaea SP11
Daffodil — King Alfred SP12
Daffodil — White SP13
Plum SP27

Awareness

Awareness Essence BE1
Balance Essence BE2
Growth Essence BE4
Harmony Essence BE6
Magnolia — Star SP22
Tulip SP36
Canterbury Bells SU5
Evening Primrose SU10
Fuchsia SU12
Hollyhock SU13
Iris SU15
Lobelia SU21
Paeony Rose SU24
Periwinkle SU25
Windflower SU40

Awkwardness

Gentian SP17
Magnolia — White SP23
Rhododendron Pink SP30
Viburnum SP37
Violet SP38

Balance

Balance Essence BE2
Growth Essence BE4
Relief Essence BE10
Daphne SP14
Maple SP24
Pansy SP25
Viburnum SP37
Lavender SU18
St John's Wort SU36
Windflower SU40

Bashful

Magnolia SP21
Magnolia — White SP23
Rhododendron — Pink SP30
Violet SP38

Beauty

Openness Essence BE9
Japonica SP20
Magnolia SP21
Snowflake SP33

Behaviour

Balance Essence BE2
Inspiration Essence BE7
Maple SP24
Pansy — Joker SP26

Viburnum SP37

Bitterness

Relief Essence BE10
Crab Apple SP10
Pansy — Joker SP26

Brain

Chrysanthemum SU7
Columbine SU8
Iris SU15
Jasmine SU16
Periwinkle SU25

Bridging Gaps

Rhododendron — Wine SP32

Broadening of Experience

Daffodil — White SP13
Columbine SU8
Periwinkle SU25

Betrayal

Relief Essence BE10
Hyacinth SP19
Bleeding Heart SU2

Busyness

Relief Essence BE10
Rhododendron — Wine SP32
Busy Lizzie SU3

Calm

Relief Essence BE10
Cherry Blossom SP8
Star of Bethlehem SP35
Busy Lizzie SU3

Centred

Harmony Essence BE6
Bluebell SP3
Lobelia SU21

Challenge

Growth Essence BE4
Life Path Essence BE8
Plum SP27
Columbine SU8
Honesty SU14

Change

Growth Essence BE4
Inspiration Essence BE7
Life Path Essence BE8
Transformation Essence BE11
Trust Essence BE12
Camellia — Double SP4
Camellia — Pink SP5
Camellia — Red SP6
Camellia — White SP7
Columbine SU8
Forget-Me-Not SU11
Marigold SU23
Rose — Superstar SU32

Channel

Guidance Essence BE4
Tulip SP36
Canterbury Bells SU5
Iris SU15

Cheer

Growth Essence BE4
Erlicheer SP15
Soleil d'Or SP34
Star of Bethlehem SP35

Clarity

Awareness Essence BE1
Guidance Essence BE5
Life Path Essence BE8
Trust Essence BE12
Bluebell SP3
Daffodil — Actaea SP11
Polyanthus SP28
Rhododendron — Pink SP30
Canterbury Bells SU5
Jasmine SU16
Lily of the Valley Bush SU20
Periwinkle SU35

Cleansing

Balance Essence BE2
Harmony Essence BE6
Crab Apple SP10
Japonica SP20
Pansy — Joker SP26

Comfort

Growth Essence BE4
Inspiration Essence BE7
Relief Essence BE10
Camellia — Pink SP5

Lavender SU18

Compassion

Daffodil — Actaea SP11
Buttercup SU4
Dogwood SU9
Honesty SU14
Lungwort SU22

Completion

Chrysanthemum SU7

Confusion

Relief Essence BE10
Erlicheer SP15
Japonica SP20
Primrose SP29

Connectedness

Gentian SP17
Polyanthus SP28
Tulip SP36
Christmas Lily SU6
Hollyhock SU13
Lily of the Valley Bush SU20

Core Connection

Polyanthus SP28
Windflower SU40

Courage

Balance Essence BE2
Relief Essence BE10
Snowflake SP33
Forget-Me-Not SU11
Honesty SU14
Rock Rose SU28

Creativity

Daffodil — King Alfred SP12
Iris SU15
Lilac SU19
Periwinkle SU25
Spiraea SU35

Darkness

Erlicheer SP15
Snowflake SP33
Soleil d'Or SP34

Deflowering

Magnolia — White SU23

Delicacy

Freesia SP16
Rhododendron — Pink SP30

Depression

Growth Essence BE4
Relief BE10
Bluebell SP3
Cherry Blossom SP8
Erlicheer SP15
Pansy — Joker SP26
Snowflake SP33
Star of Bethlehem SP35
Weeping Prunus SP39

Despair

Relief Essence BE10
Erlicheer SP15
Soleil d'Or SP34
Star of Bethlehem SP35

Destructiveness

Grape Hyacinth SP18
Pansy — Joker SP26

Detoxification

Camellia — Pink SP5
Camellia — Red SP6
Camellia — White SP7
Maple SP24
Lungwort SU22

Diffidence

Gentian SP17
Rhododendron — Pink SP30
Rhododendron — Red SP31

Dignity

Rhododendron — Wine SP32
Arum Lily SU1
Honesty SU14

Direction

Canterbury Bells SU5
Chrysanthus SU7

Disease

Growth Essence BE4
Relief Essence BE10
Marigold SU23
St John's Wort SU36

Disorder

Camellia — White SP7
Primrose SP29

Ease

Winter Rose SP40
Busy Lizzie SU3
Canterbury Bells SU5
Lavender SU18
St John's Wort SU36

Ecstasy

Lilac SU19
Poppy SU26

Ego

Paeony Rose SU24

Emotional Attachment

Bleeding Heart SU2

Emotions

Balance Essence BE2
Growth Essence BE4
Harmony Essence BE6
Inspiration Essence BE7
Relief Essence BE10
Maple SP24
Pansy — Joker SP26
Bleeding Heart SU2
Canterbury Bells SU5
Fuchsia SU12
Lily of the Valley Bush SU20
Ranunculus SU27
Windflower SU40

Energy Flow

Energy Essence BE3
Growth Essence BE4
Winter Rose SP40
Fuchsia SU12

Energy, Working with

Energy Essence BE3
Growth Essence BE4

Busy Lizzie SU3
Evening Primrose SU10
Fuchsia SU12
Lavender SU18
Ranunculus SU27

Enthusiasm

Awareness Essence BE1
Daffodil — King Alfred SP12
Daffodil — White SP13
Daphne SP14
Plum SP27

Environment

Erlicheer SP15
Daphne SP14
Primrose SP29
Snowflake SP33
Shasta Daisy SU34
Sunflower SU37

Evolve

Busy Lizzie SU3
Forget-Me-Not SU11

Experience of Life

Growth Essence BE4
Inspiration Essence BE7
Daffodil — White SP13
Freesia SP16
Winter Rose SP40

Face Issues

Balance Essence BE2
Pansy — Joker SP26
Busy Lizzie SU3
Forget-Me-Not SU11

False Image

Daffodil — Actaea SP11
Japonica SP20
Pansy — Joker SP26
Viburnum SP37

Family

Weeping Prunus SP39
Christmas Lily SU6
Trillium SU38

Fear

Harmony Essence BE6
Inspiration Essence BE7

Relief Essence BE10
Rock Rose SU28

Fear of Change

Camellia — Double SP4
Camellia — Pink SP5
Camellia — Red SP6
Camellia — White SP7

Femininity

Openness Essence BE9
Hyacinth SP19
Magnolia — SP21
Magnolia — White SP23
Rhododendron — Red SP31
Weeping Prunus SP39
Lilac SU19

Fineness

Harmony Essence BE6
Freesia SP16
Evening Primrose SU10
Lavender SU18

Fitting In

Japonica SP20
Rhododendron — Red SP31
Viburnum SP37
Violet SP38

Flow

Inspiration Essence BE7
Life Path Essence BE8
Winter Rose SP40
Bleeding Heart SU2
Buttercup SU4
Evening Primrose SU10
Fuchsia SU12
Lavender SU18
Windflower SU40

Focus

Awareness Essence BE1
Life Path Essence BE8
Daphne SP14
Plum SP27
Winter Rose SP40
Periwinkle SU25

Forgiveness

Relief Essence BE10
Transformation Essence BE11
Dogwood SU9

Rose — Pristine SU31
Rose — The World SU33

Fragility

Japonica SP20

Future

Erlicheer SP15
Busy Lizzie SU3

Gentleness

Openness Essence BE9
Hyacinth SP19
Magnolia — White SP23
Rhododendron — Pink SP30

Glorifying

Grape Hyacinth SP18
Star of Bethlehem SP35
Christmas Lily SU6

God, Consciousness of

Transformation Essence BE11
Rose — Blue Moon SU29
Rose — Peace SU30
Rose — Pristine SU31
Rose — Superstar SU32
Rose — The World SU33
Wisteria SU41

Grief

Relief Essence BE 10

Group

Rhododendron — Red SP31
Viburnum SP37
Violet SP38
Lily of the Valley Bush SU20
Trillium SU38

Growth, for Personal

Growth Essence BE4
Harmony Essence BE6
Inspiration Essence BE7
Transformation Essence BE11
Anemone SP1
Camellia — Double SP4
Camellia — Pink SP5
Busy Lizzie SU3
Columbine SU8

Growth, for Spiritual

Awareness Essence BE1
Energy Essence BE3
Growth Essence BE4
Inspiration Essence BE7
Transformation Essence BE11
Winter Rose SP40
Canterbury Bells SU5
Forget-Me-Not SU11
Larkspur SU17
Lily of the Valley Bush SU20
Shasta Daisy SU34
Spiraea SU35

Guidance

Guidance Essence BE5
Inspiration Essence BE7
Magnolia — Star SP22
Star of Bethlehem SP35
Canterbury Bells SU35
Forget-Me-Not SU11
Iris SU15
Marigold SU23
Periwinkle SU25

Happiness (*See Joy*)

Harmony

Balance Essence BE2
Growth Essence BE4
Harmony Essence BE6
Grape Hyacinth SP18
Viburnum SP37
Bleeding Heart SU2
Christmas Lily SU6
Fuchsia SU12
Jasmine SU16
Lavender SU18
Lily of the Valley Bush SU20
St John's Wort SU36

Healing

Growth Essence BE4
Relief Essence BE10
Yellow Hoop Petticoat SP41
Dogwood SU9
Larkspur SU17
Lilac SU19
Marigold SU23
St John's Wort SU36

Heart Centre

Harmony Essence BE6

Dogwood SU9

Higher Awareness

Awareness Essence BE1
Energy Essence BE3
Guidance Essence BE5
Inspiration Essence BE7
Life Path Essence BE8
Transformation Essence BE11
Tulip SP36
Evening Primrose SU10
Hollyhock SU13
Iris SU15
Jasmine SU16
Larkspur SU17
Lobelia SU21
Poppy SU26
Wallflower SU39

Higher Dimension

Guidance Essence BE5
Inspiration Essence BE7
Magnolia — Star SP22
Star of Bethlehem SP35
Tulip SP36
Hollyhock SU13
Periwinkle SU25
Ranunculus SU27
Shasta Daisy SU34
Wallflower SU39

Highest Good

Growth Essence BE4
Inspiration Essence BE7
Lungwort SU22
Honesty
Trust Essence BE11
Japonica SP20
Honesty SU14

Honour Self

Crab Apple SP10
Arum Lily SU1

Hope

Relief Essence BE10
Erlicheer SP15
Soleil d'Or SP34

Illness

Growth Essence BE4
Relief Essence BE10
Marigold SU23

St John's Wort SU36

Immunity

Pansy SP25

Impatience

Relief Essence BE10
Daffodil — White SP13
Grape Hyacinth SP18
Maple SP24
Busy Lizzie SU3
Forget-Me-Not SU11

Infinity

Ranunculus SU27
Shasta Daisy SU34

Injury

Relief Essence BE10

Inner Depths

Magnolia SP21

Inner Glow

Polyanthus SP28

Inner Peace

Winter Rose SP40

Inner Truth

Arum Lily SU1

Inner Planes

Lily of the Valley Bush SU20

Inspiration

Inspiration Essence BE7
Daffodil — White SP13
Iris SU15
Lungwort SU22

Integrity

Balance Essence BE2
Life Path Essence BE8
Trust Essence BE12
Hyacinth SP19
Winter Rose SP40
Honesty SU14

Intensity

Polyanthus SP28
Jasmine SU16

Intolerance

Daffodil — White SP13

Intuition

Guidance Essence BE5
Inspiration Essence BE7
Magnolia — Star SP22
Marigold SU23
Periwinkle SU25
Wallflower SU39

Irritability

Relief Essence BE10

Joy

Cherry Blossom SP8
Daffodil — King Alfred SP12
Erlicheer SP15
Star of Bethlehem SP35
Bleeding Heart SU2
Canterbury Bells SU5
Christmas Lily SU6
Chrysanthemum SU7
Lilac SU19
Spiraea SU35
Trillium SU38
Wisteria SU41

Judgement

Paeony Rose SU24
Rose — Pristine SU31
Trillium SU38

Kidney

Balance Essence BE2
Crab Apple SP10
Pansy — Joker SP25
Snowflake SP33
Forget-Me-Not SU11
Honesty SU14

Leader

Larkspur SU17

Learning

Growth Essence BE4
Relief Essence BE10

Canterbury Bells SU5
Iris SU15
Periwinkle SU25

Life

Inspiration Essence BE7
Life Path Essence BE8
Gentian SP17
Grape Hyacinth SP18
Shasta Daisy SU34

Light

Energy Essence BE3
Magnolia — Star SP22
Polyanthus SP28
Yellow Hoop Petticoat SP41
Larkspur SU17
Lily of the Valley Bush SU20
Paeony Rose SU24
Poppy SU26
Shasta Daisy SU34
Sunflower SU37

Liver

Harmony Essence BE6
Winter Rose SP40
Dogwood SU9
Evening Primrose SU10
Rock Rose SU28
Spiraea SU35

Longterm

Daphne SP14

Love

Transformation Essence BE11
Christmas Lily SU6
Dogwood SU9
Honesty SU14
Larkspur SU17
Lilac SU19
Lungwort SU22
Rock Rose SU28
Rose — The Blue Moon SU29
Rose — Peace SU30
Rose — The World SU33
Spiraea SU35
Wisteria SU41

Mid-life

Rhododendron — Wine SP32
Weeping Prunus SP39

Miracles

Transformation Essence BE11
Rose — Blue Moon SU29

Meditation

Pansy SP25
Jasmine SU16

Moods

Maple SP24
Pansy — Joker SP26

Neutral

Daphne SP14
Bleeding Heart SU2

Nuturing

Growth Essence BE4
Relief Essence BE10
Weeping Prunus SP39

Old Age

Rhododendron — Wine SP32
Weeping Prunus SP39

Oneness

Christmas Lily SU6
Hollyhock SU13

Opening

Awareness Essence BE1
Openness Essence BE9
Anemone SP1
Magnolia — Star SP22
Tulip SP36
Canterbury Bells SU5
Iris SU15

Openness

Christmas Lily SU6
Hollyhock SU13

Ordered

Balance Essence BE2
Life Path Essence BE8
Camellia — White SP7
Clematis SP8
Primrose SP29

Overwhelmed

Relief Essence BE10
Primrose SP29
Star of Bethlehem SP35

Pain

Relief Essence BE10

Past

Bluebell SP3
Bleeding Heart SU2
Rose – Peace SU30
Rose – Pristine SU31

Peace

Guidance Essence BE5
Harmony Essence BE6
Transformation Essence BE11
Star of Bethlehem SP35
Winter Rose SP40
Bleeding Heart SU2
Christmas Lily SU6
Chrysanthemum SU7
Paeony Rose SU24
Rose – Peace SU30
Wisteria SU41

Persona

Trust Essence BE12
Daffodil – Actaea SP11
Japonica SP20

Personality

Balance Essence BE2
Growth Essence BE4
Harmony Essence BE6
Gentian SP17
Pansy – Joker SP26
Busy Lizzie SU3
Forget-Me-Not SU11

Positivity

Maple SP24
Columbine SU8
Lungwort SU22
Periwinkle SU25

Potential

Anemone SP1
Erlicheer SP15
Spiraea SU35

Power

Rhododendron — Red SP31
Winter Rose SP40
Arum Lily SU1
Canterbury Bells SU5
Lobelia SU21
Wisteria SU41

Precision

Polyanthus SP28
Jasmine SU16

Present

Bluebell SP3
Clematis SP9
Evening Primrose SU10

Processes of Life

Cherry Blossom SP8
Primrose SP29
Busy Lizzie SU3

Purpose

Winter Rose SP40
Arum Lily SU1
Chrysanthemum SU7
Lungwort SU22
Sunflower SU37
Wallflower SU39

Radiance

Polyanthus SP28
Rhododendron — Wine SP32
Yellow Hoop Petticoat SP41
Lily of the Valley Bush SU20
Poppy SU26
Shasta Daisy SU34
Sunflower SU37

Rainbow

Gentian SP17
Fuchsia SU12
Lobelia SU21
Marigold SU23
St John's Wort SU36

Reality

Transformation Essence BE11
Trust Essence BE12
Jasmine SU16
Larkspur SU17
Lobelia SU21

Lungwort SU22
Paeony Rose SU24
Rose — Superstar SU32
Rose — The World SU33

Receptivity

Guidance Essence BE5
Magnolia — Star SP22
Sunflower SU37

Relating

Relief Essence BE10
Trust Essence BE12
Gentian SP17
Japonica SP20
Rhododendron — Pink SP30
Rhododendron — Red SP31
Viburnum SP37
Violet SP38
Jasmine SU16
Lilac SU19
Wisteria SU41

Relationships

Grape Hyacinth SP18
Hyacinth SP19
Weeping Prunus SP39
Bleeding Heart SU2
Honesty SU14
Lilac SU19

Resentment

Relief Essence BE10
Crab Apple SP10

Responsibilities

Daphne SP14

Restedness

Guidance Essence BE5
Pansy SP25
Pansy — Joker SP26

Sadness (*See also Depression*)

Bluebell SP3
Cherry Blossom SP8
Erlicheer SP15
Pansy — Joker SP26

Safety

Hyacinth SP19
Paeony Rose SU24

Rose — Peace SU30
Spiraea SU35

Self-Acceptance

Magnolia SP21
Arum Lily SU1
Buttercup SU4
Wallflower SU39

Self-Awareness

Awareness Essence BE1
Trust Essence BE12
Arum Lily SU1
Trillium SU38
Wallflower SU39

Selflessness

Daphne SP14
Violet SP38
Wallflower SU39

Sensitivity

Guidance Essence BE5
Openness Essence BE9
Hyacinth SP19
Freesia SP16
Magnolia – Star SP22
Rhododendron – Red SP31
Canterbury Bells SU5
Evening Primrose SU10

Serenity

Guidance Essence BE5
Cherry Blossom SP8
Rhododendron – Red SP31
Rhododendron – Wine SP32
Lavender SU18

Sexuality

Openness Essence BE9
Magnolia SP21
Magnolia – White SP23
Weeping Prunus SP39
Lilac SU19

Shock

Relief Essence BE10

Shyness

Anemone SP1
Azalea SP2
Primrose SP29

Rhododendron – Pink SP30
Violet SP38

Skin

Camellia – Double SP4
Japonica SP20
Primrose SP29
Rhododendron – Pink SP30
Wallflower SU39

Smoking

Camellia – Pink SP5
Camellia – Red SP6
Camellia – White SP7
Maple SP24
Lungwort SU22

Strength

Growth Essence BE4
Relief Essence BE10
Daphne SP14
Plum SP27
Soleil d'Or SP34
Buttercup SU4
Forget-Me-Not SU11
Honesty SU14
Lily of the Valley Bush SU20

Social Role

Openness Essence BE9
Trust Essence BE12
Rhododendron – Pink SP30
Rhododendron – Red SP31
Rhododendron – Wine SP32
Viburnum SP37
Jasmine SU16
Trillium SU38

Soul Consciousness

Hollyhock SU13
Iris SU15
Lily of the Valley Bush SU20
Paeony Rose SU24
Sunflower SU37

Sovereignty

Inspiration Essence BE7
Camellia – Red SP6

Straightforward

Japonica SP20

Stress

Relief Essence BE10

Subpersonalities

Forget-Me-Not SU11

Support

Buttercup SU4
Lily of the Valley Bush SU20
Lungwort SU22

Teacher

Yellow Hoop Petticoat SP41
Larkspur SU17

Thoughts, Higher

Honesty SU14
Periwinkle SU25
St John's Wort SU36

Thousand Petalled Lotus

Ranunculus SU27

Tiredness

Relief Essence BE10 Daphne
SP14
Pansy SP25

Transformation

Transformation Essence BE11
Gentian SP17
Grape Hyacinth SP18
Forget-Me-Not SU11
Marigold SU23

Transmit Light

Energy Essence BE3
Yellow Hoop Petticoat SP41
Poppy SU26
Shasta Daisy SU34

True Self

Transformation Essence BE11
Trust Essence BE12
Anemone SP1
Azalea SP2
Crab Apple SP10
Japonica SP20
Primrose SP29
Arum Lily SU1

Honesty SU14
Rose – The World SU33
Wallflower SU39
Wisteria SU41

Trust

Relief Essence BE 10

Truth, Inner

Arum Lily SU1
Lungwort SU22
Paeony Rose SU24
Rose – Peace SU30

Uncertainty

Gentian SP17

Unfolding

Awareness Essence BE1
Anemone SP1
Arum Lily SU1
Ranunculus SU27
Wallflower SU39

Uplifting

Cherry Blossom SP8
Daffodil – King Alfred SP12
Grape Hyacinth SP18
Star of Bethlehem SP35
Hollyhock SU13

Value Self

Arum Lily SU1
Buttercup SU4
Trillium SU38
Wallflower SU39

Weariness

Daphne SP14
Pansy SP25
Pansy - Joker SP25
Plum SP27
Winter Rose SP40

Wholeness

Azalea SP2

Wisdom

Guidance Essence BE5
Inspiration Essence BE7
Trust Essence BE12

Rhododendron – Red SP31
Rhododendron – Wine SP32
Honesty SU14
Lungwort SU22
Periwinkle SU25

Womanhood

Openness Essence BE9
Magnolia SP21
Magnolia – White SP23
Rhododendron – Red SP31
Weeping Prunus SP39

World Service

Life Path Essence BE8
Yellow Hoop Petticoat SP41
Larkspur SU17
Sunflower SU37
Wallflower SU39

Worth

Azalea SP2
Camellia – Red SP6
Crab Apple SP10
Primrose SP29
Arum Lily SU1
Buttercup SU4
Trillium SU38
Wallflower SU39



**USING
THE
ESSENCES**

CHRISTCHURCH FLOWER ESSENCES

Flower Essences

Flower Essences are natural remedies prepared from the flowers of bulbs, trees and garden plants by a special technique. They are liquid, potentised plant preparations which carry an imprint of specific flowers.

Flower Essences are designed to help transform emotions, attitudes and patterns of behaviour that hinder the person's full development or potential. They do not directly treat disease or illness but help to stabilise emotional and psychological stresses.

The Essences are not a substitute for other medication or treatment. If you have a health problem please see your doctor, homoeopath, psychologist or health professional.

Christchurch Flower Essences Project

Flower Essences were first produced by Dr Edward Bach in England earlier this century. The Christchurch Flower Essences have been made in the tradition of his Bach Flowers.

Christchurch is a remarkable city with many natural and man-made attributes, and one where there is much care and tending of gardens and plants. The Christchurch Flower Essences are designed to capture the healing properties of the flowers and gardens of Christchurch, New Zealand, also called "The Garden City" and "The City That Shines".

Creation of Flower Essences

For collection, few prime flowers are chosen, and then left in the sun, in a bowl of spring water for some hours. The water is then decanted and used as the basis of the remedy, which is stored in an alcohol solution, and then diluted into Stock Bottles. This is further diluted into Dose Bottles for individual use.

Careful attention is paid to all details of collection, processing and presentation. Christchurch Flower Essences

Christchurch Flower Essences

Christchurch Flower Essences are available in a variety of forms.

Spring Flowers and Summer Flowers are sets of Stock Bottles which are used to make up combinations of Flower Essences. Flower Essences can also be individually purchased.

Blended Flowers are combinations of Flower Essences which are available as a set of Stock Bottles. They are used to make up Blended Essences. Blended Essences can also be purchased singly, or as sets of twelve.

Relief Essence is one of the Blended Essences which can be used during crises. It can also be individually purchased.

Spring Flowers

The Spring Flowers were collected during spring, using flowers from bulbs and flowering bushes and trees. They come as a set of Stock Bottles, which can be used to make up combinations of Flower Essences.

The Spring Flower Essences are for personal and emotional growth and transformation. Summer Flowers

Summer Flowers

The Summer Flowers were collected during late spring and summer, using flowers from bulbs, annuals, perennials and roses. They come as a set of Stock Bottles, which can be used to make up combinations of Flower Essences.

The Summer Flower Essences are for spiritual growth and transformation.

Flower Essences

Flower Essences are combinations of Christchurch Flower Essences which have been specifically chosen for the individual. They are dispensed into Dose Bottles from the Spring Flowers and Summer Flowers.

Flower Essences are used to stabilise emotional and psychological stresses, and to help transform emotions, attitudes and patterns of behaviour that hinder the person's full development or potential. They can be used for emotional and spiritual growth and transformation.

Blended Flowers

Blended Flowers are combinations of Spring Flowers and Summer Flowers. They come as a set of Stock Bottles, which are used to make up Blended Essences.

The Blended Flowers are labelled Awareness, Balance, Energy, Growth, Guidance, Harmony, Inspiration, Life Path, Openness, Relief, Transformation and Truth.

Blended Essences

Blended Essences are combination Christchurch Flower Essences that have been chosen to enhance specific qualities of physical, emotional and spiritual development. They are dispensed into Dose Bottles from the Blended Flowers.

The names of the Blended Essences reflect the qualities that they are used for. They are labelled Awareness, Balance, Energy, Growth, Guidance, Harmony, Inspiration, Life Path, Openness, Relief, Transformation and Truth.

Relief Essence

Relief Essence is a combination of five Flower Essences that have a calming and stabilising effect on the body, mind and emotions during a crisis. It is a Blended Essence which is similar to the Bach Flower Rescue Remedy, and can also be used in the medium-term and long-term.

The components of Relief Essence specifically address injury, illness, betrayal, grief and stress. They

enhance each other's effect, and so are dispensed only in combination.

Flower Photographs

Sets of colour photographs are available, depicting each of the flowers used to make the Christchurch Flower Essences.

The Spring Photographs portray the Spring Flowers and the Flowers in the Relief Essence. The Summer Photographs portray the Summer Flowers.

The Photographs are invaluable as a reference, as an aid for choosing which Flower Essences to take, to help with attunement to the Flower Essences and as a meditation aid.

Orders

Order forms are available for Stock Bottles and Photographs, and for Dose Bottles. Please write or phone for further details.

Christchurch Flower Essences Dr Wendy Isbell
177 Bealey Avenue
Christchurch 1
New Zealand
Phone 03-366 0508, or 03-366 1000 Fax 03-366 1000

INSTRUCTIONS FOR USE

Storage

Flower Essences should be stored in a cool dark place, away from strong smelling substances.

Stored properly, Stock Bottles will be effective for at least 5 years, and Dose Bottles for at least 2 years.

Stock Bottles

Spring Flowers, Summer Flowers and Blended Flowers are sets of Stock Bottles, which can be used to make up Dose Bottles. They are in a base of 50% brandy and 50% water.

Spring Flowers and Summer Flowers are dispensed into Dose Bottles to make the Flower Essences. Blended Essences are dispensed into Dose Bottles to make Blended Essences, including Relief Essence.

Dose Bottles

Flower Essences, Blended Essences and Relief Essence are Dose Bottles, which are made up from Stock Bottles, or can be ordered directly from Christchurch Flower Essences. They are in a base of 25% alcohol (brandy or vodka) and 75% water.

Flower Essences are dispensed from the Stock Bottles of the Spring Flowers and Summer Flowers. Blended Essences are dispensed from the stock bottles of the Blended Flowers.

Relief Essence is one of the Blended Essences, and can also be dispensed from the Relief Essence Stock Bottle.

Spring Flowers, Summer Flowers and Flower Essences

The sets of Spring Flowers and Summer Flowers each contain 42 25ml Stock Bottles including 41 Flower Essences, and the blended Relief Essence.

Each set includes a Pamphlet giving instructions and indications for the use of each Flower Essence, a Repertory, an Index and a Dose Record Sheet.

The most appropriate combination of Flower Essences is chosen for the individual, from the indications given the Index or the List of Symptoms (Repertory). Normally no more than 5 are given at a time, and the combination is reviewed every 2-4 weeks.

Flower Essences are dispensed from the Spring Flowers and Summer Flowers. Four drops are dispensed from each Stock Bottle into a mixture of 25% alcohol (brandy or vodka) and 75% water. The bottle is shaken firmly 10 to 20 times.

The dose of the Flower Essences is 4 drops 4 times daily.

Flower Essences can also be ordered direct from Christchurch Flower Essences.

Blended Flowers and Blended Essences

The most appropriate Blended Essence is chosen for the individual, from the indications given, the Index or the List of Symptoms (Repertory). Normally only one Blended Essence is given at a time, and this is reviewed every 2-4 weeks.

Blended Essences are dispensed from the Blended Flowers. Four drops are dispensed from each Stock Bottle into a dropper bottle containing a mixture of 25% alcohol (brandy or vodka) and 75% water. The bottle is then shaken 10 to 20 times.

The dose of the Blended Essences is 4 drops 4 times daily.

Blended Essences can also be ordered direct from Christchurch Flower Essences.

Relief Essence

Relief Essence is one of the Blended Essences which can be used during crises.

Four drops are dispensed from Blended Flower Stock Bottle or the Relief Essence Stock Bottle into a dropper bottle containing a mixture of 25% alcohol (brandy or vodka) and 75% water. The bottle is then shaken firmly 10 to 20 times.

The dose of Relief Essence is 4 drops hourly in the acute stages, and then 4 drops 4 times daily. Relief Essence can also be ordered direct from Christchurch Flower Essences.

Orders

Order forms are available for Stock Bottles and Dose Bottles. Please write or phone for further details.

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