

*Fleurs de Vie*

*Catalogue  
of essences and  
other products*

*(mail order sales)*



*July 2021*



---

*The Flower Essence Company*



# Table of contents

What are flower essences? .....	1
How to choose flower essences .....	2
How to take flower essences .....	3
Energetic hygiene .....	4
Energetic hygiene .....	5
Flower essences and children.....	6
Flower essences and animals.....	7
<b>Alaskan Essences.....</b>	<b>9</b>
The 72 flower essences.....	9
The 41 Research Flower Essences .....	13
Environmental essences .....	15
Research Environmental essences .....	16
Gem essences.....	17
Research Gem essences .....	20
Combination essences .....	22
The Sacred Space Sprays .....	23
<b>Australian Bush Flower Essences .....</b>	<b>25</b>
Combination essences .....	28
White Light Essences.....	29
Light Frequency Essences.....	31
Divine Presence Essences .....	32
Australian Bush Flower Essences Skin Care .....	33
<b>Crystal Energy Essences .....</b>	<b>35</b>
Combination essences .....	37
<b>Laboratoire DEVA.....</b>	<b>39</b>
The 96 DEVA flower essences.....	39
The 20 combination essences .....	43
4 Combinations for animals .....	44
The 38 Bach flower essences .....	45
<b>Fleurs de Vie.....</b>	<b>47</b>
Combinations .....	47
Products and services.....	48
<b>Green Hope Farm .....</b>	<b>49</b>
The Animal Wellness Collection.....	51
Combination essences for humans .....	52
<b>Ile de Lumière.....</b>	<b>53</b>
Combination essences .....	53
<b>Pacific Essences .....</b>	<b>55</b>
Flower essences .....	55
Tree Essences.....	57
Sea essences.....	58
Gem essences.....	59
Goddess Essences .....	61
Combination essences .....	62
The Abundance Programme.....	63
Combination Essence Sprays for Animals .....	64
<b>Petaltone Essences .....</b>	<b>65</b>
<b>South African Flower Essences .....</b>	<b>69</b>
Combination essences .....	74

<b>Spirit-in-Nature Essences .....</b>	<b>75</b>
Chakra Blend Essences.....	76
<b>Wild Earth Animal Essences .....</b>	<b>77</b>
Wild Child essences.....	80
Combination essences .....	81
Healing Path essences .....	81
Sharing Love Essences.....	82
Inner Dog Essences .....	82
Energy Sprays.....	83
<b>Other products and services .....</b>	<b>85</b>
Books .....	85
Cards .....	86
<b>Index.....</b>	<b>87</b>

## What are flower essences?

The purest vibration of nature is present in the blossoms of flowers, trees and other plants. The frequency of these vibrations interacts with the human energy field to harmonise the emotions, calm and clear the mind and bring about a sense of peace and well-being which are necessary prerequisites for good health. Each type of flower holds a special pattern which imparts a particular healing energy.

Flower essences contain the energetic healing pattern of flowers infused in water and preserved with alcohol or red shiso. Flower essences can be used in conjunction with any type of therapy or treatment, whether allopathic or holistic. In addition, they have no side effects and can be used by everyone, including pregnant women, newborn babies and the elderly. Flower essences are not medicines. They are not a substitute for proper medication, but they are a safe and natural way to help you and your family stay healthy and well-balanced.

Dr. Edward Bach discovered the first flower essences in England in the 1930s. In his practice, Dr. Bach realised that he was treating his patients' symptoms but that the real cause of many of their ailments was emotional. He considered that illness was a sign of an emotional imbalance or negative emotional state and that real healing occurred when emotional balance was re-established. This realisation led Bach from allopathic medicine, to homeopathy and finally to the discovery of the healing quality of flowers. The first 38 flower essences, known as the Bach Flowers, are now widely known throughout the world. For forty years the Bach flowers stood alone, but at the end of the 1970s other essences, made from other flowers began to appear. Today there are thousands of flower essences from all over the world.

Many people feel confused by the thousands of new flower essences that Nature has provided. Certain go as far as to say that they are only imitations of no interest. But if we accept Dr. Bach's theory that flowers have an energetic signature that can balance our emotions and mental patterns, is it reasonable to think that this is limited to a few English flowers? The Bach flowers are a reflection of the 1930s (the period between the two World Wars, the Great Depression), just as the contemporary essences are a response to the

challenges of modern life. Today's world is not the world of the 1930s, our worries and preoccupations have changed over the last 70 years. The flower essences that have been made since the end of the 1970s reflect not only the changes in our society but also our growing desire to explore and expand our human potential. Although they address emotional problems, the new flower essences are particularly useful for helping us deal with contemporary issues such as adapting to change, increasing our creativity, improving communication, and getting in touch with our spirituality.

At the end of the 1970s and beginning of the 1980s we saw a rebirth of the flower essence phenomenon. People in the USA, Canada, France, Australia and elsewhere began to feel drawn to Nature and the creation of new flower essences to complement the Bach flowers. Many of the new producers were inspired by the work of Bach and most of them use his method for making flower essences.

During the 1990s there began a definite trend towards making flower essences more accessible to a larger public. Several producers have developed flower essence cards, which can be used in a variety of ways to help us pick an appropriate essence. Combination essences have also become popular. During the 1990s we also saw the appearance of flower essences that are more openly spiritual in nature as well as essences that help us deal with issues of transgenerational clearing and repatterning of cellular memory.

At the beginning of the 21st century the trend has been to blend flower essences with essential oils for massage oils, creams, or sprays. This follows the growing awareness and acceptance of the fact that flower essences are energetic, vibrational remedies that only need to be introduced into our energy field to start working. The Pacific Essences, Australian Bush Flower Essences and Terre & Cosmos ranges are moving in this direction.

Other vibrational remedies have also been created, from the energetic signature of minerals (Crystal Energy Essences), animals (Pacific Essences and Wild Earth Animal Essences), as well as from places (Alaskan environmental essences, White Light Essences and Light Frequency Essences).

**Flower essences and other vibrational remedies are not medicines,  
nor are they substitutes for proper medical attention.**

# How to choose flower essences

Today there are so many essences from which to choose! Many of them have very subtle effects that can make a choice based on reading the descriptions a difficult task. As a result many people feel that they must find a therapist to choose for them. While there is certainly nothing wrong with this, it is also possible to learn how to choose essences for yourself. After all, one of Bach's objectives in developing flower essences was that people should be able to use the essences to heal themselves. We are all capable of tapping into our intuitive knowledge to find the right essence for our needs.

To help you in choosing the right essences, we will look at several methods which range from learning to listen to your intuition, to pendulum dowsing and kinesiology. One method is not necessarily better than another. The important thing is to learn to test and to trust in your testing. Some people will learn quicker than others, but as with most things, practice will improve your skill and build your self-confidence.

## Intuition

Here are a few pointers that will help you tune in to your intuition.

- Go to a quiet place where you feel comfortable.
- Center yourself - do whatever it takes to calm your mind and turn inwards, maybe a few minutes of meditation, breathing exercises, a visualisation.
- Put in front of you your flower essences or the documentation which you have about flower essences, whether it be a book, catalogue, cards or flower pictures or a list of essences.
- Ask for help from your highest guidance and state your intention (i.e. "my intention is to find the right flower essences to help me with..."). Be as precise as possible but only focus on one issue at a time. Writing your intention also helps you focus.
- Now listen for and expect to receive an answer, which may come in various ways. Do you feel attracted by any of the names? Do any of the descriptions strike a cord with you? Is your eye drawn to one of the essences? Are any of the essences from a country to which you feel a particular affinity?

Trusting your intuition improves with practice. Listen with your heart, not your head. Don't let yourself be discouraged by the choice. Choice is good! Open up and listen to your intuition. But remember: intuitive thinking is not a mental process. Trust yourself and go for it!

## Pendulum Dowsing

Pendulum dowsing is used by many people to choose flower essences for themselves and others (family, friends, clients). To get effective answers using the pendulum, you must be balanced, centered, focused and neutral. It might take some practice, but it is well worth it. Below is a brief description of how to dowse for flower essences.

Using your dominant hand (the hand you write with), hold the string between your thumb and index finger and swing the pendulum. Ask the pendulum to show you a "yes" movement. It will move in a circle, clockwise or counterclockwise or in a straight line. When you have determined the "yes" motion, ask the pendulum to show you a "no" movement. This will always be different from the "yes". These different movements will not change. The "yes" movement should be the same tomorrow as it is today.

Once you are clear on which movements represent a "yes" and a "no", you can begin to ask questions. Before starting we advise you to always ask to be connected with your highest guidance. Also ask if it is a good time to test for essences and, if you are testing for someone else, whether you have permission to ask questions about this person. If you get a "no" to any of these questions, put down the pendulum and try again at some other time.

When testing, the questions must always be formulated in such a way as to elicit a clear yes or no response. If you do not get a clear response it may mean that you are not asking the right question, that the question is not formulated properly, or that the information you request is not available to you.

## Kinesiology

Muscle testing, or kinesiology, is another way of choosing flower essences. There is a simple way of doing this that everyone can learn. Taking your non-dominant hand, make a circle by joining the tip of your thumb to the tip of your little finger. Now put the thumb and index finger of your other hand together and place them into the circle.

Ask a question and with your thumb and index finger try to pry open the fingers forming the circle. If the response to your question is positive, the muscles will remain strong and the circle will not open. If the response is negative, the muscles will weaken and the circle will open. The important thing is to apply the same amount of pressure trying to keep the circle closed, as you do with the fingers that are trying to open it.

Again, some people take to this form of testing immediately, while others need to practice before becoming proficient.

## How to take flower essences

It is part of our cultural bias to think that for a remedy to work we must swallow it. Indeed this is the way that the vast majority of people still take their flower essences, by placing several drops directly from the bottle under the tongue.

But topical use of flower essences can be just as effective and in some instances even bring about a much more precise healing reaction than internal use. Flower essences are energetic products; they contain the energetic imprint of the flower and not its physical properties. For an energetic essence to work, it must be introduced into our energy system. This can be through ingestion, but it can also be through placing several drops on the inside of the wrist, in the palms of the hands or the soles of the feet (where we have all of the reflex points), on the chakras or acupuncture points. Essences can also be vaporised in the air around us or into our energy field or aura.

Topical applications are of particular interest to people who have an intolerance to any alcohol (brandy is used to stabilise most flower essences). It is also a good way to administer essences to a newborn baby or small infant, by putting a drop on the top of the head, or alternatively by rubbing the essence into the hands or feet. Putting 7 to 10 drops of an essence into the baby's bath water is also an effective way to introduce the essence into the energy field.

### How many

There are a lot of different beliefs and rules that exist on how many essences should be taken at any one time. Some people believe that only one essence should be taken at a time. Others believe that you can take up to five or six at a time. For some people essences must be diluted, while others feel that they should be taken pure. Flower essence producers have varied opinions on the subject. Our opinion and experience are that there are no rules! Our energy systems are so highly evolved, and the vibration of the essences can be so subtle, that some of us can easily mix 20 or more essences together and get fabulous results.

It is very important to listen to your intuition. If you feel that you should only take one essence at a time, then take one essence. But if your intuition tells you to take ten, listen to it.

The story of Heart Spirit Essence is an interesting example of this. Sabina Pettitt, the producer of the Pacific Essences, says that single essences work most directly, but if a combination seems appropriate, 4 to 5 essences may be mixed together. However, one client who really wanted to heal all of his old heart wounds, asked that all of the essences that related to the heart chakra, the heart meridian and the heart protector meridian be mixed together - a combination of 20 essences! He then took the essences every 15 minutes through the day. The results were spectacular, not only for this client but for others who tried the combination. Thus the Heart Spirit Essence was born.

We can do our own combinations by mixing essences from several producers, to benefit from the energies of not only various realms (plant, mineral, animal), but also different continents.

### How much, how often

Here again opinions and beliefs vary as to the number of drops (from 2 to 11) and the number of times per day (anywhere from 2 to 7). The number of drops is not particularly important. Many essence bottles indicate the recommended number of drops on the label. You can test the number of drops by dowsing or kinesiology, your health care practitioner may specify the number of drops to take each time, or you can use your intuition. A particularly sensitive person may wish to take only 1 or 2 drops at a time.

What is more important, in our opinion, is the number of times a day an essence is taken. Most essence producers and therapists would agree that the essences should usually be taken at least twice a day. In the morning on rising and in the evening before going to bed. Some producers suggest that the essences should be taken 3 times a day, others 4, some as many as 7. Here again, in our opinion, there are no hard and fast rules. It would, however, seem that taking the essences regularly, at least twice a day, over a period of at least 3 to 4 weeks gives the best results for most people.

The way to increase the dosage of your essences is to increase the number of times that the essences are taken during the day rather than to increase the number of drops taken at one time. Emergency essences are often taken every 5 minutes or so.

Using your intuition is one of the best ways to determine when to take an essence. If your eye or your thoughts are drawn to the bottle, chances are you need the remedy.

### Making a dosage bottle

If working with more than one flower essence, you may wish to make up a dosage bottle. This is done by adding 7 drops of each essence to a 30 ml dropper bottle filled with 70% still mineral water and 30% brandy or vinegar.

Some people prefer to take the essences directly from the stock bottle (which is a first dilution from the mother essence), while others prefer to make a second dilution or dosage mixture. While a dosage bottle will not be stronger than the first dilution or stock bottle (flower essences are not like homeopathic remedies in this respect), the essence will maintain the same energetic level, provided it is stabilised with alcohol, red shiso or vinegar.

## Energetic hygiene

Energetic hygiene is the term we use to describe the process of keeping one's energy system and energetic environment as clean and pollution free as possible. This is particularly important in today's world where many people live stressful lives in an energetically polluted environment. Energetic hygiene is comprised of four separate but related aspects: handling shock, protecting the aura, cleaning the aura, and space clearing.

### Handling shock

There is growing awareness of the effect of shock on the human energy system. When we receive a shock, whether it be a big or little one, the effect of the shock can stay in our energy system for years and may even be a contributing factor in illness. Most flower essence producers have a flower or flower essence combination in their range that acts as a Rescue essence to eliminate the effect of shock, calm and repair our energy field, erasing fears and bringing a sense of inner peace. These emergency essences are useful for any crisis, panic, emergency or stressful event, including accidents or injury, and the shock of childbirth (for both mother and child).

Taking an emergency essence as soon as possible after an accident or injury or any other shock, keeps your electrical system from shutting down and helps it to repair itself more quickly. This is why it is recommended to always have a bottle on hand in your handbag, briefcase, car, travel kit, medicine cabinet etc.

Here is a list of essences that help us handle shock:

- Assistance - DEVA combination
- Balancer - Pacific Essences combination
- Crisis Remedy - South African combination
- Emergency Care - Green Hope Farm combination
- Emergency Essence - Australian Bush combination
- Pear - Spirit-in-Nature
- Saved by the Animals! - Wild Earth Animal combination
- Soul Support - Alaskan Essences combination

### Protecting your aura

Many people assume that everything they think and feel belongs to them. But in fact we are continually picking up feelings and thoughts from other people. We can be contaminated by someone's anger as easily as their laughter. An increasing number of people are becoming hypersensitive to all forms of negativity whether it be electromagnetic pollution or the negative thoughts and emotions of others.

In order to avoid absorbing or falling prey to the energies of other people or places, we must have a strong aura, which has no holes or weak spots and which does not leak energy. A strong aura will provide a boundary line between our energy system and the outside world. It will ensure that no extraneous energies latch onto us or draw off our strength. Flower essences are an extremely effective way to protect and strengthen the aura.

Some of the essences, which provide a particularly good level of psychic protection are listed below. These essences address various types of auric protection (e.g. mental, emotional, environmental). Depending on the person, several of these essences may be used together, keeping in mind that the essences needed may change over time and depending on the circumstances.

- Aura Protect - Crystal Energy combination
- Aura Protection - Terre & Cosmos
- Auric Protection Essence - South African combination
- Fringed Violet - Australian Bush
- Golden Armor - Green Hope Farm combination
- Guardian - Alaskan Essences combination
- Optimal Immunity - Pacific Essences combination
- Pennyroyal - Green Hope Farm
- Protection - DEVA combination
- Protection - Wild Earth Animal combination
- Se protéger - Ile de Lumière
- Stone Circle - Alaskan Essences
- Urchin - Pacific Essences



## Energetic hygiene

### Aura cleansing

It is useful to find some way of effectively cleansing your aura, at least once a day, if not more often. Below are a few examples of the benefits that can be derived from keeping your aura clear.

- Cleansing one's aura will calm the mind, improve concentration and your ability to think clearly.
- Clean your aura if you often wake up in the morning feeling tired and out of sorts. Cleaning the aura as part of your morning routine will lift the gloom and allow you to start the day in a more balanced, light-hearted manner.
- Insomnia sufferers are often carrying lots of extraneous energy in their aura. Cleansing the aura before going to bed will often help these people to have a good night's sleep.

Some of the essences that are effective in cleansing and purifying the aura include:

- Angelsword - Australian Bush
- Aura Cleanse - Crystal Energy combination
- Black Tourmaline - Crystal Energy
- Cleansing Angel (Hawaiian 5) - Petaltone
- Purification - Alaskan Essences combination
- Purify - Green Hope Farm combination
- Subtle Body Balancer - Fleurs de Vie combination



### Space cleaning

Everywhere we go there is an energetic charge in the atmosphere around us. It may be positive and uplifting or negative and uncomfortable. Unfortunately we tend to run up against the latter case more often than we realise. We could benefit greatly by paying attention to how we feel in various places and taking the necessary steps to clear the space of any unwanted energy if we feel that this is appropriate. Unwanted energy can be anything from astral entities to the emotional debris from a fight.

Becoming aware of the energetic charge of the space around you is an important way to maintain a healthy balance of your own energies. We think it normal to physically clean our living space, at least once every week or so; we should remember to clean our energetic environment as well.

Many therapists spray their offices between appointments. This ensures that the energy is clean and fresh and does not contain any leftover energetic debris from the previous session. Using a space clearing spray in the office can greatly improve the working environment and general relations between colleagues. It is also useful to clean the energy in hotel rooms when travelling, particularly if you have difficulties sleeping when away from home.

One of the most effective ways of space clearing is to spray with flower essences. Below is a list of essences that can be used for space clearing:

- Balancer Spray - Pacific Essences
- Clear Sky - Fleurs de Vie
- Crystal Clear or Astral Clear - Petaltone
- Heart Spirit Spray - Pacific Essences
- Purification Spray - Alaskan Essences
- Space Cleansing (Hawaiian 8) - Petaltone
- Space Clearing Mist - Australian Bush

To create a Sacred Space, the Alaskan Essences producer recommends using the three following sprays, in this order: Purification Spray, Guardian Spray, Calling All Angels Spray.

# Flower essences and children



Flower essences are particularly effective and fast acting for children, including babies. Parents would spare themselves and their children much unhappiness if they would develop the “flower essence reflex” when they notice that their child is “out of sorts” or “coming down with something”.

## Giving birth

Flower essences will ease the trauma of birth for new born babies and mothers alike. At birth there is a very strong energetic bond between mother and child, so often the baby and mother might need some of the same essences. Essences are also useful for dealing with minor difficulties such as colic, skin rashes, crying fits.

## Administering to babies

Flower essences can be given to babies in several ways.

- A drop can be placed on the top of the head.
- 7 to 10 drops can be put in their bath water.
- One or two drops can be put in their bottle.

## Intuition

Young children are very intuitive (society has not yet conditioned them to stop listening to their inner voice) and therefore are often able to pick the remedies which they need. The use of flower essence cards (Australian Bush, DEVA, Pacific Essences) is another way to allow children (as well as adults) to intuitively choose their essences.

## Family problems

Children are profoundly affected by what is happening in the family, although they may not show it. If your family is going through a difficult time (divorce, unemployment, grieving, financial difficulties) do not assume that your children are not affected! Testing them for flower essences will give you insight into the way they are internalising their surroundings. Helping them to clear these emotions through the use of flower essences, may also help them avoid problems such as fears, insecurity, lack of self-confidence, eating disorders.

## Indigo children

Flower essences are also a wonderful and safe way to help Indigo children receive the love and support that they need to attain their full potential.

## Teenagers

Adolescence is a difficult transition time, and flower essences can have a profound impact on children during this period. Essences will help in the development of communication skills, social skills, emotional stability and self-acceptance. They work remarkably well for the mood swings and general grumpiness which are so characteristic of adolescence. If parents also take essences it will help them to understand and support their children, as well as provide insights into their own behaviour.

## School and exams

Flower essences can help children with school work and exams. They increase concentration, focus and self-confidence, and provide protection from stressful environments during examinations.

## A few suggestions

To ease birth trauma for mothers and babies:

- Birth Essence - South African combination
- Fringed Violet - Australian Bush
- Pear - Spirit-in-Nature

To help children adjust to change (going to school, new baby in the family, etc):

- Bottlebrush - Australian Bush
- Cow Parsnip – Alaskan Essences
- Strawberry - Spirit-in-Nature

To help children adjust to the pain of separation:

- Coeur de Marie - DEVA
- Separation - Green Hope Farm combination
- Separation Essence - South African combination

To help children move through adolescence with ease and self-confidence:

- Adolescence - DEVA combination
- Adol Essence - Australian Bush combination
- Adolescent Essence - South African combination



Fleurs de Vie also proposes the booklet Choosing flower essences for your children (see page 85).

## Flower essences and animals

The world of essences and the world of animals are very close. Animals see and sense things that are normally beyond our reach and therefore they have an immediate and very open response to the energetic qualities of the essences.



### Role of animals

Animals possess thoughts, feelings and emotions which are similar to those experienced by humans, and in many cases mirror the emotional state of their “owners”. They help us by absorbing energetically some of the disharmony which we are emitting in our own auras when we are stressed, emotionally distraught or physically ill. Have you ever noticed how an animal will stay by your side when you are not well? Some say that it is part of their life path to help us in this manner.

Animals also have their own issues such as sadness, timidity, jealousy, fear, adapting to change. Essences are a marvelous and natural way to help your pet live a harmonious and balanced life.

### Selecting essences

One of the best ways to find out what your animal needs is to use kinesiology or pendulum dowsing. Another way is to carefully observe the behaviour of the animal and try to find an essence description that fits. Getting in touch with your own feelings may show you what is going on with your pet. It is not uncommon for “owner” and pet to need the same remedies. Although ALL essences are appropriate for animals, Green Hope Farm has developed the Animal Wellness Collection of 22 combination essences. Below are a few suggestions of which essences may be useful for animals. Pacific Essences also has developed a range of 18 sprays for animals.

### Administering essences

There are several ways to administer essences to animals:

- You can put the drops directly in the animal’s mouth, have him lick the drops out of your hand, or place the drops on his skin.
- You can put the drops in the animal’s water.
- You can put 7 drops in 50 ml of water and spray on the animal.

### A few suggestions...

For any emergency situation, shock, trauma, accident:

- Animal Care - Alaskan Essences combination
- Balancer spray - Pacific Essences combination spray
- Animal Emergency Care - Green Hope Farm combination
- Pear - Spirit-in-Nature

For jealousy:

- Clear Star - Petaltone
- Jealousy - Green Hope Farm
- Mountain Devil - Australian Bush

For animals who always want attention and who are upset when left alone:

- Coeur de Marie - DEVA
- Inner contentment - Pacific Essences combination spray
- Neediness or Separation - Green Hope Farm combination
- Peach or Grape - Spirit-in-Nature

For animals who are grieving the loss of a loved one (human or animal):

- Borage - DEVA
- Grape or Orange - Spirit-in-Nature
- Grief and Loss - Green Hope Farm combination
- Purple Crocus - Pacific Essences
- Sturt Desert Pea - Australian Bush

For animals who are aggressive, bark a lot or have a tendency to bite:

- Outburst - Green Hope Farm combination
- Raspberry or Grape - Spirit-in-Nature
- Release - Petaltone
- Snapdragon - DEVA

For animals who absorb too much negativity from their “owners”:

- Pink Yarrow - DEVA
- Blackberry or Spinach - Spirit-in-Nature
- Golden Armor - Green Hope Farm combination



# Alaskan Essences



(Based on descriptions supplied by the producer)

The 72 Alaskan flower essences were created from 1984 to 1992, from wild and domestic flowers growing in Alaska. The Alaskan environment has remained very pure, due to the fact that it is one of the few places on the planet that has been relatively unaffected by human activity. Because of this the plant and elemental kingdoms are still active and accessible. Alaskan flowers have had to develop special adaptations to ensure their chances for survival in an extreme climate characterized by constant change. These attributes are also relevant to humanity in our current environment of continual transformation. By awakening positive qualities of consciousness within, the flower essences enable us to open to and complete our life lessons with increased awareness and understanding. Environmental essences are complementary to the action of flower essences, as they help us create a balanced inner environment which in turn supports positive change and growth. They are also useful for space clearing as they revitalize the space with clean vibrant energy.

## The 72 flower essences

### **Alder**

Taking life at surface value; unable to see what one senses to be true.

### **Alpine Azalea**

Self doubt; withholding love from ourselves; unable to have compassion for ourselves.

### **Balsam Poplar**

Inconsistent emotional and sexual response, often resulting from shock and trauma or a lack of grounding.

### **Black Spruce**

Contracted view of life; tendency to forget information learned from past experiences; out of touch with the wisdom of the soul family.

### **Bladderwort**

Caught up in illusion; unable to make decisions that support one's highest good; often deceived or taken advantage of; lack of discernment.

### **Blueberry Pollen**

Lack of belief in the concept of abundance; low prosperity consciousness; difficulty receiving from others and from the earth.

### **Blue Elf Viola**

Unable to express anger in a clear and nonviolent way; difficulty resolving conflict, especially in group situations.

### **Bog Blueberry**

Conditional acceptance of abundance; attachment to the form in which anything manifests in one's life.

### **Bog Rosemary**

Lacking trust; immobilized by a fear of the unknown; inability to take risks in order to grow or heal.

### **Bunchberry**

Lack of mental focus; easily distracted by or caught up in the emotional turmoil of others; sense of not having enough time to complete tasks.

### **Cassandra**

Anxiousness; difficulty shifting one's attention to an inner focus; unable to relax into deeper levels of meditation.

### **Cattail Pollen**

Weakened by connections and involvements which no longer serve one's highest truth; difficulty standing up for oneself; feeling unsupported by others.

### **Chiming Bells**

Depressed; despondent; disheartened; no joy in one's day-to-day existence; feeling a lack of support and stability at a basic level.

### **Columbine**

Weak sense of self; judging one's appearance in comparison to others; unable to appreciate one's own unique or distinctive beauty.

### **Comandra**

Visionary abilities undeveloped or ungrounded and therefore of no practical use; focus of one's perceptions limited to the gross, material aspects of the physical world.

### **Cotton Grass**

Shock and trauma resulting from an accident or injury of any kind; fixating on one's discomfort rather than on the healing process; unable to completely heal an old injury because of a lack of awareness of what led to its creation.

### **Cow Parsnip**

Ungrounded; feeling cut off from one's roots; unsure of one's inner direction; difficulty connecting with or adapting to new surroundings after a move.

## Alsakan Essences

### Dandelion

Lack of awareness of the deeper mental attitudes that lead to chronic muscular tension; difficulty releasing emotional energy stored in the body.

### Fireweed

Shock or trauma; energy stagnation on any level; feeling burned out; weak connection to the earth.

### Forget-Me-Not

Feeling separate; difficulty connecting to the spiritual dimension; deeper connections with others blocked by subconscious fears; feeling guilty about past actions.

### Foxglove

Fear of the unknown; lack of perspective on how to deal with a challenging situation; unable to see the lesson or issue at the heart of a conflict or difficulty.

### Golden Corydalis

Cannot get all of one's talents and skills to work together in a focused way; overwhelmed by new experiences; cannot make sense of how one's life fits together.

### Grass of Parnassus

Difficulty maintaining one's energy level in toxic or crowded environments; subtle bodies need to be cleansed and reenergized.

### Green Bells of Ireland

Ungrounded; lacking a conscious heart connection to the natural world; unaware of the light and intelligence present in Nature.

### Green Bog Orchid

Sensitivity to the self and others blocked by pain and fear held deep in the heart; lack of trust in one's deeper motivations; difficulty communicating from the heart.

### Green Fairy Orchid

Core imbalance between the masculine and feminine aspects of the self; difficulty resolving conflicts within the heart; maintains separation through defensiveness.

### Grove Sandwort

Feeling a lack of physical and emotional nurturing; weak bonding connections between mother and child; feeling unsupported by the earth.

### Hairy Butterwort

Unable to acknowledge or trust in higher guidance and support, especially when confronted with a challenging situation or life lesson; lack of awareness of the core issues that need to be addressed in order to resolve a situation.

### Harebell

Feeling unloved and cut off from the Source; looking for love outside of oneself.

### Horsetail

Distorted communication with other levels of one's consciousness; difficulty communicating with the higher selves of others, including animals.

### Icelandic Poppy

Conditional about how we welcome spirit into our lives; survival, sexual, and spiritual aspects of life not integrated.

### Jacob's Ladder

Unclear about intention or motivation; lacking trust in the spiritual world; attempting to mentally control life in order to fulfill needs and desires.

### Labrador Tea

Addictions; attempting to balance one extreme with another; extreme imbalance in any area of life; difficulty coming back to center after a traumatic or unsettling experience.

### Lace Flower

Lack of awareness, acceptance or appreciation of our own natural beauty and intrinsic value; feeling insignificant; unsure of how our personal or professional contributions fit into the whole.

### Ladies' Tresses

Lack of awareness of the connection between our life lessons and our life purpose; difficulty reconnecting with the body after a serious injury or traumatic experience.

### Lady's Slipper

Lack of sensitivity to the flow of energy in and around the body; resistance to receiving healing energy from others.

### Lamb's Quarters

Perspective limited to what we can understand with the mind; lacking balance and harmony between the mind and heart, the rational and the intuitive.

### Monkshood

Difficulty being in close physical contact with others; confused sense of spiritual identity; fearful of contacting the shadow self.

### Moschatel

Overly intellectual focus on life; believing that everything must come through struggle; creating without joy.

### Mountain Wormwood

Unresolved anger and resentment; cannot easily forgive the self or others for past actions regardless of the intent behind them.

### Northern Lady's Slipper

Weak body/soul connection; traumatic birth experience; pain and trauma held very deeply in the body.

### Northern Twayblade

Resistance to opening to the subtle aspects of our own consciousness; unable to integrate our spiritual wisdom and divine Nature with our most basic needs.

### **One-Sided Wintergreen**

Dysfunctional energy boundaries; strongly influenced by other people's energy; unaware of how one's energy and actions affect others.

### **Opium Poppy**

Unable to find balance between activity and rest; deep exhaustion; unaware of past accomplishments; difficulty understanding and integrating lessons and experiences.

### **Paper Birch**

Confusion or disorientation about the direction life should take; unable to connect with deeper levels of insight regarding life purpose.

### **Pineapple Weed**

Lack of harmony with our physical environment; unaware of the support and nurturing that is available from Nature; weak nurturing bond between mother and child.

### **Prickly Wild Rose**

Lacking trust and faith; feeling hopeless; apathetic and disinterested in life; unable to keep the heart open when involved in adverse circumstances.

### **River Beauty**

Emotional devastation; overwhelmed by grief, sadness, or a sense of loss; shock and trauma from emotional or sexual abuse.

### **Round-Leaved Sundew**

Attachment to the known; fearful of the unknown; would rather struggle than change; over-identification with the ego; lack of communication between the lower and higher self.

### **Shooting Star**

Sense of not belonging on the earth; homesickness for a place that cannot be identified; unable to consciously understand why one is here.

### **Single Delight**

Feeling isolated and alone, especially during a dark or depressing time; cloudy inner vision; unable to sense or feel the connection with one's soul family.

### **Sitka Burnet**

Feelings of internal discord from unknown origins; unable to locate the source of our problems in life; difficulty understanding the lessons contained within our learning experiences.

### **Sitka Spruce Pollen**

Lack of humility in one's relationship to the earth; imbalance between the masculine and feminine expressions of power within an individual; reluctance to express or exercise one's power for fear of hurting someone.

### **Soapberry**

Fear of the power of Nature; fear of one's own power; using one's power in irresponsible, inappropriate, or unbalanced ways.

### **Sphagnum Moss**

Overly critical and judgmental of the healing journey; obsessing about the day-to-day details of one's healing process; unable to see the positive side of transformational experiences.

### **Spiraea**

Feeling unsupported by life; placing limitations on how support will be allowed into our lives; attachment to the way things are, even if they are not to our liking.

### **Sticky Geranium**

Feeling unfocused, lethargic, or indecisive; resistance to moving on to the next level or stage of an experience; lacking energy to reach our goals; attached to our current level of consciousness and identity.

### **Sunflower**

Unbalanced expression of masculine energy in men or women; weak or dysfunctional relationship to the father, or to one's own identity as a father.

### **Sweetgale**

Emotional energies blocked in lower chakras; emotional communication with others is defensive, lacking clarity, and is characterized by conflict, blame, and the assignment of guilt.

### **Sweetgrass**

Energy blockages in the etheric body; low energy flow during the day; difficulty bringing a healing process to final completion; needing to remove disharmonious energies from the home or work environment.

### **Tamarack**

No confidence in one's unique skills and potentials; weak sense of self-identity; lacks awareness of what one is capable of.

### **Tundra Rose**

Hopelessness; lack of inspiration and motivation; overwhelmed by the responsibilities one has taken on.

### **Tundra Twayblade**

Deep pain and anguish resulting from wounds suffered in the past; heart closed in an attempt to avoid feeling the pain that is stored there.

### **Twinflower**

Defensive or reactive communication; unable to clearly communicate from different aspects of the self; has difficulty understanding what others are saying.

### **White Fireweed**

Deep emotional shock and trauma; profound alienation from the body after an experience of sexual or emotional abuse.

### **White Spruce**

Information overload; feeling dis-integrated; unable to apply knowledge to life's challenges; difficulty integrating how one feels with how one thinks.

## Alsakan Essences

### White Violet

Uncomfortable in closed spaces and constrained environments; fearful of losing one's identity in a group; unable to embody one's sensitivity in a comfortable way.

### Wild Iris

Lack of belief in one's own capacity to create; blocking creative expression because of an unwillingness to share it with others; feeling disconnected from the source of one's creativity.

### Wild Rhubarb

Mental resistance and inflexibility; mind influenced by the ego; communication between the heart and mind blocked or undeveloped.

### Willow

Resistance to taking responsibility for one's actions or for the life one has created; unaware of how thoughts create reality.

### Yarrow

Oversensitive to the environment; looking for protection from outside rather than from within the self; integrity of the aura has been compromised by injury or trauma in this or another lifetime.

### Yellow Dryas

Feeling estranged from one's soul family; unable to sense the connective thread that links one's experiences into a coherent and understandable whole.



Fleurs de Vie also proposes the Flower Energy Cards from Alaska (see page 85).



## The 41 Research Flower Essences

### **Alaska Violet**

Lack of grounding; overcautious; timid; reticent; unable to actualize one's life purpose in a practical way on the physical plane.

### **Alpine Arnica**

Over identification with emotional traumas and wounds from the past; pain without understanding. illuminates the relationship between old emotional and mental imbalances and the pain we are feeling in our bodies

### **Angelica**

Feeling lost or abandoned and without spiritual protection; isolated in one's anxiety; overburdened by life; connects us to the protective energies of the angelic kingdom

### **Bleeding Heart**

Feeling rejected by the self; heart closed to others; lack of compassion for ourselves and others; divisions in our relationships

### **Blue Poppy**

Weak or dysfunctional connection between the spiritual and sexual aspects of self; lack of balance between the inner male and female.

### **Bog Candle**

Caught up in confusion, shame, fear and guilt; prone to destructive or degrading tendencies; extremely low self-esteem.

### **Chocolate Lily**

Over-reactive to situations beyond our control; low endurance and fatigue from chronically over-extending ourselves past the point of tiredness.

### **Cloudberry**

Cloudy inner vision; looking outside of ourselves for insight and answers; always overwhelmed with details; obsessed with trying to figure things out.

### **Club Moss**

Ungrounded; resistance to being here on Earth; little or no awareness of one's connection to the planet.

### **Comfrey**

Low body awareness; unresolved trauma and injuries from the past; difficulty healing old wounds; energy loss for no apparent reason.

### **Crowberry**

Life filled with inner conflict and attachment to outcome; unable to find or maintain one's center in a difficult or oppressive situation.

### **Devil's Club**

Poor energetic boundaries; territorial conflicts; feel like there is not enough room to be fully present; defining one's personal space is a constant struggle.

### **Dwarf Fireweed**

Attachment to difficulty; doing things the hard way; overwhelmed during any kind of transformative healing process.

### **Enchanter's Nightshade**

Fear and avoidance of the inner recesses of the psyche; attachment to expansion; imbalance between isolation and exposure.

### **Fairy Slipper**

Weak vertical alignment; not wanting to stand out and be noticed; spiritual potential and wisdom not activated or manifested in the physical body.

### **False Hellebore**

Insecure; holding back; stuck in old ways of viewing life; in denial; inflexibility based on a fear of moving forward.

### **Goatsbeard**

Creative processes are dreamy and unfocused; lack of joy and fun in life; mental inflexibility; over-intellectual; pessimistic.

### **Ladies' Mantle**

Shame and vulnerability around one's sexuality; loss of innocence through the experience of abuse; difficulties during puberty and menopause.

### **Lapland Rosebay**

Over-dependent on others for advice; lack of trust in one's intuition; prone to mental confusion and circular thinking.

### **Lavender Yarrow**

Integrity of the aura has been compromised by imbalances or damage in the higher chakras and subtle bodies.

### **Lilac**

Weak vertical alignment affecting energy inflow and circulation; energies stuck in lower chakras; over concern for our own stories and struggles.

### **Nootka Lupine**

Victim consciousness; resignation about one's place in life; vulnerable to influences from the past; lacking the courage and confidence to confront and resolve karmic issues.

### **Northern Coral Root**

Holding on to toxic and distorted thoughts and emotions; lack of awareness of one's energetic connection to the planet; consumption without awareness.

### **Northern Green Orchid**

Unresolved conflict in the heart; expressions of power and love are not aligned; reactive rather than proactive.

## Alsakan Essences

### Pale Corydalis

Co-dependent; lack of commitment or clear intention in a relationship; holding back because of a fear of losing oneself; unable to see the higher purpose of a relationship.

### Pasque Flower

Shy and aloof; unclear boundaries; over-sensitive to physical contact; loses sense of self in crowded or intimate situations.

### Potato

Holding on; rigidity; lack of mobility; hard, tough and inflexible persona; resistance to releasing the past. physical release

### Purple Poppy

Difficulty keeping up with the pace of change in one's life; frenetic and frazzled; disorientation and fatigue from too much going on; wired and tired.

### Red Elder

Ungrounded; disembodied; feeling unsupported by one's physical environment; focus in life is scattered and diffuse.

### Red-Purple Poppy

Indecisive; lethargic; uninspired; stagnant energy flow in the lower chakras; feeling a lack of guidance and support from the spiritual realms.

### Reindeer Moss

Feeling uprooted, disconnected or displaced; grief, despondency, despair; significant, sudden changes in life, such as a loss of one's home or business due to circumstances beyond one's control.

### Round-Leaf Orchid

Reactive; distracted and unable to stay focused on the issue or task at hand; not tending to one's heart in troubled times.

### Self-Heal

Discouraged by chronic health issues; doubting one's self-healing abilities; resistance to receiving healing energy and support from others. promotes self-esteem, self-acceptance

### Star Gentian

Insensitivity; lack of devotion and commitment to higher ideals; tendency to compete rather than cooperate.

### Starflower

Neediness; low self-worth; no sense of belonging; withdrawn; weak connection to family and home.

### Stinging Nettle

Defensiveness from unresolved trauma; getting angry, upset and disconnected when there is too much to do.

### Valerian

Agitated and irritable; difficulty relaxing the mind and body; unfocused; mental energy scattered and inefficient.

### White Lupine

Caught up in ancestral patterns and unhealthy family dynamics; invested in old family resentments and grudges.

### Wild Sweet Pea

Lack of confidence in social skills; tendency to isolate rather than seek meaningful contact with others.

### Yellow Paintbrush

Weak vertical alignment; inspiration and creative energies are not harmonized; creative process is disjointed and stagnant; chronic creative frustration.

### Yellow Violet

Defensive communication; stage fright; distress and dread around public speaking; self-expression blocked by the fear of being judged or ridiculed.

## Environmental essences

### Chalice Well

This essence was made in the Chalice Well Gardens of Glastonbury, England. It connects us to the angelic, elemental, plant and mineral kingdoms. It reminds us that we are a part of the web of life and we can draw upon this matrix of support whenever we need help to take the next step on our life path.

### Full Moon Reflection

This is an essence of reflected light; the sun's light reflected by the full moon off the water of Kachemak Bay and into the snow-filled canyon. This essence penetrates deep into the subconscious, allowing our shadow-self to be illuminated by the light of our conscious awareness.

### Glacier River

An essence of solarized water that emerges from the base of the Gulkana glacier carrying suspended particles of ground- up rock eroded by the constant pressure and movement of glacial ice. This essence helps us release patterns of feeling, thinking and doing that have become rigid and unyielding.

### Greenland Icecap

An essence of solarized glacier water prepared on the Greenland ice sheet where two of the earth's continental plates come together. The Greenland Icecap essence contains the intense energy of convergence, it helps us remain flexible and feel supported as we move through deep inner change.

### Liard Hot Springs

This essence was prepared at Liard Hot Springs in Canada. An essence of cleansing, re-creation and renewal, putting us back in touch with the innocent truth of who we really are: spiritual beings who have come to this earth to learn.

### Northern Lights

This essence was made under a swirling green display of Northern Lights. For cleansing and re-patterning our energies, at a very deep level. It helps us release energies from the heart that have been allowed to obscure our original life patterns.

### Polar Ice

This essence was prepared on the Arctic Ocean ice pack near the North Pole. An essence of transition and the completion of cycles; for achieving a more patient understanding of the subtleties of time; helps us stay in the present, with no anticipation of what is to come.

### Portage Glacier

This essence was prepared on the banks of Portage Lake near the terminus of Portage Glacier. A powerful and catalytic energy that helps us release what is unnecessary and inappropriate in our lives from the mental, emotional, etheric, and physical bodies. It revitalizes and balances the entire energy system.

### Rock Spring

This essence was prepared from spring water that emerges from the center of a sheer rock face high in the Talkeetna Mountains and cascades down to a pool at its base. Rock Spring is an essence of hope and miracles! It can help us find our way through seemingly insurmountable obstacles with infinite patience and never-ending trust.

### Solstice Sun

This essence was prepared on the "night" of the summer solstice, as the midnight sun danced along the peaks of the Brooks Range. Solstice Sun catalyzes our ability to access and circulate a stronger current of light energy throughout the physical body.

### Stone Circle

This essence was prepared within a naturally occurring circle of stones located high in the Talkeetna Mountains. Stone Circle introduces a highly balanced and protective energy into the aura that invites us to relax, rest, and replenish our vital forces. This essence keeps us from absorbing or "taking on" the energies of others.

### Tidal Forces

This essence was prepared with creek and sea water on Kachemak Bay during a full 24 hour, 22 foot tidal cycle. An essence of rhythm and balance, of loss and gain, of adapting ourselves to the swiftly changing currents of life. It soothes and balances overly emotionalized, fiery states of being; washes away mental resistance to change; helps us accept what is.

### Research Environmental essences

#### **Augustine Volcano**

This essence facilitates the positive release of unexpressed energy and emotion. It also teaches us to view intense cataclysmic events, such as volcanic eruptions, as benevolent instruments for change. The earth will continue to make these strong internal adjustments.

#### **Bog**

This essence was made in the Stonestep Bog in south central Alaska. Bogs are semi-swampy habitats that harbor a rich diversity of life. They are alive with an abundance of elemental energies and hold the fresh new energy of potential.

#### **Gigha Quartz**

Prepared on the Isle of Gigha, off the western coast of Scotland. Gigha Quartz encourages us to become more present in a soft and empowering way. It helps us build up our inner core strength and discipline so that we can maintain a deeper alignment with the planet. This alignment enables us to live our lives with a physical and energetic posture that is upright, self-contained and authentic.

#### **Redoubt Volcano**

Made during the March, 2009 eruptions of the Redoubt Volcano in south central Alaska. This essence calms and soothes our doubts, anxieties and fears as we confront the inevitability of change. It helps us learn how to surrender to the natural forces that are beyond our comprehension and control, and in doing so, align with their magical and transformative power.

#### **Solar Eclipse**

Balances and harmonizes the feminine and masculine energies in men and women, and promotes the conscious empowerment of the inner male. (*Limited Edition*)

#### **Typhoon**

This essence was prepared during a typhoon on the island of Honshu in Japan. Typhoon teaches us how to surrender to the cleansing power of nature—a force more powerful than we are—with enough trust to let it do its healing work. It also reminds us to anchor our lives with purpose and intent—to focus on what is important and let the rest go. (*Limited Edition*)

#### **Winter in August**

This essence was made from melted snow during a powerful storm on the Greenland ice sheet in the month of August. It is an essence for the clarification of identity. It helps us determine what is essential to our path in life, and catalyzes a clearing of the mind, heart, and emotional realms of all that is not, so we can realize true peace in our lives and on the planet. (*Limited Edition*)

## Gem essences

### **Aquamarine**

Brings a calm, quiet clarity to an overactive mental body; increases the ability to achieve a neutral, serene state of mind; helps create a mental oasis of cool, clear receptivity.

### **Aventurine**

Strengthens the central vertical axis which stabilizes us during expansion experiences; helps us move into and through new experiences with grace, stamina and perseverance; good for spiritual trailblazers and pioneers.

### **Azurite**

Grounding communication; opens and strengthens the connection between the feminine Earth forces and the 5th chakra; helps us communicate with vitality, authenticity and gentleness.

### **Black Tourmaline**

Helps us exchange old unwanted energies being held in the body for fresh, clean, neutral energy; a precision tool for the release of toxic energy from the mind, emotions and physical body.

### **Bloodstone**

Strengthens one's connection to the Earth; brings a stronger flow of Earth energy into the 1st and 2nd chakras; stimulates the release of emotional energies that have been stuck in the lower chakras; rebalances these energy centers after trauma or emotional upset.

### **Brazilian Amethyst**

Transmutes energy from lower to higher vibratory rates; helps to lift energy from an overly material state; helps one sense and experience one's unique spiritual identity.

### **Brazilian Quartz**

The essence of cleansing white light; energizes and synchronizes the auric field, the subtle bodies and the physical body with the Earth's natural vibration.

### **Carnelian**

Increases the etheric body's ability to access pranic energy; energizes and clears the nadirs, (the energetic interface between the etheric body and the meridians), allowing a greater flow of energy to the meridians.

### **Chrysocolla**

Opens, softens and expands the inner dimensions of the heart chakra; helps us release tension and armoring around giving and receiving love; increases flexibility in the mind and body to allow the vibration of love to flow.

### **Chrysoprase**

Brings the heart chakra into harmonious union with the green energy frequency of the planet; synchronizes the subtle bodies with the heart energy of the Earth; helps us accept the Earth as our home.

### **Citrine**

Harmonizes the mental body with higher spiritual laws; increases access to Divine intelligence; amplifies qualities of concentration, centering and rational mind.

### **Covellite**

Brings strength, clarity and definition to the auric field; acts as a protective filter that encourages us to relax energetically, thereby enhancing our natural ability to receive love and support from the environment.

### **Diamond**

Brings clarity to the 6th chakra; harmonizes Divine and personal will; helps us activate personal will in its highest form; strengthens our ability to act in alignment with Divine purpose.

### **Emerald**

A universal heart cleanser and balancer; helps us contact the energies of the Divine Mother and the Divine Feminine; gently coaxes the heart to open to a greater experience of love in the physical body.

### **Fluorite**

The "break up" elixir; increases the circulation of energy in the physical body by breaking up blockages in the etheric body.

### **Fluorite Combo**

Synchronizes movement between the etheric and physical bodies; fine tunes our focus so that we can move through an issue or healing process with precision and balance.

### **Gold**

Helps us access and express the highest aspects of our personal identity; brings strength and balance to the 3rd chakra; helps us tap into our inner truth, joy and wisdom as a source of creative power.

### **Green Jasper**

Reconnects body rhythms with the Earth's rhythms when there has been a disruption to the natural flow; helps us connect to the wild feminine; restores earthly sensuality and healthy sexuality.

## Alsakan Essences

### Hematite

Strengthens energetic boundaries in the emotional body; promotes emotional independence rather than codependency; helps us maintain a state of compassionate detachment while witnessing intense emotions in others; helps us contain our own emotions in a responsible way.

### Herkimer Diamond

A highly developed transmitter of white light; promotes clarity of vision; stimulates healing on all levels; facilitates clarity during the dream state; brings balance and focus to the 6th chakra.

### Jadeite Jade

A vibration of peace, balance and timeless simplicity; helps us stay centered in the moment with an awareness and acceptance of our true essence.

### Kunzite

Opens the heart to an awareness of one's angelic presence; helps one experience the spiritual love of the angelic kingdom and integrate it into the physical body.

### Lapis Lazuli

Opens and clears channels of communication in the 5th chakra; amplifies the ability to hear information from physical and nonphysical sources; clears confusion between hearing and knowing.

### Malachite

Grounding; helps align and harmonize the physical, emotional, mental and spiritual levels of being; supports the unity of one's being in all circumstances.

### Moldavite

Connectedness; an energetic window into universal perspective; helps us stay present in the moment while accessing what we need to express our earthly potential.

### Montana Rhodochrosite

Brings strength and solidity to the 4th chakra; clears confusion and chaos from the heart; clarifies intent and promotes courageous, heart centered action.

### Moonstone

Cleanses and circulates energy in the emotional body; increases feminine energy aspects of receptivity and intuition in women and men; balances and focuses the psychic forces during menses.

### Opal

Rejuvenates spent emotional and mental forces and counteracts the depletion of color frequencies in the aura; feeds the etheric and subtle bodies with a full spectrum of luminous colors; replenishes our creative energies.

### Orange Calcite

Dispels darkness and grief; amplifies the body's ability to assimilate light at the cellular level; uplifting, energizing and warming.

### Pearl

Promotes the release of layers of irritation in the mental and emotional bodies which are seen in the physical body as hardness and inflexibility; helps one turn antagonism for oneself or one's illness into awareness and acceptance.

### Peridot

The stone of new beginnings; stabilizes the subtle bodies during the incubation period of new ideas and creative projects; helps us initiate new cycles of learning and experience.

### Pyrite

Helps us build an energetic foundation in life based on our highest personal truth; strengthens sense of self, especially with regard to group dynamics and peer pressure; helps us solidify and honor our true values.

### Rhodochrosite

Increases energy, balance and stability in the heart chakra and in the physical body; brings a balance of nurturing Earth energy to the heart chakra after an experience of healing and transformation.

### Rhodolite Garnet

Increases our ability to inhabit the physical body; helps us reconnect energetically with parts of the body that have been injured or traumatized; rebuilds the web of etheric energy in areas disrupted by accidents and surgery.

### Rose Quartz

Opens, softens and soothes the heart; helps one connect to and nurture the inner child; harmonizes the heart forces so an individual is able to maintain intimacy with oneself and others.

### Ruby

Energizes and balances the 1st chakra and supports the ability to ground spiritual energy into the physical body; works with the lower chakras to awaken higher impersonal love.

### Rutilated Quartz

Promotes precision alignment with higher sources of energy and inspiration; helps us physically anchor the ability to access, synthesize and communicate information from other dimensions.

### Sapphire

Strengthens devotion and commitment to Divine purpose; promotes loyalty and responsibility to one's true work on the planet; helps us connect to the energetic support we need to do what we came here to do.

### Sapphire/Ruby

For balancing spirituality with physical ability; enables us to gently integrate higher purpose into physical reality and receive physical nurturing through the fulfillment of Divine responsibilities.

### Scepter Amethyst

Opens and prepares the 7th chakra to receive energy from the higher chakras; helps us activate our highest potential through the embodiment of a new core of spiritual identity, authority and leadership.

### **Smoky Quartz**

Grounding and calming; regulates and stabilizes the detoxification of unwanted energies from the physical, emotional and mental bodies; synchronizes body energy with Earth energy.

### **Spectrolite**

Bathes and nourishes the entire energy system with full spectrum light; renews and refreshes our perspective; helps us again see the magnificent in the mundane, and the Divine in the ordinary.

### **Star Sapphire**

Promotes trust in the universe; helps us focus our awareness on what is necessary for the soul's progression in life; supports the formation of energetic connections that promote the realization of our life goals.

### **Sugilite**

Brings depth and a physical richness to our spiritual lives; helps us physically manifest a warmer, more feminine quality of spirituality; promotes an easy acceptance of the spiritual realm.

### **Tiger's Eye**

Self-empowerment; strengthens the energetic boundary between our true nature and our emotional experiences; helps us maintain a strong sense of self-identity when dealing with powerful emotions such as anger, fear and jealousy.

### **Topaz**

Clears energy blockages in the solar plexus; helps us tap into appropriate sources of universal energy; strengthens the ability to act decisively from a clear sense of personal identity.

### **Turquoise**

Attunes the energy field to the ancient wisdom and sacredness inherent in all of life; cleanses and deepens our connection to the soul of the Earth; helps us live a life of simplicity with gratitude and reverence for All.

### **Watermelon Tourmaline**

Balances the universal polarities of yin and yang; helps us establish equality between the magnetic and dynamic (giving and receiving) qualities of love; brings the green, physical, Earth frequency into harmony with the pink, spiritual, angelic qualities of love.

### Research Gem essences

#### **Amazonite**

Emotional strength through a joyful cleansing of old emotional burdens; facilitates a clearing of our hearts and emotional bodies so that we can communicate more easily with others.

#### **Amber**

Helps us contact the inherent strength, endurance, flexibility and instinctual nature of the physical body; relaxes and aligns the energetic structure of the body so that more light and energy can enter and circulate with less resistance.

#### **Apophyllite**

Brings horizontal balance to those who are too vertical; opens and softens the heart chakra; brings balance to those who have an excess of energy focused in the head; helps us relax and share what we have.

#### **Aragonite**

Promotes energetic hygiene; helps one be fully present and connected to the Earth, spirit, and another person during healing work, and then facilitates the release of interpersonal energy connections so that both people can return to a state of energy independence.

#### **Black tourmaline/Master quartz**

Works at the deepest level of the physical body to improve grounding, circulation and strength; balances the relationship between the 1st and 7th chakras; helps us exchange toxic energy held in the chakras for restorative energy; stimulates the organized release of old habits and patterns.

#### **Blue Green Tourmaline**

Clears, expands and aligns the heart chakra into a more evolved relationship with the Higher Self; opens us to allow more peace and solace to reside in our being on a permanent basis; enables us to embody higher frequencies of Universal wisdom; moves us from distraction and waywardness to quiet, centered strength and self-reflection.

#### **Blue Topaz**

Soothing and calming; strengthens mental clarity, focus and effectiveness; encourages the clear expression of our soul's identity through the evolution of our thinking processes; opens our awareness to the higher soul/mental functions.

#### **Celestite**

Gently opens, clears and aligns the upper chakras with the divine and angelic realms; restructures our inner and outer vision enabling us to clearly see the world from a spiritual perspective; heals sadness in the heart resulting from experiences of loss and separation; helps us identify and release the causes of physical tension in our bodies.

#### **Cinnabar**

Helps us clear deep emotional sadness and ancient karmic energy stuck in the lower chakras and in the subtle bodies of the Earth; works with the chakras in the lower body and feet to increase the flow of energy coming in from the Earth.

#### **Diopside**

Releases self-destructive programming from the 1st chakra; releases crystallized levels of fear, anger, and self-worthlessness that block the heart from accepting higher levels of consciousness and Divine Will; helps us transform the density of grief and the sadness of separation; releases alienation and helps one rebuild trust and intimacy with all kingdoms of life.

#### **Fire Opal**

Releases blockages in our energy pathways to allow more Earth energy to rise up into the body and into all of the chakras; helps the body learn to store this additional energy rather than making it available for immediate use; helps us move from, "I have energy", to "I am energy"; facilitates long term recovery from illness or overwork.

#### **Green Garnet**

Grounds a person's energy, focus and consciousness into the Earth plane; facilitates vertical grounding and horizontal stability; works with the two way flow of energy and information between the heart and base chakras; helps us have a softer and more intimate relationship with the Earth.

#### **Green Tourmaline**

A transparent stone that helps us see through the illusion of separation and experience oneness with life; lifts the veil between the human and natural world so that we can see ourselves reflected in all of life, and feel all forms of life within.

#### **Green Tourmaline/Smoky Quartz**

Expands the connection between the heart chakra and the Earth; helps us release energies into the Earth that are no longer needed; helps us focus our creative energies as an effortless giving from the heart; promotes concentration and firm willingness in the creative act.

#### **Labradorite**

Helps one attract, gather, and assimilate the energetic nourishment of light into the body; replenishes those who are experiencing a light deficiency or are depleted from using up their energy reserves; helps us learn to be responsible and conscious about our attractiveness and the energy we project.



### **Larimar**

This stone holds the energy of nonviolence, safety, and nurturing; builds up a resonance in the emotional body that attracts and holds the energy of harmlessness and peace; helps us relax and receive nurturing without struggle; helps women feel safe with their own femininity.

### **Mangano Calcite**

A gentle, protective energy that helps us experience absolute safety in the heart; works with the heart chakra to create a womb-like matrix for healing; helps us maintain compassion in the midst of emotional pain.

### **Pink Quartz**

A sweet and sublime energy that helps us heal whatever sits in the way of living in the moment with an open heart; helps those who are dealing with profound suffering and pain move through and beyond it so they can help others do the same.

### **Rainbow Hematite**

Strengthens our inner sight and vision by helping us ground it to the Earth; develops the innate capacities of the 6th chakra in a balanced, calibrated and practical way; helps us not be emotionally reactive or go into judgment in response to the information we are receiving, or to what we are perceiving.

### **Raspberry Rutile**

Prepares the 7th chakra to accept information from higher sources; helps ground energy back into the body after a shocking or traumatic experience; facilitates the flexible and fluid movement of energy between the 8th chakra and the heart.

### **Red Quartz**

Helps us become more aware of the energy and information we are sending and receiving at this level, so we can adjust our boundaries accordingly.: helps us ground and energize the lower chakras; brings stability, protection and containment for the second chakra; helps us become more aware of the energy and information we are sending and receiving at this level, so we can adjust our boundaries accordingly.

### **Rose/Smoky Quartz**

Synchronizes the heart with the Earth's vibration and with the frequency of love; helps us move energy from shadow to acceptance; facilitates the process of clearing and releasing dense energy from the heart and the body through grounding, self-acceptance, and an awareness of Divine protection.

### **Rutile**

Shows us how to co-create with the higher intelligences that inhabit the physical realm so we can work with and modify our physical structures to better meet the needs and demands of our journey; reminds us that we are part of something bigger that transcends the physical and is very much intact and functioning.

### **Silver**

Helps to restructure the physical and energetic bodies in alignment with Universal intelligence and wisdom; heightens awareness of the grace that resides within our own beings; promotes the balanced release of toxic energy from the aura; strengthens the connection between Divine Will and the heart chakra.

### **Star Ruby**

Promotes heightened awareness and sharp focus in the present moment; helps one to draw, attract, and anchor energy and information into the physical body; helps ground those who stray off in their thoughts; good for those who are easily distracted, or who purposely maintain distraction in their lives.

### **Tourmalated Quartz**

Facilitates a balanced flow of energy and information to, from, and between the chakras; clears congestion and excesses of energy from all chakras, subtle bodies and the physical body; balances the base chakra in relation to all higher chakras.

### **Vanadinite**

Helps us regulate and direct the energy of the fire element; for those who have an abundance—it brings a greater awareness of how to use it; for those who are depleted—it helps attract more; promotes flexibility and a willingness to release attachment to form during a transformative process.

### **Vesuvianite**

Brings awareness of how to ground love from the higher dimensions into physical form; helps us form deep heart-centered, loving relationships; connects us to the brilliant, purifying, energizing aspects of fire; helps us embrace our inner vibrancy and sit with confidence as the creator of our world.

### Combination essences

(drops stock strength - sprays for external use only)

#### Animal Care (drops/spray)

Animal Care is primarily intended for use in animal rescue work, although it can be given to any animal in need. It will be most valuable when it is integrated into the initial care protocol provided for any animal who arrives at an animal shelter, treatment centre, veterinarian clinic, or sanctuary. For domestic and wild animals.

#### Beyond Words (drops)

Enhances your ability to express yourself, both verbally and non-verbally. Assists in the exchange and flow of information and ideas and is especially helpful during crucial communications. Whether the goal is heart-to-heart sharing or inspired public speaking, this formula will improve your ability to think and articulate from both the mind and heart.

#### Calling All Angels (drops/spray)

Calling All Angels is an invocation formula that helps you contact the love, guidance, and protection of the angelic realm. It brings a very soft, loving, and serene energy into your heart, physical body and environment. A Sacred Space essence.

#### Easy Learning (drops/spray)

Easy Learning is a combination essence designed to facilitate all aspects of the learning process for both children and adults. It strengthens focus and the ability to pay attention, and increases our ability to process and integrate information.

#### Fireweed Combo (drops)

Fireweed Combo supports the processes of transformation, transition, and change. It can be used to prepare for a transformational experience of any kind, but it is especially useful when you are in the middle of an intense process and need extra support to get through it. Fireweed Combo enables you to access the support you need to face your fears, let go of your resistance, and open to the process as it moves forward, through each stage, to its completion.

#### Go-Create (drops)

Go-Create is a combination for abundance. It is designed to help you co-create what you want, need, and desire in your life with less resistance and more ease, efficiency and effectiveness.

#### Guardian (drops/spray)

Guardian is an invocation formula that helps you create a powerful forcefield of protection in your aura. It invokes positive, harmonious energies that help you claim your energetic space, maintain your grounding and feel the protection of strong, healthy boundaries. A Sacred Space essence.

#### Lighten Up (drops/spray)

Lighten Up is a combination formula designed specifically for people who suffer from light deprivation, either because of where they live (extreme northern or southern latitudes), the limitations of their living environment (in a dark house or apartment) or because of the quality of their energy system (energy pathways blocked or undeveloped). This formula is also helpful for those who are gloomy, caught in negative patterns or situations, or feel cut off in any way from their inner source of light.

#### Pregnancy Support (drops)

Pregnancy Support is designed to strengthen, stabilise and balance a woman and the baby growing within her during the entire pregnancy. Its primary action is to help the mother-to-be meet the physical, emotional and mental challenges that can arise during this life-changing event.

#### Purification (drops/spray)

Purification is a "space clearing" formula designed to cleanse and purify your personal energy field and your environment. It can be used to break up and cleanse stagnant patterns of energy on any level. A Sacred Space essence.

#### Soul Support (drops/spray)

Soul Support is the Alaskan emergency care formula. It brings strength and stability during emergencies, stress and trauma, while providing support to rejuvenate and restore balance on all levels.

#### Travel Ease (drops/spray)

Travel Ease is specifically designed to ease the negative effects of air travel, including jet lag. It helps maintain the overall integrity of your energy field, which is affected by the electromagnetic radiation, noise and vibration generated by the plane, as well as promoting the ongoing release of any toxic or unwanted energies that you absorb during the flight.

## The Sacred Space Sprays

The Sacred Space Sprays, co-created by Jane Bell and Steve Johnson, were designed primarily for Space Clearing, an ancient practice brought to life by Denise Linn in her book Sacred Space. Jane and Steve are both graduates of Denise's Interior Alignment training program and practice Space Clearing professionally, helping people to create healthy living and working environments.

These sprays are based on the popular Alaskan Combination Formulas Calling All Angels, Guardian, Lighten Up and Purification. To these were added complementary blends of essential oils and absolutes. Each spray contains oils that were chosen on the basis of their therapeutic qualities and their ability to ground and enhance the function of each essence combination.

These sprays were designed to help you evolve from a position of being at the mercy of your surroundings to having a positive effect on them. Our vision is to help people create clear and vibrant living and working environments which will have a positive effect on everyone who enters them. The apartments, flats, houses and buildings in which we live and work can become beacons of light that radiate out and positively transform our neighborhoods, cities, countries and the world.

### Calling All Angels

Use this spray to: invoke the love, guidance, and protection of the angelic realm into a room after it has been Space Cleared; create a sacred, protected space for sleeping and dreaming - works for pets too; strengthen the awareness that all family members are supported and protected by the angels; bring the essence of joy and peace into your life; make a stronger connection to the Divine feminine.

### Guardian

Use this spray when you: need to strengthen your boundaries before entering into another person's living, working, or personal space; want to invoke an energy of protection into a room that has just been Space Cleared; want to set a more relaxed and grounded energy into the environment; want to preserve the energy that you have just invoked into a space; would like to decrease the detrimental effects that computers and other electromagnetic equipment are having on you or your employees.

### Lighten Up

Use this spray to: bring more light and energy into your aura, especially during the long winter months; enhance and increase the circulation of light and energy in your living and working environments; give yourself a lift when you are tired and overwhelmed by studying or working too much; clear "dark" or "heavy" energy from a space where there has been depression; treat animals that must be kept inside for long periods during the winter.

### Purification

Use this spray to: release any kind of stagnant energy that has collected in a room or building - the first step in the Space Clearing process; break up unhealthy patterns of energy in any space where there has been illness, addiction, depression, or abuse; release toxic energy from the mind, emotions, and physical body; purify the energy in your rental car when you pick it up and in your hotel room when you arrive; revitalize, balance, and stimulate the renewal of energy on all levels of your home, office, or aura.



# Australian Bush Flower Essences

(Based on descriptions supplied by the producer)



Australia is one of the most unpolluted countries in the world; it also has the greatest number of flowering plants. Australian Aboriginals have used flowers to heal emotional imbalances and physical injuries for thousands of years. The Australian Bush Flower Essences, made by Ian White, reflect the energy and power of this ancient land as manifested through the healing properties of its plants.

## **Alpine Mint Bush**

- Mental and emotional exhaustion; lack of joy and weight of responsibility of care givers.
- + Revitalisation; joy; renewal.

## **Angelsword**

- Interference with true spiritual connection to Higher Self; spiritually possessed.
- + Spiritual discernment; accessing gifts from past lifetimes; releases negative psychic energy; clear spiritual communication.

## **Banksia Robur**

- Loss of drive and enthusiasm.
- + Enjoyment of and interest in life.

## **Bauhinia**

- Resistance to change; rigidity; annoyance.
- + Acceptance and open mindedness; embracing new concepts and ideas.

## **Billy Goat Plum**

- Shame; sexual revulsion; dislike, even disgust of part of one's body.
- + Sexual pleasure and enjoyment; acceptance of one's physical body.

## **Black Eyed Susan**

- Rushing; always on the go; impatient; always striving.
- + Slowing down; ability to turn inward and be still; inner peace.

## **Bluebell**

- Cut off from feelings, fear of "lack"; greed.
- + Opens the heart; joy; sharing.

## **Boab**

- Enmeshment in negative family patterns; for recipients of abuse and prejudice.
- + Personal freedom by releasing family patterns; clearing of other non-family negative karmic connections.

## **Boronia**

- Obsessive thoughts; infatuation; pining for recently ended relationships.
- + Serenity; clarity of mind and thought; creative visualisation.

## **Bottlebrush**

- Hoarding and holding on emotionally; overwhelmed by life changes.
- + Letting go; serenity whilst adjusting to change; bonding between mother and child.

## **Bush Fuchsia**

- Inability to balance the logical and rational with the intuitive and creative; ignoring gut feelings.
- + Allows one to integrate information; develops intuition; trusting and following one's intuition.

## **Bush Gardenia**

- Taking loved ones for granted; unaware of others.
- + Renews interest in others; improves communication; passion.

## **Bush Iris**

- Fear of death; materialism; atheism.
- + Spiritual insight; awareness and understanding beyond the material/physical plane.

## **Christmas Bell**

- Sense of lack.
- + Manifest one's desired outcomes.

## **Crowea**

- Worrying; out of balance; feeling "not quite right".
- + Balances and centres the individual; in touch with one's feelings.

## **Dagger Hakea**

- Resentment; bitterness towards close family, friends and lovers.
- + Forgiveness; open expression of feelings.

## **Dog Rose**

- Fearful; shy; insecure; apprehensive of others; niggling fears.
- + Confidence; courage; belief in self; ability to embrace life more fully.

## **Dog Rose of the Wild Forces**

- Fear of losing control; hysteria; pain with no apparent cause.
- + Calm and centred in times of inner or outer turmoil; emotional balance.

## **Five Corners**

- Lack of confidence; low self-esteem; dislike of self; held in personality; self sabotage.
- + Love and acceptance of self; celebration of own beauty; letting true self stand out.

## **Flannel Flower**

- Dislike of being touched; difficulty verbalising feelings; uncomfortable with physical and emotional intimacy.
- + Gentleness; enjoyment of all physical expression and touch; trust to express and reveal self; sensuality; healthy boundaries.

## Australian Bush Flower Essences

### Freshwater Mangrove

- Heart closed due to expectations or prejudices which have been taught, not personally experienced.
- + Openness to new experiences, people and perceptual shifts; healthy questioning of traditional standards and beliefs.

### Fringed Violet

- Distress; damage to aura; drained by others/situations.
- + Removes effects of past or present distress; psychic protection.

### Green Spider Orchid

- Nightmares and phobias from past life experiences; intense negative reactions to the sight of blood.
- + Telepathic communication; ability to withhold information until timing is appropriate; attunement.

### Grey Spider Flower

- Terror; panic; nightmares from unknown causes; fear of the supernatural and of psychic attack.
- + Faith; courage; calmness.

### Gymea Lily

- Arrogant; attention seeking; craving status and glamour; dominating and over-riding personality.
- + Humility; allowing others to express themselves and contribute; awareness; appreciation and taking notice of others.

### Hibbertia

- Rigid personality; fanaticism about self improvement; excessive self discipline.
- + Acceptance of self and own innate knowledge; integration of knowledge and philosophies.

### Illawarra Flame Tree

- Sense of rejection; being left out; fear of responsibility.
- + Self approval; self reliance; inner strength.

### Isopogon

- Unable to learn from past experience; stubborn and controlling personality.
- + Able to learn from past experiences; remember the past; retrieval of forgotten skills.

### Jacaranda

- Scattered; changeable; dithering; unfocused; rushing.
- + Decisiveness; clear mindedness; focused attention.

### Kangaroo Paw

- Unaware of appropriate social behaviour; insensitive to others' needs; self centred; awkward; clumsy.
- + Relaxed; sensitivity; savoir faire; enjoyment of people.

### Kapok Bush

- Easily discouraged; resignation; apathy.
- + Persistence; willingness to "give it a go"; application.

### Little Flannel Flower

- Denial of the "child" in the personality; too serious.
- + Playfulness; joyful; ability to have fun; spontaneity.

### Macrocarpa

- Personally drained.
- + Renews enthusiasm.

### Mint Bush

- Perturbation; confusion; spiritual emergence; initial turmoil and void of spiritual initiation.
- + Smooth spiritual initiation; clarity; calmness; ability to cope.

### Monga Waratah

- Neediness; inability to do things alone; disempowerment; addictive personality.
- + Strengthening of one's will; reclaiming of one's spirit; belief that one can break the dependency on any behavior, substance or person; self empowerment.

### Mountain Devil

- Hatred; anger; jealousy; holding of grudges; suspiciousness.
- + Unconditional love; forgiveness; happiness; inner peace.

### Mulla Mulla

- Distress associated with exposure to fire, heat and sun.
- + Reduces the negative effects of fire and the sun's rays.

### Old Man Banksia

- Disheartened; weary; phlegmatic personality.
- + Ability to cope with whatever life brings.

### Paw Paw

- Overwhelm; burdened by decision.
- + Focus and clarity.

### Peach-flowered Tea-Tree

- Mood swings; hypochondria; easily bored and loses interest in projects.
- + Balance; responsibility for own health; completion of projects.

### Philotheca

- Excessive generosity; inability to accept acknowledgement.
- + Ability to accept praise; acknowledgement and love; open to abundance.

### Pink Flannel Flower

- Unhappy; taking for granted; unmindful; feeling and seeing life to be dull; flat and lack lustre; easily annoyed; unthankful.
- + Gratefulness; being appreciative; open hearted; joie de vivre; lightness of being; heart intelligence.

### Pink Mulla Mulla

- Deep psychic wound; guarded and prickly persona to keep people away and prevent being hurt.
- + Deep spiritual healing; trusting and opening up.

### Red Grevillea

- Feeling stuck; affected by criticism; reliant on others.
- + Strength to leave unpleasant situations, boldness; indifferent to judgements of others.

### Red Helmet Orchid

- Unresolved father issues; rebelliousness; problems with authority.
- + Helps father/child bonding; sensitivity; respect.

### Red Lily

- Spiritually ungrounded; vagueness; indecisiveness; daydreaming.
- + Grounded; focused; living in the present; opens crown chakra; enhances spiritual evolution.

### Red Suva Frangipani

- Initial grief, turmoil, rawness and emotional upset of a rocky or just ended relationship.
- + Feeling calm and nurtured; inner peace and strength to cope.

### Rough Bluebell

- Deliberately hurtful, manipulative, exploitive or malicious.
- + Compassion; release of one's inherent love vibration; sensitivity.

## Australian Bush Flower Essences

### She Oak

- Distress associated with infertility.
- + Overcomes imbalances in females.

### Silver Princess

- Aimless; despondent; lacking life direction.
- + Life purpose and direction; motivation.

### Slender Rice Flower

- Racism formed from personal experience; narrow mindedness; comparison with others.
- + Co-operation and group harmony; humility; perception of beauty in and acceptance of others.

### Southern Cross

- "Poor me" mentality; poverty consciousness; feeling a victim; blaming others.
- + Personal power; negative attitude; taking responsibility for self.

### Spinifex

- Sense of being a victim to illness.
- + Empowers through understanding and awareness of the emotional causes of illness.

### Sturt Desert Pea

- Deep hurt; sadness; emotional pain.
- + Diffuses sad memories; allows one to let go; motivates.

### Sturt Desert Rose

- Guilt, low self-esteem, easily led.
- + Allows one to follow own inner convictions and morality; personal integrity.

### Sundew

- Procrastination; disconnected; spaced out; lack of focus.
- + Practical; attention to detail; grounded; focussed.

### Sunshine Wattle

- Struggle; stuck in the past; expectation of grim future.
- + Optimism; hope; acceptance of the beauty and joy in the present; joyful expectation.

### Autumn Leaves

- Difficulties in the transition of passing over from the physical plane to the spiritual world.
- + Letting go; in one's last days before passing over it increases awareness and communication with loved ones in the spiritual world.

### Green Essence

- Emotional distress associated with intestinal and skin disorders.
- + Harmonise the vibration of any yeast mould or parasite to one's own vibration; purifying.

### Sydney Rose

- Feeling separate, deserted, unloved, or morbid.
- + Realising we are all one; feeling safe and at peace; heartfelt communication.

### Tall Mulla Mulla

- Ill at ease; fear of circulating and mixing; loner; distressed by and avoids confrontation.
- + Feeling relaxed and secure with other people; encourages social interaction.

### Tall Yellow Top

- Alienation; lonely; isolated.
- + Sense of belonging.

### Turkey Bush

- Creative block; disbelief in own creative ability.
- + Inspired creativity; renews artistic confidence.

### Waratah

- Black despair; hopelessness; inability to respond to crisis.
- + Courage; tenacity; faith; adaptability; survival skills.

### Wedding Bush

- Difficulty with commitment.
- + Commitment to relationships and goals; dedication to life purpose.

### Wild Potato Bush

- Sense of being weighed down and encumbered.
- + Freedom to move on in life.

### Wisteria

- Women who feel uncomfortable about their sexuality; fear arising from sexual abuse.
- + Trust; fulfilment and enjoyment of sexuality; allowing warm sensuous feelings in the body.

### Yellow Cowslip Orchid

- Critical; judgemental; bureaucratic; nitpicking.
- + Humanitarian concern; impartiality - stepping back from emotions; constructive; a keener sense of arbitration.

### Lichen

- Not knowing to look for and move into the Light when passing over; earth bound in the astral plane.
- + Eases one's transition into the light; assists separation between the physical and etheric body; releases earth bound energies.



Fleurs de Vie also proposes the books: Australian Bush Flower Remedies, Australian Bush Flower Essences, Australian Bush Flower Healing by Ian White and Animal Healing with Australian Bush Flower Essences, by Marie Matthews (see page 85) as well as the Australian Bush Flower Insight Cards (see page 86).



### Combination essences

(dosage)

#### **Abund Essence (drops)**

- Pessimistic, closed to receiving, fear of lack, poverty consciousness.
- + Joyful sharing, belief in abundance, clears sabotage, universal trust.

#### **Adol Essence (drops)**

- Insensitive, sense of not belonging, "It's not fair" attitude, embarrassment, anger.
- + Coping with change, consideration of others, enhances communication, self esteem.

#### **Body Love (cream, oral spray)**

- Dislike of physical self, body, skin texture and touch.
- + Acceptance of physical body, love and nurturing of self.

#### **Boost Essence (drops)**

- Insensitivity, feeling isolated, injustice, embarrassment, anger.
- + Ability to cope with change, respect for others, self-esteem. Acceptance of physical body, love and nurturing of self.

#### **Calm & Clear Essence (drops, cream, mist, oral spray)**

- Always over committed, No time for self, Always last priority.
- + Encourages own time and space, healthy contemplation and relaxation.

#### **Carers Essence (drops)**

- Being overwhelmed, exhausted, overwhelmed by responsibility, worry
- + Feel calm, revitalize, take care of yourself, inner strength

#### **Cognis Essence (drops, oral spray)**

- Day dreaming, confusion, overwhelm.
- + Clarity and focus.

#### **Confid Essence (drops, oral spray)**

- Low self esteem, guilt, shyness, lack of conviction, victim mentality.
- + Confidence, integrity, taking responsibility for ones life, personal power, true to oneself.

#### **Creative Essence (drops)**

- Creative blocks and inhibitions, difficulty expressing feelings.
- + Enhances singing, creative expression, clarity of voice, public speaking.

#### **Dynamis Essence (drops, oral spray)**

- Temporary loss of drive and enthusiasm.
- + Enthusiasm, harmonises vital forces, centres.

#### **Electro Essence (drops)**

- Storage of any type of radiation (earth, electrical, solar, medical radiation) in the body.
- + Helps to emit the radiation already stored, and to keep the body's energies intact.

#### **Emergency Essence (drops, cream, mist, oral spray)**

- Panic, distress, fear.
- + Ability to cope.

#### **Meditation Essence (drops)**

- Psychic attack, damaged aura, tense and uptight, psychically drained.
- + Awaken spirituality, enhanced intuition, inner guidance, access Higher Self, deeper meditation.

#### **Men's Essence**

- Father issues, Deep feeling of grief and sadness, Breaking old male stereotypes, Always on the move and in a hurry, Being too judgmental and critical.
- + Male companionship, physical activity, open heart fun and a sense of humor, communicating feelings.

#### **Purifying Essence (drops)**

- Emotional waste, feeling encumbered, emotional baggage
- + Sense of release and relief, spring cleaned.

#### **Relationship Essence (drops)**

- Confusion, resentment, emotional pain and turmoil, blocked emotions, inability to relate.
- + Expressing feelings, communication, forgiveness, breaks family conditioning, renews interest.

#### **Sensuality Mist (mist)**

- Fear of emotional and physical intimacy.
- + Encourages intimacy, passion & sensual fulfilment.

#### **Sexuality Essence (drops)**

- Shame, uptight about sexuality, fear of intimacy, lack of sensitivity, emotional effects of sexual abuse.
- + Renews passion, sensuality, enjoy touch and intimacy, self acceptance, fulfilment.

#### **Solaris Essence (drops)**

- Fear and distress associated with fire.
- + Reduces the negative effects of fire and the sun's rays.

#### **Space Clearing Mist (mist)**

- Negative mental, emotional and psychic energies.
- + Clears negative environments, Creates safe harmonious environments.

#### **Transition Essence (drops)**

- Fear of death, fear of unknown, non acceptance.
- + Serenity, eases fear of death, passing over in peace.

#### **Travel Essence (drops, cream, mist)**

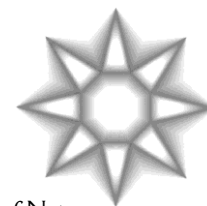
- Personally depleted and drained, disorientation.
- + Centres, refreshes, maintains sense of personal space.

#### **Woman Essence (drops, cream, mist, oral spray)**

- Mood swings, weary, physical dislike.
- + Female balance, calm and stable, coping with change.



### White Light Essences



The White Light Essences have been brought through by Spirit to help us invoke and access the realm of Nature and Spirit within ourselves so as to more fully explore and understand our spirituality and fulfil our highest potential. It has taken Ian White over four years to complete this project which has led him on a journey to some of the most remote and sacred locations around the world. Ian says that his research and development of the Australian Bush Flower essences during the past twenty years have been a stepping stone to bring him to the point in his own growth and spirituality where he has been able to make the White Light Essences.

The White Light essences work best when taken individually one Essence at a time. It is highly recommended that the first one to be taken is the Water Essence.

#### Water Essence

The Water Essence was made from an alchemic blend of two Essences - one from each hemisphere; they were prepared on the isle of Iona, on the west coast of Scotland and Heron Island on Australia's Great Barrier Reef. This remedy allows you to intensely experience your own emotional disharmony so that it may then be purified and released. The Water Essence illuminates the conscious mind so as to reveal and initiate the release of our deepest, most ancient negative karmic patterns. It also dissolves the boundaries of a person's perceptions and realities. It is very nurturing and cleansing and encourages us all to be more open to receiving and trusting of ourselves and feel Spirit's love vibration that surrounds us. This Essence enables us to find the inner stillness in which to experience our feelings fully and achieve emotional harmony. It creates the deep knowing that whatever challenge that one is encountering, you will be all right and helps one from staying emotionally closed off after a negative or traumatic experience.

#### Earth Essence

Prepared in the sacred cave at the village of Patal Bhuvaneshwar in the north of India. The Earth Essence helps to heal internal structure and order in life and is a very important grounding remedy, especially for those doing a great deal of Spiritual work. This Essence allows one to tune into the subtle realms and vibrations. It fosters a strong connection, respect and reverence to nature, the Ancients, the earth, the life-force, life and the origins of life. It enables "Light workers" to find their drive and move forward with purpose. This Essence will allow them to be centred, grounded and find their direction and then proceed forward with clarity and focus. The Earth Essence helps establish a connection with the Manu of a country, thereby allowing you access and connection to the Essence or vibrational quality of that country. The Water Essence, by helping to dissolve away the limitations of where you believe you are capable of going prepares the way for the Earth Essence to then take you beyond your old reference points and limitations.

#### Fire Essence

This Essence was made in the sacred area of Katajuta in Central Australia. It encompasses the passion, creation, possibilities and potential of Fire. One aspect of the four Elemental White Light Essences - Fire, Water, Air and Earth - is that they help you to connect, embody and master that element while also aligning you to the Nature Spirit of each particular Element. The Essence helps with the burning off of one's dross or impurities, especially that of the astral body. This Essence can open people to their most ancient source, back to the moment when the soul originally chose the life purpose for its earthly incarnation. This will leave the individual with a "fiery" sense of purpose and direction. Consequently, one is inspired and motivated to follow their life path and fulfil their highest destiny.

#### Air Essence

This Essence was made on top of Schafberg Mountain, St Wolfgang, Austria. The Air Essence allows a person to journey out to much further realms and levels on the spiritual plane. The Air Essence has the potential to bring out a person's spirituality to the highest degree with integrity and passion. This Essence can invoke peace and harmony and let it reign within your heart and mind. It helps you to see life as being simple and to keep it simple, surrendering to God any problem. The Essence itself produces a sensation of feeling light, easy and carefree. It is an excellent remedy for people going through emotional stress and trauma, helping one to see the overview of any problem whilst enhancing one's guidance and inner knowing in order to deal with the situation more effectively and not get caught up in the detail or the drama. It promotes the realization that life will go on and to simply feel the love and peace around you. Consequently, it greatly helps anyone going through a "black night of the soul" experience by making them aware of the divine guidance and protection that always accompanies one at these times. The Air Essence allows one's thought processes to become more flowing and gentle. When making a choice this Essence helps one to maintain a balance between an intellectual and an emotional approach, whilst also aiding discrimination and discernment.

## Australian Bush Flower Essences

### Higher Self

This Essence was prepared at the Mayan ruins in Palenque, Mexico. It allows one to align to and access their Higher Self. The Higher Self Essence funnels and channels energy of the highest order into one's very core, from where it will radiate out and expand dramatically. It helps us to be aware of what is beyond the physical experience and can help one tap into sources of ancient wisdom and knowledge. Our Higher Self is comprised of every lifetime we have ever had and this Essence offers the opportunity to help a person connect with these earlier incarnations. You will then be able to beam back the energy of whatever it is that you need from that past life.

### Devic Essence

This Essence was prepared on the summer solstice in the Chalice Well Garden in Glastonbury, England. The Devic Essence helps to establish very strong links with the Devic kingdom, while its spiritual healing quality returns one to a place of simplicity and blissful peace. It brings about a feeling of total oneness - being at one with absolutely everything and far less concerned and preoccupied with the hassle and problems of life. It enables one to contact and communicate with nature, and to listen to any message the plant kingdom has for us. This remedy attunes you with qualities such as healing, from the Devic kingdom and will help to earth anyone who is ungrounded or out of control, connecting them back to nature. The Devic Essence is very good to soothe and calm those who are stressed out, wound up, stuck for time or feel disconnected. The Devic Essence assists us to care for ourselves on a spiritual level and brings about a devotional, nurturing quality within us for ourselves and others as well as nature. Most importantly, it will help you to remember why you are here, and assist those who remember their destiny to take action and become more passionate about their life path once again. The Devic Essence also allows us to appreciate the great importance of knowing and remembering that we are a soul being that has, but is not, a physical body and can be used for people close to passing over.

### Angelic Essence

This Essence was made in Peru on the top of the sacred mountain, Putucusi, directly across from Machu Picchu. Right up until the moment of our death, the Angels are always attempting to inspire and raise our awareness to the spiritual - so that we will look up and embrace the Light. The Angelic Essence allows one to have closer contact with the Angelic realm. This Essence helps us to be more open to receiving from on high, the Angelic tones of inspiration, love, awareness, communication, guidance and instruction which can lead us to an infinite range of potential possibilities in our mortal lives. The Angelic Essence brings the energy from heaven directly down to earth, uniting the two. This Essence enables one to aspire beyond the physical while keeping us connected to the mundane. It helps us realise that the spiritual exists in everything and to transcend the deceptive illusion of the physical. One can also invoke protection of an Angelic kind and of any specific Angel by taking this Essence.



Fleurs de Vie also proposes the book *White Light Essences* by Ian White (see page 85).

A CD, called *White Light* is also available. It contains eight musical compositions which each correspond in esoteric numerology to a master number and its specific colour.

## Light Frequency Essences

### **Amazon Essence**

Helps us to be aware of, tune into, understand and prepare for the immensity and totality of the massive changes that are happening in nature. Strengthens our connection to the Elementals and the natural world. Enlists new ways for our senses to perceive afresh, enabling us to comprehend, interpret and align to all the new energies being released. Assist us to read and speak the language of nature. Allows us to access a doorway to consciousness that is beyond matter.

### **Antarctic Essence**

Allows you to experience tremendous calm, peace and stillness. It enhances your vision of what is necessary and essential in your life. The purity of Antarctica and the Antarctic Essence assist you in finding your own true essence and in letting go of whatever is distracting you from what is important. It reveals and dissolves deep and hidden aspects of yourself. It helps you to trust in the unfolding of your life and its direction with openness and the willingness to deal with major change.

### **Arctic Essence**

Brings in and releases pure light energy within the person. Activates suspended pure light energy held within an individual, balances one's own electro-magnetic frequency and harmonises one to the earth's changing electromagnetic frequency. Addresses issues of separation from self, someone or something and also assists one to see their negative aspects and rectify them. Arctic Essence can repair and return the soul to a state of innocence, purity and peace. It shows what you need to come alive, to flow, to be joyous and light. Arctic Essence works hand in hand with the Antarctic Essence. It is recommended that the Antarctic essence be taken first, followed by the Arctic Essence.

### **China Essence**

Brings the gift of feeling peaceful and calm. Helps you deal with karmic overload in this life allowing you to forgive yourself, which will help let go of guilt and karma. Allows you to tap deep within your psyche into your inner knowing, which leads to a trust in the grand cosmic scheme of things and a sense that all is right in the world. Strengthens your connection to Nature and the Earth.

### **Lake Baikal Essence**

Engenders faith and trust in life and a calmness and acceptance of unfolding change. Connects you to the stillness of your heart and to a source of pure oneness with the Divine. Helps you to be in the world but not of it, and to be less influenced by mass consciousness. Develops a level of understanding and deeper opening of the heart. Accelerates understanding and opening to the new energies of unity, co- operation and co-creation around you. Assists you in finding a balance between the divine masculine and feminine within yourself. Restores your sense of self, purpose and joy. Allows for extremely deep inner healing.

### **Madagascar Essence**

Allows you to detach from mass consciousness and its predilections for disease. Helps you find the freedom to choose whatever you want to without conditioning. Creates a sacred inner space of peace, harmony and balance. Clears the lower three chakras enabling an easier transfer of energy to the higher chakras, thereby assisting you to become at one with your divine essence. Enables you to focus on essentials, make sense of your life and thus know exactly what to do. Removes alienation, not only from each other but also from animals and the land, replacing this with a connected gentleness and harmony. Activates the highest possibility of every aspect of you.

### **Mt. Pinatubo Essence**

Heightens your intuition to the inner pulsing of the Earth and future events so you know where you should be and what is safe. Allows you to be grounded and in the centre of your power. Assists you in aligning to and coming into the flow of the cosmic forces. Allows you to drop the mask of conformity, and to reveal who you truly are, your true loving «I Am» state. Anchors into your being the unique quality that you came here to be. Helps you on your journey from innocence to wisdom enabling you to rise to your highest frequency.

### Divine Presence Essences

#### Gaia

Creates alignment to the elements of Earth, Air, Fire & Water around and within us, forges a loving, protective sense to the Earth/Gaia, opens and aligns us to the transformational changes happening within and around us, grounds and anchors us on a deep spiritual level and raises our consciousness, assists us to let in and fully experience the Solar Logos energy flooding down on the Earth, helps us to be centred; connected to the Divine; present in our body, heart and mind and to radiate our light into the world, literally connects us to the union between Heaven and Earth, balances within us our divine masculine and divine feminine.

#### Isis

Allows you to feel the presence, protection and love of the Divine Feminine; creates hope and upliftment; replaces aspects of our emotionally wounded self with love and courage; helps you to draw love into yourself in times of turbulence, anxiety and uncertainty; enables you to access and release wounding in your soul arising from the Spirit world, this and other lives.

#### Rainbow

Is a gentler way of bringing the Solar Logos energy into you, makes you aware of your and the Universe's multi-dimensionality, allows the Christ Light to radiate deep down into the darkest places of your psyche to find qualities that may have been lost, buried or hidden, by absorbing every colour into your body, heart and mind, it brings you deep understanding, healing and love from the Sources, makes you aware of your potential and to realise that anything is possible and that you can do anything, allows you to expand to feel yourself as a being of Light, connected to the Divine, is nurturing of your auric field and soul evolution.

#### Solar Logos

Activates the light of the Soul within us, enabling us to then access the divine on a personal level; opens our heart and mind allowing the Christ Consciousness to more readily enter; brings light, love and spiritual power, into our bodies, hearts and minds. Helps us to understand the nature of the divinity that is within us, allowing us to accept our God nature. Integrates the Divine Masculine and Divine Feminine within us.



Divine Presence Essences are also available as pendants.

## Australian Bush Flower Essences Skin Care

This is the new line of 8 skin care products developed by Australian Bush Flower Essences. These products contain organic botanicals chosen for their natural benefits and transformation properties. They are infused with the unique qualities of Australian Bush Flowers Essences, ethically sourced in pristine and unpolluted regions of the vast Australian landscape for emotional health and wellbeing.

Vegan - Cruelty Free - GMO Free - Nothing Artificial - Made in Australia - For All Skin Types

### **Intensive Hand Cream 50ml**

This unique blend will help: Comfort and Calm. Botanicals to keep your hands soft and hydrated. Apply a small amount to the back of your hand and massage into fingers and nails. Reapply after washing your hands.

### **Soothing Body Lotion 100ml**

A soothing body moisturising lotion, leaves your skin feeling softer, hydrated and lovingly nurtured. This unique blend will help: Promote Self Love and Soothe. Botanicals leave your skin feeling velvety soft, hydrated and lovingly nurtured.

### **Ultimate Face Gel 50ml**

A soothing serum containing powerful antioxidants to moisturise and firm skin. Improves the appearance of fine lines and wrinkles. This unique blend will help: Calm and Nurture. Botanicals containing powerful antioxidants to soothe, moisturise and enhance firmness.

### **Intensive Eye Serum 50ml**

A hydrating serum to reduce the appearance of dark circles, redness, puffy eyes, fine lines and wrinkles. This unique blend will help: Feel your own Gentle Love. Botanicals reduce the appearance of dark circles, redness, puffy eyes, fine lines and wrinkles.

### **Replenishing Night Cream 50ml**

A luxurious replenishing night cream containing powerful antioxidants to promote skin elasticity. Rich and nourishing, leaving your skin feeling soft plump and supple. This unique blend will help: Relax and Slow Down. Botanicals promote skin elasticity. Rich and nourishing, leaving your skin feeling soft and supple.

### **Gentle Citrus Face Wash 100ml**

A revitalising and invigorating gel face wash. Gently removes excess oil and impurities for refreshed skin. This unique blend will help: Renew, Revitalise and Refresh. Botanicals refresh, moisturise, reduce inflammation and inhibit melanin production.

### **Gentle Exfoliating Cream 50ml**

A gentle exfoliating cream that deeply removes excess oil, dead skin cells and impurities for refreshed and radiant skin. This unique blend will help: Wash Away, Release and Clear. Botanicals stimulate cell turnover, brighten and revitalise.

### **Purifying Cream Cleanser 100ml**

A cleansing and harmonizing face cream. Gently removes excess oil, surface pollution, makeup and impurities for smooth, clarified skin. This unique blend will help to: Harmonize, Release and Erase. Botanicals smooth, hydrate, and help reduce redness and pigmentation.



# Crystal Energy Essences



Crystal Energy Essences contain the energetic imprint of minerals, stabilised in a decoction of red shiso. They are bottled in violet glass to preserve their high frequency and energetic quality. They work at the energetic level to enhance the latent abilities which lie within each of us. Humanity at this time in its evolution must purge fear and allow love to emerge as the dominant sound. This means that we must change. Many of the Crystal Energy Essences work on the heart level and most of them help to eradicate fear. The high vibratory rate of the Crystal Energy Essences acts as a magnet, drawing the slow frequency energy of fear and other toxic emotions up into the light to be transmuted.

## **Amethyst**

Healing and releasing the past. Soothes raw emotions, softening and transforming them into loving energies. Amethyst transmutes toxic emotions into forgiveness and compassion.

## **Ametrine**

Walking our path. Walking down the path of life we hear a call drawing us in a different direction but one we know we must take. Ametrine gives us the courage to follow this new path which is often a path of spiritual transformation.

## **Azurite**

Clairaudience. Azurite creates an energetic triangle between the ears and the 6th chakra. It enables us to hear what our inner guidance is saying and see clearly what we should do with this guidance.

## **Black Tourmaline**

Dispelling negativity. Disperses negative energy in the etheric body. Use this essence to strengthen the energy field and protect against parasitic energies.

## **Bloodstone**

Accept without judging. Bloodstone merges the energies of the 4th and 6th chakra with those of the 1st chakra. A stone of compassion, Bloodstone helps us open our hearts to our fellow Beings so that we can appreciate them no matter what the circumstances. Bloodstone helps us to lovingly accept without judging.

## **Botswana Agate**

Being present. Grounds us into our body, helps us to be fully present in the NOW.

## **Celestite**

Vision. To communicate from the heart, we need to have a clear vision of the reality of a situation, and what we want to say about it. By linking the 5th and 6th chakras Celestite helps us to see complexity and communicate it with simplicity. Combines well with Azurite and Turquoise.

## **Citrine**

Conquering fear. Shines upon our fears, our insecurities, our feelings of inadequacy. Transforms darkness into light.

## **Clear Quartz**

Cleansing the chakras. Clear Quartz cleans the chakras of negativity and energetic pollution. It harmonises the interaction between the chakras and the subtle bodies and has a beneficial and revitalising effect on the whole energy system.

## **Diamond**

Clarity. Diamond purifies the 6th chakra and links it with the 7th chakra, which aligns discernment with Higher Guidance. Its gift is the ability to cut right through to the heart of an issue or dilemma. It is a great help when we have important decisions to make. In areas where we are deluding ourselves, Diamond shows us the truth that we are avoiding. It brings to light issues that need resolution.

## **Diopase**

Pure and clear intentions. The green energy of this mineral purifies stagnant emotions at the level of the second chakra, transforming and transmuting them into a vibration of compassion and service. Diopase purifies and clarifies our intentions and actions towards all our brothers and sisters.

## **Elestial Quartz**

Understanding the past. When you find yourself in a situation which you do not understand, the Elestial Quartz essence helps you see the connections, the push and pull of cause and effect. Understanding these factors makes it easier to deal with the situation and resolve the issue. Listen to your intuition and pay attention to your dreams when using this essence.

## **Emerald**

Healing the heart. The Emerald essence's soothing energy gently cleanses the heart and promotes love and understanding. It allows the frequency of Love to expand beyond the heart, seeking out and neutralising the frequency of fear and other toxic emotions. Emerald is often associated with prosperity and abundance because by radiating Love you are more likely to attract what you want in life.

## **Gold**

Balanced ego. Gold essence carries the warmth, strength and energy of the sun. It helps balance the masculine side of your polarity. It will temper an overaggressive ego as well as strengthen those who have trouble accepting their power. Gold is a harmoniser of the fiery energies of the third and sixth chakras. It clears negativity from the chakras and subtle bodies.

## **Green Tourmaline**

Digesting life experiences. Green Tourmaline carries an energy of peace and calm. It releases tensions held in the 2nd, 4th and 6th chakras that keep us from being in harmony with ourselves.

## **Hematite**

Grounding. We tend to think that it is only the energy of the 1st chakra that needs to be grounded into the Earth, but in fact this is true for all of the chakras. Hematite assists in this grounding by cleansing those frequencies that are inharmonious and stabilising those that are in harmony with your path. When your energies are grounded, it is easier to manifest your goals and to receive and embody the higher energies of Love, Joy and Peace.

## Crystal Energy Essences

### Imperial Topaz

Balanced male energy. Imperial Topaz holds the energy of the sun - the masculine energy of the balanced ego which seeks its highest level, to blend with the Divine energy of the heart. Feelings of unworthiness dissolve into a pure ray of confidence in our ability to shine.

### Labradorite

Cleansing and protecting the aura. Labradorite's soft, protective energy gently wraps itself around the aura to cleanse and protect. It creates a safe space wherein you can open up to new aspects of your Being, without fear or feeling overwhelmed. By combining Labradorite with Black Tourmaline, Snowflake Obsidian and Moldavite you can create a safe environment for yourself and others in your home or any other space you want to protect.

### Lapis Lazuli

Clear sight. Helps us make sense out of chaos. It calms the mind, and clears the thinking.

### Lepidolite

Divine connection. This essence works through the crown chakra, allowing us the possibility of experiencing our Divine connection with the Universe.

### Malachite

Healing the heart. Keeping dark emotions locked away in the heart keeps us from reaching our full potential. Malachite helps us release that which no longer serves us. By opening and clearing our hearts, we open to higher levels of consciousness and higher levels of love, towards ourselves and others.

### Moldavite

Karmic healing. The green flame of Moldavite moves through the subtle bodies healing and realigning them. This essence is a catalyst for energetic healing at the deepest level.

### Orange Calcite

Creativity. Assists us in all our creative (procreative) endeavours by unlocking the creative force within.

### Purple Fluorite

Mental focus. Purple Fluorite cleanses the mental plane of extraneous energy and astral interference. It imparts mental clarity and focus that help you to assimilate new information. It allows you to receive clear guidance and information from your Higher Self without being overwhelmed. It aligns the 7th chakra so that energy can circulate properly in the subtle anatomy.

### Pyrite

Earth-Moon connection. Pyrite contains the essence of strength. It increases our connection with the Earth and grounds us. It puts us in touch with Nature and the energy of the Moon.

### Red Jasper

Strength and vitality. Red Jasper grounds us firmly into the fiery depths of the earth, so that we can recharge our batteries and move forward, physically, emotionally, mentally and spiritually. Red Jasper is a replenishing essence; combined with a protection essence such as Black Tourmaline, Labradorite or Snowflake Obsidian, it helps maintain a high level of energetic integrity.

### Rhodochrosite

Opening to change. For when we are about to make some change in our life but doubt our own abilities to do so, or our right to do so. This essence cleanses and opens the heart to reveal our purpose.

### Rose Quartz

Inner child. Comforts the wounded child within us, allowing us to move beyond the experiences of our childhood.

### Ruby

Moving beyond our roots. Ruby reminds us of our roots; it allows us to look back on our journey and appreciate the events of our life. It gives us the courage to move beyond customs and beliefs that no longer serve us without feeling uprooted and lost.

### Ruby Zoisite

Inner peace. Ruby Zoisite helps you to turn inward to hear the voice of your heart and your highest guidance. It connects you with the earth and surrounds you with the safety of its Love. Ruby Zoisite acts as an anchor, keeping you whole, ensuring that your inner and your outer self are in harmony. This brings peace of heart and mind. It harmonises the energies of the 1st, 4th and 7th chakras and aligns the mental, emotional and causal bodies.

### Silver

Grace. Silver essence balances the feminine polarity by increasing your intuition, your powers of perception and your sensitivity to others. It holds the energy of grace: the ability to move through any situation in a compassionate, loving manner. It blends the energies of the 4th and 5th chakras, allowing you to express and radiate love to those around you. It also facilitates communication with your Higher Self and the spiritual realms.

### Snowflake Obsidian

Astral protection. Grounds and protects those whose energies are too open to astral interference. It will repel negativity but allow high frequency light to enter the aura.

### Sodalite

Calming the mind. Sodalite carries the vibration of calmness - which begins in the mind, descends to the heart and from there spreads out through all of the subtle bodies.

### Tiger's Eye

Self-acceptance. An essence for self-fulfilment, self-assurance, self-knowledge; for recognising and accepting one's strengths and weaknesses. Its special luminescent qualities help us to face and dissolve the shadow.

### Turquoise

Communication. Blends the energies of the heart and the mind for the expression of Truth. It eases communications on all levels and strengthens the will.

### Watermelon Tourmaline

Expansion. The colour of watermelon tourmaline reflects the energy of the heart - love for oneself (the pink in the centre) and compassion for all Beings (the green outer ring). This essence opens the heart chakra and allows it to expand until all of our energy centres radiate Love.



## Combination essences (stock)

### **Aura Cleanse**

Cleanses and aligns the subtle bodies and the chakras. Transmutes negativity and fear, allows more Love and Light to enter the aura, and strengthens the whole energy field. This essence is particularly useful for healing the etheric body and harmonizing the first, third and 6th chakras.

### **Aura Protect**

Strengthens and protects the aura. Provides the grounding and protection necessary to allow us to be who we are without being affected by negative thoughtforms, parasitic energies or the emotions of others. This combination essence protects those who are too open to astral interference or susceptible to electromagnetic pollution. It holds the energy of safety and peace.

### **Communication**

Facilitates communication on all levels. Helps us to speak from the heart and to listen to our inner guidance. This combination essence balances the male and female polarities so we are sensitive to others, yet have the courage to express our truth. It increases our mental focus, our ability to listen, as well as to say what needs to be said in a manner than can be heard..

### **Heart Healing**

Works on the heart chakra, neutralizing fear and other toxic emotions such as anger, hatred or revenge. Soothes raw emotions and promotes forgiveness, understanding and compassion, both towards ourselves and others. This combination essence cleanses and purifies the mental and emotional bodies and aligns them with the physical. It helps heal the heart chakra, so that we can radiate Love, which in turn, allows us to view the world with joy, optimism and confidence in the future..

### **Sleep Tight**

This combination essence has a soothing effect on the mind. It turns off internal dialogues and relaxes mental tension and anguish. It helps put the cares of the day behind us so we experience restful sleep and awaken refreshed and energised. Take before going to bed and/or when you wake in the night.



Laboratoire DEVA was founded in 1986 by Philippe Deroide. The DEVA flower essences are made from wild flowers growing in the Alps, the Massif Central and the Mediterranean basin. DEVA also makes flower essences from plants which originate in the desert, the tropics and other areas of the planet. They maintain several bio-dynamic, organic gardens where they grow these plants. The Laboratoire DEVA produces all of the essences described below as well as the 38 flower essences of Dr. Bach.

## The 96 DEVA flower essences

### **Abricot (Apricot)**

Joy, fullness. For intellectual types who are subject to sudden mood swings. Helps overcome mental and emotional tensions.

### **Achillée Blanche (White Yarrow)**

Protection, integration. Reinforces an individual's energy structure and protects from nocive influences such as radioactivity, electronic and electromagnetic energy from computers, psychic attack. Recommended for all people who are open to such influences through their work.

### **Achillée Jaune (Yellow Yarrow)**

Receptivity, protection. For hypersensitive and vulnerable types who have a tendency to isolate themselves from the outside world to protect themselves.

### **Achillée Rose (Pink Yarrow)**

Protection, integration. For those sensitive people who easily identify themselves with the emotions of others and who are easily influenced.

### **Ail Sauvage (Wild Garlic)**

Releasing fears and resistance. For those who are weak, frightened, worried or easily influenced. When one is overcome with worry which paralyses the will and drains one's energy.

### **Alchemille Argentée (Alpine Lady's Mantle)**

For those who suffer or who have suffered from a lack of motherly love and who are incapable of expressing tenderness towards their family.

### **Alchemille Commune (Lady's Mantle)**

For women who reject the nurturing and maternal side of their femininity.

### **Amandier (Almond)**

Joy, vitality. This essence helps to accept the physical ageing process and to perceive beauty beyond the physical. Fortifies and regenerates the physical body.

### **Amarante (Amaranthus)**

Overwhelmed. For deep distress. Reinforces the physical body when one feels attacked, weakened or destabilized.

### **Aneth (Dill)**

Integration. For those who feel overwhelmed by the rapid pace of life. To understand and assimilate complex or unusual situations.

### **Angélique (Angelica)**

Spiritual protection. This is a major essence for crisis and anytime when one's life is in danger. Reinforces trust in life and confers strength and moral vigour when faced with an uncertain future.

### **Arnica**

Regeneration, reassurance. Eliminates energy blockages. Maintains or re-establishes connection with the "Higher Self".

### **Aubépine (Hawthorn)**

Inner peace. To free one's self from outside influences and emotional attachments. Softens the pain of separation and grief. Relieves sorrow.

### **Basilic (Basil)**

Balanced sexuality. To integrate emotional and sexual desires with spiritual values, especially when sexuality and spirituality are perceived as antagonistic forces.

### **Bétoine (Betony)**

Harmonious sexuality. Balances disturbed sexuality.

### **Bistorte (Bistort)**

Recentering and self-control. Recentres and fortifies those who do not (or who no longer) have their feet on the ground, especially in times of great change.

### **Bouleau (Birch)**

Vitality, regeneration. To overcome crippling and self-destructive tendencies, linked to ageing.

### **Bourrache (Borage)**

Courage. To overcome grief, sadness and discouragement in the face of difficulties and danger. For those who have a heavy heart and who feel overwhelmed by events.

### **Bouton d'Or (Buttercup)**

Self-esteem, self-confidence. For those who doubt and underestimate themselves, who do not appreciate their own worth.

### **Brunelle (Self-Heal)**

Inner healing, catalyst for change. To awaken one's inner capacity for regeneration through self-acceptance. Brings the courage and motivation necessary to regain one's strength.

### **Buis (Box)**

Individual expression. For people who are shy and often weak-willed who let themselves be dominated by those around them.

### **Calendula**

Receptivity and warmth. For those who listen superficially. For those who often use hurtful language, who easily insult others, and who have a tendency to always argue.

### **Camomille (Chamomile)**

Release, calm, tranquillity. To calm agitated or unsatisfied people who have difficulty releasing or letting go of their emotions. This essence is recommended for children who are moody, easily unhappy or who cry and get angry easily. Relaxes and calms before going to sleep.

### **Capucine (Nasturtium)**

Vitality, open-mindedness. Recommended for people whose profession requires intense intellectual activity, to the detriment of their physical body. Stimulates vitality.

### **Carotte Sauvage (Queen Anne's Lace)**

Clairvoyance, sensitivity. For those who operate too much on the mental level and do not allow their other psychic abilities to develop.

### **Cayenne (Cayenne)**

Willpower, enthusiasm. Powerful catalyst for when one feels "stuck" and can't advance. This essence develops willpower, motivation and enthusiasm. It initiates a dynamic process of transformation to unblock situations and allow one to move forward.

### **Cerisier Sauvage (Wild Cherry)**

Happiness, good humour. For a serene and optimistic outlook on life.

### **Chélidoine (Greater Celandine)**

Expression, exchange, open-mindedness. For those who have difficulty communicating.

### **Citronnier (Lemon)**

Vitality, mental clarity. Clears the mind through co-ordinating thoughts. Helps regain calm and peace of mind. Stimulates the intellect and encourages analytical reasoning.

### **Coeur de Marie (Bleeding Heart)**

Releasing emotional attachment. For people who are experiencing a painful separation: loss of a loved one or the break-up of a relationship. This essence also balances emotional possessiveness in a relationship.

### **Cognassier (Quince)**

Balances femininity. Encourages the balanced awakening of feminine qualities. For women who are trying to balance their professional and social life with family life.

### **Consoude (Comfrey)**

Elimination of physical tensions, bodily awareness. Tonifies, revitalises and relaxes the physical body.

### **Coquelicot de Californie (California Poppy)**

Intuition, awakening. Encourages the awareness and recognition of one's personal capacities. Helps identify one's spiritual path by developing intuition, listening to one's inner voice.

### **Cosmos**

Self-expression. For public speaking. Recommended for lecturers, actors and writers. Allows shy, introverted or hesitant people to express their ideas clearly and easily.

### **Courgette (Zucchini)**

Harmonious pregnancy. Helps pregnant women to balance their emotions. More generally, it stimulates feminine creativity, especially when it has been stifled by difficult social or cultural surroundings.

### **Echinacée (Echinacea)**

Integrity and self-fulfillment. Recommended when dignity and moral integrity are compromised by violent acts and situations.

### **Edelweiss**

Gift of oneself, lucidity. For those who feel lost and do not know which direction to take when faced with difficulties.

### **Epicéa (Spruce)**

Self-honesty, warm feelings. For those who are rigid, cold or stern, who lack adaptability and refuse to make concessions or compromises.

### **Epilobe (Fireweed)**

Regeneration, purification. Helps to overcome difficulties. Acts as a catalyst for change. Encourages the release of old habits, attitudes or behaviour which are no longer necessary.

### **Erable (Maple)**

Vitality, dynamism, fluidity. Promotes rebalancing and circulation of energy.

### **Eucalyptus**

Courage, purification. To overcome melancholy, sadness and grief that manifest themselves in the respiratory system.

### **Eupraise (Eyebright)**

Understanding, intuition. For those who pay little attention to their surroundings or others, through absentmindedness or lack of interest. This essence develops sensitivity and intuition.

### **Figuier (Fig)**

Lucidity, self-control. Develops clarity, self-assurance and memory. Helps one to affront the complexities of modern life in a calm, controlled and confident manner.

### **Frêne (Ash)**

Understanding, detachment. Helps to bring out hidden aspects of the personality.

### **Fuchsia**

Understanding repressed emotions. Catalyst that allows repressed emotions to rise to the surface to be understood and resolved. These are often emotions of anger and sorrow which go back to childhood.

### **Genêt (Scotch Broom)**

Perseverance, faith, motivation. To overcome pessimism, discouragement and despair. Allows one to view the difficulties in life as opportunities for growth and evolution.

### **Grenadier (Pomegranate)**

Feminine creativity. Balances feminine creativity. Helps women resolve conflicts between professional and family life. Recommended for women who reject or who cannot express their femininity.

### **Gueule de Loup (Snapdragon)**

Speaking one's truth, release. Allows one to let go of repressed emotions and encourages release through verbal expression. Helps one to speak one's truth.

### **Hibiscus**

Integration of love and sexuality. For women who have lost contact with their sexuality.

### **Hysope (Hyssop)**

Repentance, forgiveness. To overcome feelings of guilt.

### **Ipomée (Morning Glory)**

Vitality, stability. To revitalise the body. Helps to break bad habits (alcohol, coffee, tobacco). Regularises daily routines (meal times, bed time) and brings back the stability necessary for a balanced life style.

### **Iris**

Inspiration, artistic creativity. Eliminates frustration due to a lack of inspiration or feelings of imperfection.

### **Jasmin (Jasmine)**

Purification, self-acceptance. For those who are self-deprecating, have a negative self-image or lack self-esteem.

### **Lavande (Lavender)**

Purification, emotional balance. Great balancer. For those who are subject to nervous tension due to overstimulation.

### **Lilas (Lilac)**

Regeneration. To balance the circulation of energy in the back. For those who feel broken or fed up.

### **Lis Martagon (Martagon Lily)**

Levelheadedness, co-operation. Develops the qualities of co-operation, solidarity and the ability to listen to others in interpersonal relations. Helps group work and the search for collective solutions.

### **Lotus**

Spiritual opening. Universal essence which addresses all aspects of humankind. Amplifies the effects of other essences.

### **Maïs Doux (Sweet Corn)**

Earth connection, balance. Balances and harmonises an individual in his (vertical) relation to the earth and his (horizontal) relation to other human beings.

### **Mauve (Mallow)**

Self-acceptance, sociability. For accepting the processes of transformation which occur during a lifetime, particularly those related to ageing. Recommended for those who are ill at ease socially.

### **Menthe Poivrée (Peppermint)**

Focus, quickminded. To overcome mental laziness and drowsiness. For those who are dull-witted following a period of excessive mental activity.

### **Menthe Pouliot (Pennyroyal)**

Protection, mental clarity. For those who are disturbed by the negative thoughts of others.

### **Millepertuis (St John's Wort)**

Protection, strength. Strengthens and protects those who feel too open and vulnerable.

### **Mimosa**

For those who are timid, introverted and independent, who isolate themselves from others. Facilitates opening to others and to the world.

### **Mimulus écarlate (Scarlet Monkeyflower)**

Release of intense emotion. For those who are angry and aggressive. For resolving issues of power and anger in interpersonal relations. Releases vitality which has been paralysed by anger or resentment.

### **Mimulus orangé (Sticky Monkeyflower)**

Release of fears related to sexuality. To eliminate confusion about sexuality and intimacy.

### **Molène (Mullein)**

Inner listening, moral honesty and rigor. For those who do not know what direction or moral values to adopt in their life. Helps group work. To develop unity and harmony in a group.

### **Mouron des Champs (Scarlet Pimpernel)**

Self-affirmation. For problems related to authority and to the father figure.

### **Muguet (Lily of the Valley)**

For those whose life is controlled by duty, obligations and social conventions.

### **Mûre Sauvage (Blackberry)**

Realisation, visualisation. For those who have difficulties realising their projects and intentions or putting their ideas into practice. This essence acts as a catalyst for overcoming inertia and lethargy.

### **Myosotis (Forget-me-not)**

Spiritual awareness. Stimulates mental focus and insight. To overcome feelings of solitude or abandonment following the loss of a loved one.

### **Nenuphar Blanc (White Water Lily)**

Detachment, abundance. For those who fear losing what belongs to them.

### **Oignon (Onion)**

Emotional release, letting go. In personal development work this essence breaks psychological barriers that allow repressed emotions to emerge.

### **Oranger (Orange)**

Emotional release. Powerful catalyst used to promote emotional catharsis.

### **Ortie (Stinging Nettle)**

Unity, peace. Helps to resolve conflicts in a group or community. Brings calm and courage after the break-up of a family. Strengthens family ties.

### **Pâquerette (Daisy)**

Synthesis, integration. Helps the mind to synthesise information from different sources and to integrate it into a unified global perspective.

### **Passiflore (Passion flower)**

Release, clarity. Allows one to view life with calm and clarity. Stabilises and eliminates emotional confusion. Encourages opening to higher levels of consciousness.

### **Pastèque (Watermelon)**

Harmonious pregnancy. Strengthens the harmony of a couple who want to have children. Brings harmony and stability during pregnancy.

### **Pêcher (Peach)**

Altruism, letting go. Healing catalyst that helps free tensions.

### **Pensée (Pansy)**

Interior strength, resistance. For those who feel vulnerable, who lack strength and who are subject to repeated infections.

### **Perce-Neige (Snowdrop)**

Letting go, revival. Daring to take action by risking the affirmation of one's personality.

### **Pétunia (Petunia)**

Mental clarity, enthusiasm. Helps set priorities, eliminate the superfluous, and focus on the essential to go right to the point.

### **Pissenlit (Dandelion)**

Physical ease and dynamism. Encourages the release of mental and muscular tension. Facilitates spiritual opening through relaxation of the physical body.

### **Poirier (Pear)**

Balance, corporal ease. Helps to recenter oneself after any disturbing situation.

### **Rhododendron (Rhododendron)**

Joy, comfort. Brings warmth and comfort to those who are faced with harsh and difficult surroundings and who tend to be sad, melancholy and discouraged.

### **Romarin (Rosemary)**

Sensitivity, groundedness. For people who are disoriented, forgetful, drowsy. For those who are not fully present in their body.

### **Rudbeckia (Black-Eyed Susan)**

Awakening hidden aspects of the Self. For people who are afraid to look into the depths of their being and who resist all transformation.

### **Sauge (Sage)**

Understanding life's lessons. Encourages thinking about the significance of life experiences. Brings understanding and inner peace.

### **Sureau (Elder)**

Helps to overcome feelings of shame, dirtiness or imperfection. For individuals who are drab, self-effacing, submissive, lacking vitality.

### **Tabac (Tabacco)**

Opening up the heart. For nervous, dry and tense types who have lost all contact with their heart and their environment.

### **Tanaisie (Tansy)**

Decisiveness, action. For hesitant, slow and apathetic types who refuse to act or move forward and who always procrastinate.

### **Tilleul (Linden)**

Accepting love. Helps one to accept love. Recommended for those people who feel cut off from others or from their roots, who feel abandoned and alone.

### **Tournesol (Sunflower)**

Balanced self-expression. Helps to resolve family conflicts. To balance the ego when it is too strong (egotistic, vain) or too weak (lack of self-confidence).

### **Trèfle Rouge (Red clover)**

Clear thinking, calm. To remain calm and centred when faced with crowds or mass hysteria. To maintain psychic balance.

### **Valériane (Valerian)**

Serenity, calm. For relaxation. Helps one unwind at the end of the day and before going to bed.

### **Violette des Bois (Violet)**

Blossoming sensitivity. For shy, vulnerable, and retiring people who like solitude. Helps to communicate and to come out of excessive discretion without denying one's sensitivity.

### **Zinnia (Zinnia)**

Joy, cheerfulness, feeling free and easy. To find one's inner child. Releases tension. Helps adults who have problems communicating with children. Recommended for people who need to loosen up through laughter.



Fleurs de Vie also proposes the cards  
Cartes des élixirs floraux DEVA (see page  
86). Only available in French.

## The 20 combination essences

(stock - also available as sprays)

### 1. Assistance

Assistance, balance, stability and regeneration. An essential blend to use in all crises and emergency situations, for overcoming difficult and stressful situations. Helps you face difficult situations in a calm, balanced and centered manner. Can also be used before entering into any stressful situation which might provoke apprehension, panic, or confusion (e.g. exams).

### 2. Nuits paisibles (Peaceful sleep)

Peaceful sleep, calm mind, relaxation. This blend brings tranquillity to children and adults who experience restless sleep, who cannot relax or who are awoken by nightmares and cannot go back to sleep. It is equally recommended for hyperactive types who cannot quiet themselves down at the end of the day, as well as those who are obsessed with repetitive thoughts or constantly preoccupied.

### 3. Détente corporelle (Physical relaxation)

Vigour, flexibility, physical relaxation, harmonises body and mind. Helps to relax and release tension held in the body and emotions. Enhances co-ordination and communication between the body and the mind. Also recommended for active people who do too much, often surpassing their physical limits.

### 4. Protection émotionnelle Emotional Protection

Protection, opening to others, balanced sensitivity. This blend is recommended for those who feel vulnerable around other people or in their surroundings. Protects against disturbing influences, be they psychic (negative thoughts or intentions of others) or physical (radioactivity, electric or electromagnetic fields, computers). Helps to protect from negativity and overcome insecurity.

### 5. Vie affective et sexualité (Relationships and sexuality)

Balanced relations, fulfilling and harmonious sexuality. Helps the expression of feelings and development of intimacy. Recommended when sexuality becomes predominant in a relationship or is not expressed in a balanced way. Facilitates and encourages sexuality as a powerful expression that becomes a source of genuine communication between two individuals.

### 6. Libérations (Freedom)

Elimination of bad habits, brings vitality and stability. To eliminate unhealthy habits and addictions both physical and psychological. To overcome the impatience, agitation and bad moods that are brought on during the period of adjustment to the elimination of the dependency.

### 7. Lâcher Prise (Letting Go)

Balance, spiritual renewal, inner peace. Recommended for those who live in a difficult environment and who feel like strangers on earth. To regain a sense of being "grounded" and centered in the present. Allows one to overcome the limits of the physical world through expression of one's spiritual nature.

### 8. Etudes et examens (Study and exams)

Problems memorising, concentrating and expressing oneself; for focus, concentration, creativity, integration. To optimise intellectual ability and facilitate verbal expression. Develops intellectual acuity and an analytical mind. Helps to overcome mental lethargy; for clear and coherent expression. To awaken one's own creative potential and integrate it into the learning process.

### 9. Unité familiale (Family unity)

Strengthens family unity. Develops heartfelt relations. Encourages communication, understanding and expression of deep feelings within groups or families. Helps to balance the emotions and conflictual situations as well as the suffering and confusion which results. Encourages understanding and the resolution of negative family patterns which plague community life.

### 10. Grossesse (Pregnancy)

Helps pregnant women both physically and emotionally by balancing the emotions and eliminating physical tensions. Helps to overcome nervous stress and hypersensitivity. Reinforces the bond with the unborn child. Stimulates maternal feelings and confidence in one's ability to be a mother.

### 11. Petite enfance (Infancy)

Helps the development of social skills and encourages the child to be open to the world around him. To develop harmonious relations with his environment both within and outside his family. Strengthens affection and tenderness between the child and his family. Pre-serves and encourages the child's spontaneous artistic creativity, particularly when the social context / environment tends to snuff it out.

### 12. Adolescence

Helps to overcome the identity crisis which is linked to adolescence. Pour those who feel ill at ease, ugly or dirty. For a harmonious integration of one's sexuality. To avoid being influenced and trapped by situations which destroy one's will (drugs, abusive situations). For those who are confused about their future and who have not yet found their path in life.



### 13. Maturité (Maturity)

Helps one to view life's experiences and develop a new perspective on the sense of one's existence. For those who feel that their life is behind them and are bitter, tired and discouraged. Revitalises and helps one overcome rigidity due to ageing. Helps break out of patterns that keep one from evolving. To overcome fear of ageing. Helps women to live menopause as a healthy and positive transition.

### 14. Evolution

For periods of change, transformation, questioning, when one must abandon ways of being and behaviours which are no longer appropriate to the present. To free oneself from emotional ties with the past which keep you from moving on. For remaining centered and facing the future with courage and confidence.

### 15. Courage

Helps overcome feelings of fear and anxiety. Calms the mind and nerves in moments of panic, agitation or confusion that can lead to discouragement and depression.

### 16. - Consolations

Solace for the heart. For small everyday sorrows and life's major losses.

### Cycle Féminin Female cycle

Helps overcome feelings of fear and anxiety. Calms the mind and nerves in moments of panic, agitation or confusion that can lead to discouragement and depression.

### 17. - Confort féminin 50+ Female Comfort 50+

Solace for the heart. For small everyday sorrows and life's major losses.

### 18. Renaissance Rebirth

Helps overcome feelings of fear and anxiety. Calms the mind and nerves in moments of panic, agitation or confusion that can lead to discouragement and depression.

### 19. - Joie de Vivre

Solace for the heart. For small everyday sorrows and life's major losses.

## 4 Combinations for animals (stock bottles)

### Adoption

This combination essence is for all animals who arrive at a new home (birth, adoption...). Calm and comforting. Encourages unity and harmony in the home.

### Concours (Competitions)

For all competitions, exhibitions, shows... where an animal is submitted to stress and a destabilizing environment. For confidence, courage, perseverance. Helps maintain integrity during intensely stressful situations.

### Separation

This combination essence helps overcome situations of temporary separation from their master (vacation, children leaving home for school, daily absence due to work...).

### Transport (Travel)

This combination essence is recommended for all situations where an animal is obliged to travel (short or long trip). It is recommended for animals who are anxious, or panicky when travelling or who experience motion sickness.



Fleurs de Vie also offers the cards Cartes des élixirs floraux du Dr Bach (see page 86). Only available in French.



## The 38 Bach flower essences

### **Agrimony (Agrimoine)**

Peace, stillness. Appears jovial, cheerful and uncomplaining but hides anxiety and worry behind a carefree mask.

### **Aspen (Tremble)**

Confidence to meet the unknown. For fears of unknown origin, vague, unreasoning and inexplicable, sudden apprehension, fear of sleep and fear from dreams.

### **Beech (Hêtre)**

Tolerance, loving acceptance of life. For those who are critical, dissatisfied, intolerant, irritable, always finding fault, seeing only the negative side of things.

### **Centaury (Centaurée)**

Inner strength, saying "No" when necessary. For those who are timid, quiet, kind, gentle, conventional and anxious to please, weak-willed, docile and easily dominated.

### **Cerato (Plumbago)**

Confidence to trust one's own intuition and truth. For those who are weak-willed and lack courage of their conviction, who doubt their own abilities and always ask other's advice.

### **Cherry Plum (Prunus)**

Calm, balance, self-control. For desperation, fear of losing control, nervous breakdown, obsessive and destructive impulses.

### **Chestnut Bud (Bourgeons de Marronnier)**

Learning from experience. For those who fail to learn from experience and go on repeating the same mistakes again and again. Poor observation of life.

### **Chicory (Chicorée)**

Expression of care and love for all life, generosity. For those who express love by being possessive, demanding and needy. They are self-centered and get attention through negative behaviour.

### **Clematis (Clématite)**

Presence, embodiment. For people who are daydreamers, absent-minded, sleepy, unobservant, absorbed in thoughts and fantasy with no interest in present.

### **Crab Apple (Pommier Sauvage)**

Cleansing, sense of purity. For those who feel unclean, contaminated, impure and who are obsessed with imperfection.

### **Elm (Orme)**

Strength and conviction to complete one's task. For those who are very capable but who are overwhelmed by responsibilities and who feel unable to face the magnitude of their tasks.

### **Gentian (Gentiane)**

Faith, perseverance. For those who are easily discouraged, get depressed and disheartened, for doubt and lack of faith, for melancholy, scepticism and disappointment.

### **Gorse (Ajonc)**

Hope and optimism. For despair, hopelessness, chronic depression, resignation and discouragement.

### **Heather (Bruyère)**

Inner tranquillity, listening. People who are over-concerned with their own lives and problems, very talkative. They compulsively discuss their affairs with anyone and cannot bear to be alone.

### **Holly (Houx)**

Feeling love, open heart. For any kind of strongly negative state: anger, jealousy, bitterness, envy, rage, suspicion, revenge, hatred, violence, bad temper, vexation, selfishness.

### **Honeysuckle (Chèvrefeuille)**

Involved in the present. For nostalgia, homesickness, emotional attachment to the past. For those who live on their memories, desiring to escape present in romanticised view of past.

### **Hornbeam (Charme)**

Strength, involvement in life's tasks. For a temporary state of mental/physical tiredness when a lack of energy causes loss of interest, weariness and inability to cope with daily tasks.

### **Impatiens (Impatience)**

Patience, acceptance. For those who are impatient, irritable, impulsive and impetuous. They find difficult to be within the flow of time and need to rush ahead of experience.

### **Larch (Mélèze)**

Self-confidence, creativity. Lack of confidence, expectation of failure. For those who are hesitant and procrastinate, succumb easily and feel inferior.

### **Mimulus**

Courage. Known fears of everyday life (water, dark, animals, illness, pain, being alone, of other people...). For nervous and shy people.

### **Mustard (Moutarde)**

Equanimity, joy, faith. For depression that comes from no apparent reason from an unknown cause, gloom, deep sadness, melancholy. For people who feel that they suffer periodic affliction from a malefic star.

### **Oak (Chêne)**

Balanced strength, accepting limits. For strong, reliable, patient, responsible people who shoulder great burdens without complaint and who persevere in spite of setbacks, never giving up hope.

### **Olive (Olivier)**

Strong energy and vitality. For those who suffer from complete exhaustion, who have drained their reserves of energy so that they have no more strength. Applicable after prolonged illness, long overwork or over worry.

### **Pine (Pin sylvestre)**

Self-acceptance. For self-reproach, guilt, self-blame and self-condemnation. For those who are not able to accept themselves.

### **Red Chestnut (Marronnier rouge)**

Confidence in life. For those who find it difficult not to be anxious for other people, who anticipate trouble and imagine the worst, who project anxiety.

### **Rock Rose (Hélianthème)**

Courage and inner peace when facing great challenges. For emergencies, sudden illness or accident, for deep fear, terror, panic, hysteria, when life is despaired of, when there has been a close encounter with evil.

### **Rock Water (Eau de roche)**

Receptivity, flexibility. For those who are very strict, self-repressed, who have rigid attitudes toward life. For the idealists who cannot see the obsession which dominates them.

### **Scleranthus**

Decisiveness, inner resolve. For people who cannot make up their minds, cannot choose between two things, changeable and indecisive, hesitant, unstable, and tend to be unreliable.

### **Star of Bethlehem (Etoile de Béthléhem)**

Soothing, inner peace. Shock, grief, distress. For those who need consolation and comfort. Help to neutralise effects of any shock past or present, even the shock of birth.

### **Sweet Chestnut (Chataîgnier)**

Faith, transformation. For terrible anguish and despair when we are at the uttermost limits of endurance, experiencing the "dark night of the soul". Leads to new insights and new possibilities.

### **Vervain (Verveine)**

Tolerance, moderation. For those who are enthusiastic, overbearing, argumentative, directing, fervent, fanatical, they rarely change their fixed opinions and insist that others should be converted to them.

### **Vine (Vigne)**

Selfless service. For people who are certain of themselves and tend to use their authority to gain power and dominate others. May be arrogant, ambitious and tyrannical.

### **Walnut (Noyer)**

Freedom from limiting influences. For those who need protection from outside influences when foundation of life is unsettled during a major change in life. Helps to break with the old.

### **Water Violet (Violette d'eau)**

Sharing. For those who like to be alone, they are aloof, sometimes proud, quiet and retiring, avoid argument, self-reliant, inward-looking, disdainful of social relationships.

### **White Chestnut (Marronnier blanc)**

Calm and clear mind, tranquillity. For a pattern of thoughts that constantly repeats and gives no rest to the mind, continual internal argument, worry and chatter, mental congestion.

### **Wild Oat (Folle avoine)**

Inner sense of life purpose. For confusion and indecision about life direction, uncertainty with regard to career, indefinite or unfulfilled ambition.

### **Wild Rose (Eglantier)**

Participation in life, determination. For resignation, apathy, surrender, failure to make effort, fatalism, lack of interest, no vitality, sense of monotony, lingering illness.

### **Willow (Saule)**

Forgiveness, acceptance. For those who suffer any small adversity with bitterness and resentment, who blame others and feel that life is unfair.



## Combinations

(available in drops - dosage - stabilised with red shiso and/or  
sprays with essential oils for external use only)

### Clear Sky (spray)

A space clearing combination which purifies and harmonises the energy of your home or work environment. Everywhere we go there is an energetic charge in the atmosphere around us. It may be positive and uplifting or negative and uncomfortable, for example after a dispute, illness, or deep sadness. Clear Sky cleanses our environment of energetic pollution whether it be an accumulation of emotional, mental or psychic energies. Cleaning the energy of our home and office contributes to our overall well-being and a healthy balance of our own energies.

### Confidence (drops/spray)

To enhance confidence and self-esteem. Lack of self-confidence is a toxic emotion that can poison our view of our self and the world around us. When we are confident we have a sense of personal dignity. We take responsibility for our actions and we waste no energy on regrets or guilt. True self-confidence means accepting our self and recognising our own unique beauty. Confidence balances the yin and yang aspects of our being, puts us in touch with our intuition, gives us the courage to speak out and express our inner being.

### Connecting-up (drops/spray)

To connect to your Higher Self and the spiritual realms. In today's world many people feel alone and disconnected from every-one and everything. Yet we are all connected at some level, not only to each other but to our Higher Self and everything in the Universe. Being able to feel that connection allows us to rise above the hassle of daily life to see the bigger picture. It also opens up avenues of spiritual awareness that can bring comfort and joy into our life. Connecting up cleanses our energy field and aligns our chakras so that we can experience a clear connection with All that Is. It offers protection from lower astral influences during meditation or when seeking guidance from the spiritual realms.

### Peace (drops/spray)

To be at peace with yourself and the world. We have reformulated this combination essence, which was originally created in December 2001, to more specifically address issues of inner peace. To be at peace we must heal our hearts and embrace forgiveness on all levels. To achieve this we need to be able to communicate our deepest feelings to others in a calm and loving manner. To be at peace also means releasing the past and all those things that no longer serve our best interests. When we are at peace we experience a sense of joy and inner stillness. Our consciousness expands beyond ego boundaries so that we put aside differences and feel at peace with our self and with the world.

### Subtle Body Balancer (drops/spray)

To purify, heal and repair the subtle bodies. Negative energy and pollution can accumulate in our subtle bodies. This can be the result of negative thoughtforms, strong negative emotions, psychic attack, electromagnetic or telluric radiation. Many of our emotional wounds reside in our subtle bodies. Our subtle bodies can also be affected by karmic and ancestral memories as well as astral entities. As a result of these various elements, the subtle bodies can become polluted, misaligned and torn. The results are mental and emotional disturbances. Subtle Body Balancer works through all levels of the subtle anatomy clearing and strengthening the energy field.

### Winter Shield (drops/spray)

To fortify your energetic immunity. It is often in winter that we feel most vulnerable to the elements, to «catching something». Moving from the cold outdoors to the warm indoors, sitting in drafts, lack of sunshine and dark wintry days - we think that these things lower our immunity to illness. But our «inner climate» (our emotional and mental balance) also has a direct effect on our health. Emotional upsets, prolonged stress, and mental fatigue, regardless of the time of year, weaken us. Winter Shield helps support our immune system on the level of the subtle anatomy. If our energy field is clean and unpolluted, so will our physical body be strong and healthy. Winter Shield is a combination essence that cleanses and strengthens the energy field and provides protection from energetic pollution. It fortifies our energetic immunity which in turn will have a positive effect on our overall health and well-being.

## **Products and services**

### **Bottles**

We also sell the following bottles (in small quantities only, to our clients):

- blue glass: 30 ml with dropper, 10 ml with spray top, 50 ml with spray top
- spray top for 30 ml simple bottle.

### **Your choice**

Preparation of a 30 ml dosage bottle made up with your choice of up to seven essences.



If you are having difficulty deciding which essences are most appropriate for you, give us a call, send an e-mail or a fax briefly outlining the issue you are dealing with and we will advise you on your choice.

Molly Sheehan has worked for many years with the Angels and Elementals of Green Hope Farm (New Hampshire, USA) to create gardens of great light, healing power and beauty. The flowers from these gardens, which have a very high vibration, are used to make the Green Hope Farm flower essences. Molly also makes essences from tropical flowers from Bermuda. All of the Green Hope Farm essences are stabilised using Red Shiso (a decoction of perilla frutescens, a deep magenta coloured plant, mixed with vinegar) which adds an additional healing energy to the essences.

The Green Hope Farm range is vast... If you would like an essence which is not in our catalogue, please let us know and we will order it for you.

## **Black Currant**

Cleanses and purifies our etheric body of the detritus of the past seven generations of our family, all of which is often still held in our energy system unbeknownst to us.

## **Bloodroot**

Seeing the light in our shadow, particularly in our family of origin, reconciliation with our roots.

## **Comfrey**

Repairs past life damage in the etheric or "memory" body.

## **Dandelion**

Extremely versatile cleansing Essence working on all levels.

## **Datura Sunlight**

Releases impurities, brings in higher energies and wisdom, good for cleansing the chakras. In particular helps us receive energies from the sun coming to earth unimpeded, since a big cleansing of the astral plane right before the vernal equinox of 1998.

## **Eggplant**

Removes pockets of negativity on all levels.

## **Feverfew**

Breaks up deep seated anger, confusion, worry, despair and nervousness, helps humans and animals let go of nervous habits.

## **Grapefruit**

A powerhouse of healing for the relief of mental tensions.

## **Heavenly Bamboo**

To open and align the chakras to receive light energy so we are flexible, resilient and light infused.

## **Henry Hudson Rose**

Encourages confidence and clear boundaries especially during healing work.

## **Joe Pye Weed**

Opens us to release all burdens and feel totally supported by God.

## **Lavender**

Protection for our electrical systems, clarity about who we are.

## **Maltese Cross**

Mends us together again, reveals Divine order and our wholeness/holiness when we feel torn apart, especially helpful during and after extremely wrenching experiences.

## **Mary Queen of Scots Rose**

To dissolve long standing feuds and deep enmity, for internal as well as external conflict.

## **Mary Rose**

Cleanses the heart so it can be a pure and strong chalice of Divinity.

## **Painkiller Plant**

Transmutation of painful circumstances into fully integrated wisdom.

## **Passion Flower**

Christ Consciousness, spiritual awakening, conscious link to God self, release of tensions.

## **Pennyroyal**

Protection from all forms of negativity.

## **Rattlesnake Master**

Shows you the way to rebuff negativity that is willfully directed at you, as well as how to move calmly through poisonous situations.

## **Sarah Van Fleet Rose**

Smooths and calms our electrical systems during even the most turbulent times. Its I AM affirmation is I AM the balm of Gilead.

## **Green Hope Farm**

### **Snapdragon**

Encourages restraint when we talk too much or too aggressively.  
Good for animals if they are too aggressive or bite inappropriately.  
Energetic link to cranial sacral area, mouth and jaw.

### **Spanish Bayonet**

Extremely thorough cleansing of our energy systems.

### **Spruce**

For the integration of our physical and etheric bodies when they have fallen out of sync due to continuing stress or sudden trauma.  
Energetic solace for animals, plants and people cut off from the natural world.

### **Sweet Pea**

Promotes restful, protected and productive sleep by calming the emotional body.

### **The Three Phacelia Sisters**

Helps heal wounds suffered at the hands of groups such as religious communities or families of origin.

### **Tomato**

Cleansing of vibrational blockages.

### **Violet Transmuting Flame Violet**

This essence holds the vibration of the Violet Transmuting Flame which can erase negativity from our emotional, mental, spiritual and physical bodies. It supports any forgiveness work.



**The Animal Wellness Collection**  
**Specially formulated for animals but can also be used by humans**  
**(combination essences - stock)**

Green Hope Farm offers you and the animals in your life an expanded collection of Flower Essence combination remedies for animals. These 22 Animal Wellness Collection remedies offer healing vibrational energy to animals and their electrical systems. Each remedy serves the animals' emotional, mental, spiritual and physical well-being in specific ways.

The formula of Flower Essences in each of our Animal Wellness Collection remedies reflects years of serving the animals.

**Abandonment & Abuse**

For animals who have been rescued from abuse and abandonment but who still bear emotional scars from their experiences.

**Animal Emergency Care**

For trauma, shock, extreme stress and acute situations.

**Anxiety**

For anxiety, nervous habits, obsessive behaviors, fears and phobias.

**Breathe**

Lung and pulmonary system, upper respiratory issues.

**Caretaker**

Empathy and unconditional Love in caretaking relationship, increased intuitive communication.

**Digestive Woes**

For gastrointestinal issues.

**Flee Free**

For improved electrical vitality so that boundaries strengthen and animal can rebuff negativity or pests.

**Flow Free**

Urinary tract health, problems with flow anywhere in the system.

**Grief & Loss**

For when a caretaker, friend or animal companion dies, loss of home or sense of purpose, break-up of family.

**Healthy Coat**

For healthy skin and fur, for hot spots, rashes, skin sensitivities and allergic situations.

**Immune Support**

Energetically supports the immune system.

**Jealousy**

Jealousy in any form including sibling rivalry among animals in the same household.

**Neediness**

Supports an animal to find balance and right relationship with his person.

**New Beginnings**

For both old and new animals when a new animal arrives in a household, for transition to new caretakers, new role or new home.

**Outburst**

For aggression, outbursts of violent behavior often unexpected or out of character. Animals act as sponges, absorbing negativity wherever they go. It is easy for them to collect too much negativity and get electrically overcharged. This essence mix helps them release this electrical overcharge in a benign way.

**Recovery**

Post surgery or recovery from illness or trauma.

**Run & Play**

To support the healing process for any injury or chronic condition which interferes with joyful, flexible, carefree running and playing.

**Senior Citizen**

To help maintain emotional equilibrium and good cheer during declines in function associated with aging process, to help reverse the declines to whatever degree is possible.

**Separation**

Caretaker away or at work with animal home alone or in the care of someone other than their person, separation anxiety.

**Show cats**

Supports balanced self expression for animals in or out of shows, helps shy and retiring animals blossom and very assertive animals find appropriate poise and restraint.

**Spraying**

Difficulty discharging negativity in more benign ways, resentment, pent up anger, confusion about role in household due to arrival of new animal or for some other reason, litter box issues.

**Transition**

For the dying process both to give physical stamina during the work of dying and also to help with the spiritual work done during the last stages of life.



Flours de Vie also proposes the Animal Wellness brochure – free download from our website [fleursdevie.com](http://fleursdevie.com).

**Combination essences for humans**  
**Primarily used by humans but used for many animals as well**  
**(stock)**

**All Ego Contracts Null and Void**

This mix helps us unwind and release old habits, old patterns of behaviour and old ego choices that no longer serve us.

**Emergency Care**

For immediate electrical support during any situation of stress or trauma.

**Golden Armor**

Strong buffering combination essence, especially helpful with protection from discordant sound vibrations. We are being increasingly bombarded with all sorts of unseen frequencies that can have a very destabilising effect on many people and animals. The essences in this combination keep this dissonance from affecting our vibrational systems, they also protect us from all types of negativity.

**Green and Tonic**

Supportive mix for all plants.

**Grounding**

Support to be fully present and grounded in the here and now.

**Inner Child**

Provides support to be fully present and grounded in the here and now.

**Precious Blood**

Mixture of all our red flowers, many orange flowers and all Essences vibrationally linked to blood or bloodlines. This one is for the unlimited Goddess in each of us.

**Purify**

Mixture of many deep cleansers for purification and release from counterproductive living patterns.

**The Arbor Garden**

This mix holds a vibration of Oneness, harmony, grace and sanctuary. Excellent for grief, disharmony, or any situations where we have forgotten our Oneness.

**To Thine Own Self Be True**

This combination essence helps us understand who we really are, and then supports us in being that person. It is a good essence to use together with or following All Ego Contracts Null and Void which helps us release old habits, old patterns of behavior and choices that no longer serve us.

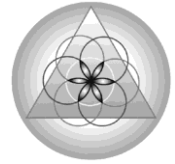
**Vitality**

An energetic reminder to go to our hearts for grounding, strength, direction, connection to God and everything else. This combination essence helps us hear our heart's every message more clearly, and gives us the strength to follow its impeccable wisdom.

**Watch Your Back**

Powerhouse of Palms and all other Green Hope Farm Flower Essences energetically linked to the main chakras which correspond in time and space with the back and the spinal column.





The Ile de Lumière essences resonate with the number 3 and multiples of 3. There are 9 individual essences (3x3) and 3 combination essences composed of 3 essences each. They are stabilised with red shiso (perilla frutescens). Three is the number of unity: the Trinity (Father, Son and Holy Ghost); Body, Mind and Spirit; or conscious, subconscious, superconscious. In the number 3 we recognise how the joining together of the parts creates the whole, we recognise our unity with the various part of ourselves, with others, with the other kingdoms (animal, mineral, vegetable as well as angelic, devic, elemental).

These essences represent unity, and harmony and helping each other - all qualities that are needed in today's world.

## **Choisir la paix**

When we choose peace we agree to rid ourselves of all the thoughts and emotions that no longer serve us. We agree to banish fear and let love enter our hearts and our minds.

## **Courage**

This essence gives us the courage to face our fears and accept the changes that are an integral part of our evolution as individuals.

## **Ensemble**

This essence helps us to find our place within the groups (family, professional, social, and others) that influence our existence on Earth.

## **Générosité**

This essence opens us to the abundance that surrounds us but that we cannot see when we are so caught up in our own problems. The more generous we are, the more we will receive.

## **Harmonie**

This essence helps us to listen to our hearts and trust in our intuition. It shows us that the harmony and balance that we all seek are to be found in the love of our hearts rather than in the confusion of our minds.

## **Humilité**

This essence teaches us to honour ourselves and to respect each other regardless of where we are on our respective life paths.

## **S'intégrer**

This essence helps us to integrate all aspects of our being, our strengths and our weaknesses, our light and our shadow.

## **Se protéger**

This essence creates a screen of golden light that protects us from energetic intrusions of all sorts and repairs holes in the aura.

## **Sécurité**

This essence brings comfort and security. It reminds us that we are safest when we are grounded and centered in our hearts.

## **Combination essences**

(stock)

## **Namasté**

This combination essence instils a deep respect for others. It gives us the courage to push away our fears and take our place next to others, for the greater good of all.

## **Possibilités infinies**

This combination essence helps us to find the balance needed to perceive the synchronicities that show us the way and to appreciate the miracles that result.

## **Vivre heureux**

This combination essence helps us make our dreams come true and attain our highest potential by surrounding us with an energy of peace, protection and safety.



# Pacific Essences

(Based on descriptions supplied by the producer)



Pacific Essences was founded by Sabina Pettitt in 1983 to research the unique healing properties and qualities of plants native to the west coast of Canada. In 1985 Sabina made the first Sea Essences, which are a new frequency of vibrational medicine. Sea Essences are made from plants and sea creatures which grow or live in the Pacific Ocean. Each essence is made in the location where it is found and no life is destroyed in the process. All Pacific Essences have a unique connection to the meridians and the five Elements of Traditional Chinese Medicine.

## Flower essences

### **Alum Root**

The power of the small; manifestation of “god-ness”; ability to move in a pattern without having to do it “your” way; willingness to choose “to be”.

### **Arbutus**

Spiritual tonic; enhances qualities of depth and integrity.

### **Bluebell**

For giving up constraints; opening the channels of communication.

### **Blue Camas**

For acceptance and objectivity; balances the intuitive and the rational; unifies the right and left brain.

### **Blue Lupin**

For clear and precise thinking.

### **Camellia**

Catalyst to opening to new attitudes which reflect one’s true inner nature.

### **Candystick**

Physical tonic; releases pelvic tension and promotes pelvic alignment.

### **Chickweed**

Acknowledging and experiencing timelessness; being fully present and able to respond.

### **Death Camas**

Spiritual rebirth; awareness of spiritual connection with all of life.

### **Douglas Aster**

Endless expansion while maintaining centre; savouring life experience; living fully and consciously; promotes courage and adaptability.

### **Easter Lily**

Encourages free expression of self; eliminates social masks.

### **Fairy-Bell**

Lighthearted release from murky thoughts; expands willingness to follow one’s guidance; eases depression.

### **Fireweed**

Realization of the abundance of love both within and without.

### **Forsythia**

Provides motivation towards transformation of old, useless patterns of behaviour - eg. habits, addictions, thoughts; helps to break addictions.

### **Fuchsia**

Re-creation; letting go of dysfunctional patterns; being the change we wish to see in the world.

### **Goatsbeard**

Accesses the power to visualize oneself in a state of deep relaxation.

### **Grape Hyacinth**

For times of external shock, despair, stress - allows the individual to step back from the situation while harnessing inner resources to meet the challenge.

### **Grass Widow**

Releases old beliefs and limiting patterns.

### **Harvest Lily**

Supportive to group energy; supports the ability to see another’s point of view.

### **Hooker’s Onion**

For feeling light-hearted and refreshed; nurtures creativity.

### **Indian Pipe**

Reconciliation with others and making peace with self, reverence for all of life.

## Pacific Essences

### Lily of the Valley

Allows for freedom of choice by discovering the simplest mode of behaviour.

### Narcissus

For identification and resolution of conflicts by going to the centre of the problem/fear. From there the issue(s) can be faced by determining what is essential and nurturing to the Self.

### Nootka Rose

Expressing love of life, laughter, and joy.

### Orange Honeysuckle

Evokes peaceful creativity.

### Ox-Eye Daisy

Total perspective; for being centered.

### Pearly Everlasting

Commitment and lasting devotion; opening to the mysteries of life; transformation through service.

### Periwinkle

Provides an opportunity to be responsible for depression and thereby dispel it; for clear memory.

### Pipsissewa

Decision-maker; clears ambivalence.

### Plantain

Releases mental blocks and draws off negativity.

### Poison Hemlock

For letting go; for moving through transition periods without getting stuck.

### Polyanthus

Dissolves blocks to abundance consciousness; transforms attitudes of scarcity into ones of worthiness and willingness to receive.

### Poplar

For contacting Spirit; for ability to transmit healing energies; to improve choice-making; attunes to the gentleness of nature.

### Purple Crocus

For resolving tension generated from grief and loss.

### Purple Magnolia

Promotes intimacy and non-separateness; enhances all the senses.

### Red Huckleberry

To experience the power of introspection; allowing ourselves to be nourished by taking time to digest; storehouse of intelligence, discretion, and spiritual wisdom; regeneration.

### Salal

For realizing our power to forgive ourselves and others.

### Salmonberry

Physical tonic; spinal alignment and structural balancing.

### Silver Birch

Enhances ability to receive and to conceive; softens the need to control; dispels suffering and develops humility.

### Snowberry

Accepting life as it is, at the moment.

### Snowdrop

For letting go, having fun, lightening up.

### Twin Flower

Non-judgement.

### Vanilla Leaf

Affirmation and acceptance of one's self.

### Viburnum

Strengthens our connection with the subconscious and our psychic abilities.

### Wallflower

For hopelessness, endurance, preparedness; attuning to our own inner rhythms.

### Weigela

Helps to integrate experiences on the physical and emotional planes.

### Windflower

Spiritual tonic: provides grounding and inner security.

### Yellow Pond Lily

Floating free of emotions and attachments; feeling strong and secure in my path; blesses relationships.



Fleurs de Vie also proposes the book *Energy Medicine: Healing for the Kingdoms of Nature* by Sabina Pettitt (see page 85) as well as the *Pacific Energy Medicine Cards* (see page 86).

## Tree Essences

### **Alder**

Nourishing to the body by knowing what to use and what to discard; emergencies especially bleeding emergencies; cultivates gentleness and gentle knowing of what to do and how to respond.

### **Cherry**

Explosion of sensuality; ability to express oneself clearly; elusive subtle energy emanating from the heart of every unique consciousness.

### **Copper Beech**

Shimmering shifting light communicating; laughter; alchemical shifts at a cellular level; gracious, undemanding and forgiving; just shows up and connects the whole.

### **Dogwood**

Taking care of our hearts so that our hearts will take care of us; cultivating the innate intelligence of the heart which is capable of healing the mind.

### **Elderberry**

Cleansing and nourishing; celebration of embodiment; mobility and dexterity; balancing rest and activity for optimal well being; promoting restful altered states.

### **Garry Oak**

Hope for the future; wise and efficient use of resources; tolerance and acceptance of physical and cultural anomalies and differences; embracing and embodying “the law of allowing”.

### **Hawthorn**

Self knowledge and ability to know and to stay on purpose – our own unique life purpose; ability to create and to set boundaries.

### **Hemlock**

Defensiveness and protection; comes forth to recalibrate the biorhythms of Mother Earth after shock and trauma; power vs force; wu wei; ability to access and to use instinct.

### **Maple**

Trusting, beautiful, self-sufficient, vigorous; durable; exuberant expression of potential.

### **Sitka spruce**

Shimmering luminescent protection; head and heart expansion; connection to ancestors and ancestral wisdom; respect for All That Is.

### **Syringa**

Sweet, fresh, rejuvenating; dreams, dreamtime and imagination; gentle guidance and prompt help from ability to tap into intuition.

### **Pacific Yew**

Fortifies innate intelligence at a cell level and optimizes defense against invaders; medicinal for the Body/Mind; self help and recovery from life threatening situations.

### Sea essences

#### **Anemone**

For acceptance of self and others by taking responsibility for one's own reality; allowing oneself to be organized by the universe.

#### **Barnacle**

For attuning with the feminine aspect of the self; for developing radical trust.

#### **Brown kelp**

For shifts in perception leading to clarity.

#### **Chiton**

For gentleness which serves to break up and to dissolve blockages and tension.

#### **Coral**

For living in community; respect for self and others.

#### **Diatoms**

Repatterning cellular memory; letting in the light.

#### **Dolphin**

Appreciation for "all that is"; playful, lighthearted; inter species communication.

#### **Hermit Crab**

The ability to enjoy "alone-ness"; contentment and sensitivity.

#### **Jellyfish**

For fluidity and letting go into the experience.

#### **Moon Snail**

To cleanse the mind and let in light.

#### **Mussel**

For releasing the burden of anger and to enable one to stand up straight.

#### **Pink Seaweed**

A grounding remedy; for patience before new beginnings; to harmonize thought before action.

#### **Rainbow Kelp**

Alignment of front and back brain i.e. reactivity and sensibility; alchemical transformation.

#### **Sand Dollar**

To create a disruption of the mirage... coming to your senses.

#### **Sea Horse**

Energizing the spine and central nervous system; accessing the "wild one" within.

#### **Sea Lettuce**

Embracing and healing the shadow; for dispersal and elimination of toxins.

#### **Sea Palm**

Meetings at the edge of breakthroughs in consciousness; balances "hurry for nothing" attitude.

#### **Sea Turtle**

For persistence, grace, commitment.

#### **Sponge**

Everything is unfolding in perfection; nothing happens to me without my consent.

#### **Staghorn Algae**

Holding ground (sense of self) amidst turbulence and confusion; accessing higher consciousness.

#### **Starfish**

For willingly giving up the old and allowing the experience of being empty... a grief remedy.

#### **Surfgrass**

For courage, strength, and power rooted in stability and flexibility.

#### **Urchin**

For safety and psychic protection.

#### **Whale**

Enhances ability to communicate through vibration and sound; expansion of human consciousness; ability to contact the record keepers.

## Gem essences

### **Amber**

Illumination of mind and heart.

### **Amethyst**

Transformation of energy; protection.

### **Apophyllite**

Cleanses resonances of « old stuff », physical or mental.

### **Aquamarine**

Peaceful, calming and soothing.

### **Aragonite**

Promotes self-reliance and inner security.

### **Aventurine**

Aids with meditation and visualisation.

### **Azurite**

“Gentling” of attitudes; awareness of perfect essence of all things.

### **Bloodstone**

Alignment of energy centres.

### **Blue Lace Agate**

Connects 6th and 7th chakras; inspiration and grace.

### **Calcite**

Decreases fear; increases dream memory.

### **Carnelian**

Increases vitality; stimulates the liver to throw off impurities.

### **Celestite**

Transports consciousness to celestial realms; enhances perception.

### **Chrysocola**

Harmony, balance, wholeness; integration; unifies 4th and 5th chakras.

### **Citrine**

Clearing of thought patterns to manifest what you want by attuning to creative light force.

### **Coral**

Connects us with our depths; symbolises life force energy.

### **Crocoite**

To let go of worry; to recognise thoughts before emotional reaction.

### **Emerald**

Enhances wisdom and projects love.

### **Fire Agate**

Transformation towards harmony and love; heart tonic.

### **Fluorite**

Transformation and devotion; links matter with spirit via the Crown chakra.

### **Fuchsite**

Elevates emotions from unconscious to conscious and beyond to psychic and intuitive.

### **Galena**

Receptivity and microscopic intensity; helps to transmit thoughts.

### **Green Garnet**

Purifies thoughts.

### **Green Tourmaline**

Eliminates mental and emotional toxins.

### **Hematite**

Augments meridian flows.

### **Iolite**

Links up vision and communication.

### **Jade**

Emotional grounding; healing deep emotional hurts.

### **Jasper**

Physical tonic; balances body energies.

### **Kunzite**

Stabilises pure love and joy in the heart.

### **Lapis Lazuli**

Transcendence of the ego; assists one to become a clear channel and to see others without judgment.

### **Larimar**

To become as a little child; delight and joy, wisdom and innocence.

### **Lepidolite**

Brain hemisphere integration; alleviates depression and allows for greater perspective.

### **Malachite**

Reflects and mirrors that which is within.

### **Moonstone**

Promotes vision and self-awareness.

### **Muscovite**

Aligns the endocrine system and chakras.

## **Pacific Essences**

### **Obsidian**

Grounding and making manifest spiritual qualities.

### **Onyx**

Absorption and transmutation of vibrations.

### **Opal**

Enhances feelings of “at-one-ment” between physical and spiritual; enhanced awareness.

### **Pearl**

Absorbs and hold love energy; purity, beauty, compassion.

### **Peridot**

Dissolves spiritual uncertainty.

### **Quartz Crystal**

Amplifies thoughts and feelings; assists with the retention of information; decrystallises congestion.

### **Red Garnet**

Awakens great love and compassion.

### **Rhodochrosite**

Connector of chakras via the solar plexus.

### **Rhodonite**

Impacts breathing and speaking.

### **Rose Quartz**

Self-fulfilment and inner peace; teaches the power of forgiveness and repatterns the heart to love of self; dissolves burdens which suppress heart’s ability to give and to receive.

### **Rubellite**

To express the exuberance and joy of love.

### **Ruby**

Love and courage to express one’s highest potential.

### **Rutile**

To relieve fear and anxiety; balances disturbed energy patterns.

### **Sapphire**

Inspires faith and devotion; opens us to our spiritual nature.

### **Selenite**

To focus one’s own sense of inner truth; being in touch with thoughts at their source.

### **Serpentine**

Stimulates psychic abilities and alleviates fear in relation to greater vision.

### **Silica**

Clears mental confusion.

### **Smoky Quartz**

Balances adrenal energy; purifies cloudy thought forms; uplifts level of consciousness.

### **Sugelite**

Attunes with mental body to see what’s creating the physical problem; awakens innocence and wisdom.

### **Sulphur**

Softens rigidity and increases flexibility both physically and mentally.

### **Tiger’s Eye**

Seeing and accepting diversity in oneness leading to right action.

### **Topaz**

Light, joy, love; brings out Christ-like qualities.

### **Tourmaline**

Balances chakras and meridians.

### **Turquoise**

Strength, balance, vitality.

### **Unakite**

Right-mindedness leading to right action.

### **Wavellite**

Being willing to give up resistance and to attune with the flow of life.



## Goddess Essences

The goddess essences are gem and crystal combination essences. The first nine essences were made on New Year's Eve 1990, with the energy of the Blue Moon. In 2003 the 10th goddess essence, Lakshmi, the Hindu goddess of Abundance, was made from a combination of orchid essences.

Each essence either encourages the qualities of the goddess archetype with which it is associated or assists in dealing with her challenges. The essences are for both men and women. They will assist women to embrace the energies of the goddess as she manifests in different aspects of their lives. They will help men to recognise and to feel their own goddess energy within. The ultimate effect will be to enhance communication and understanding between the sexes so that we can move towards the consciousness of being humans together. They will help all who take them to acknowledge divinity within self and other.

### **Demeter**

#### **(Greek goddess of agriculture and fertility)**

Issues of creativity, productivity and fruitfulness to assist with the separation at childbirth, and the separations which occur throughout life between parents and children.

### **Isis**

#### **(Egyptian goddess of fertility and the devoted lover/wife of Osiris)**

Can be used to attract a twin soul and also for self transformation through grief over the loss of a soul partner.

### **Kali**

#### **(Hindu goddess of creation and destruction)**

Issues of power and destruction especially self destruction expression of primordial energy; dancing the dance of life with passion and grace.

### **Kuan Yin**

#### **(Chinese goddess of compassion and mercy)**

To develop these qualities and to provide us with nurturance when our load is too heavy.

### **Lakshmi**

#### **(Hindu goddess of abundance and good fortune)**

For good luck and prosperity.

### **Maya**

#### **(Weaver of the web of illusion on the earth plane)**

Acceptance of self as an expression of divinity; ability to contact the pure essence of being.

### **Persephone**

#### **(Greek goddess of the Underworld)**

Helps to access wisdom and knowing in the unconscious; assists with healing the inner child.

### **Radha**

#### **(The female aspect of Krishna)**

Together they represent the great love relationship devotion to self, other, and God/Goddess/All That Is.

### **Shakti**

#### **(The coiled serpent at the base of the spine)**

Kundalini powerful sexual energy of creation.

### **Sita**

#### **(Daughter of the Earth and friend of plants and animals)**

To assist with communication with beings of the plant and animal kingdoms; to cultivate gentleness.

### Combination essences

(drops dosage strength - sprays for external use only)

#### Abundance Essence (drops/spray/oil)

Aligns Body, Mind, Emotions, and Spirit to achieve individual goals while forging a connection with the larger flow of all of life. Promotes "abundance consciousness", alleviates self doubt, encourages self worth, and promotes willingness to receive and participate in the flow.

#### Abundance Stabilizer

To appreciate the abundance already in our lives; promotes trust and gratitude.

#### Balancer (drops/spray/oil)

Restores balance and harmony in times of stress and trauma. Balances excess or deficiency in any meridians and chakras.

#### Being Peace

The purpose of this combination is quite simply to create the energy of peace within us so that we can experience peace in the world around us.

#### Being True Worth

Re-cognizing who we really are; transcends cultural programming.

#### Cellular Memory

Restoring the memory of each cell's Dharma and perfect contribution to the whole.

#### Detox

A subtle way to cleanse old energies which are preventing optimal functioning of each cell. This combinations works to gently cleanse and revitalize all aspects of the Body/Mind.

#### Earth Element

For those who have difficulty digesting experiences and have a tendency to worry and over-empathise with other people. Meridians: Stomach, Spleen. Emotions: worry and obsessive thinking.

#### Fearlessness

Ability to stop time, shape shift, broadcast energy from the heart instead of adrenaline and fear vibes.

#### Fire Element

For those who feel a lack of enthusiasm or passion in their life as well as those who are easily over-excited and impatient. Meridians: Small Intestine, Triple Warmer, Heart and Heart Protector. Emotions: joy and excitement.

#### Forgiving

Cutting the cords that bind us to the painful experiences and situations in the past.

#### Heart Spirit Essence (drops/spray/oil)

Raises the vibrational frequency of the heart center to its highest level. Allows us to interact with each other with grace, ease, and com-passion.

#### Kids' Stuff

For things that "go bump in the night" and scary things in closets and under beds... restores a feeling of "all is well in my world".

#### Metal Element

For those who are rigid, inflexible and unforgiving, both with themselves and others, as well as those who have experienced great loss. Meridians: Large Intestine, Lung. Emotions: grief and sadness.

#### Mother Tree

Help realize our own destiny, helps connect with "mother earth", connect with the seed in our own being containing the program for this life. Helps practice economy of thought and action so we can be fully present in the moment and emanate timelessness.

#### New attitudes

Designed to assist people with long standing patterns, like excess weight, addictions and other habits which are not beneficial for us. It helps remove difficulties and allows us to commit to transformation.

#### Optimal Immunity

Strength and protection for Body/Mind/Spirit.

#### Optimal Learning

Enhances all levels of learning: visual, auditory and kinesthetic... whether it's in the classroom or the school of life.

#### Radiant Beauty

Switches on the light of our inner beauty; illuminates Body and Mind.

#### Shielding

This combination will assist with deflecting all kinds of radiation and electrical environmental toxins. It will help you feel safe and protected so that no energy is wasted in fear and worry

#### Super Vitality

Rejuvenates energy at all levels and recharges our batteries.

#### Twelve Gems

This combination essence is a unique treasure chest which resonates on the cellular level to allow us to cleanse, re-boot, and re-set ourselves.

**Water Element**

For those who have lots of doubts and fears and have difficulty trusting others. Meridians: Bladder, Kidney. Emotion: fear.

**Wood Element**

For those who are often depressed and/or frustrated, who feel that they are not using their full potential nor living the life they want. Meridians: Gall Bladder, Liver. Emotion: anger.

**The Abundance Programme**

The Abundance Programme is a 22 day commitment to yourself. It is designed to be used while taking the Abundance essence orally and using the Abundance Oil on a daily basis.

The purpose of the 22 Day Programme is to create a new framework for manifesting Abundance at any and all levels of your life. You may choose your focus to be money, relationships, work, family, health, or any area where you are experiencing lack or scarcity.

Essentially the programme, along with the use of the Abundance Essence and Oil, will repattern cellular memory so that you can experience your own inner power to manifest exactly what you want.

The programme includes 2 Abundance Essence bottles, one Abundance Oil bottle as well as an exercise booklet and audio tape.

### Combination Essence Sprays for Animals

#### **Balancer**

Useful for all occasions of acute stress. Benefits include harmonising all 12 meridians and all 7 chakras so that feelings of stress and overwhelm dissolve.

#### **Calming**

Brings peacefulness and tranquility to the physical, emotional and mental levels. For the ability to relax peacefully.

#### **Confidence**

For animals who have lost confidence in themselves, are shy, insecure and fearful of punishment. For joyfully expressing and experiencing life.

#### **Earth**

To feel connected/grounded. For those who are over-protective, worry or are restless; for feeling safe and secure. To help animals who are on their own a great deal.

#### **Endings & Beginnings**

For acceptance and inner peace during major transitions in an animal's life from birthing to end of life.

#### **Fire**

Joyful relationship with others. Everyone – animal and human – benefits. Strengthens vitality and a playful attitude.

#### **Handle with Care**

For animals who feel vulnerable, fearful and resist handling. Particularly with vet and grooming visits, this essence promotes feelings of inner security and safety.

#### **Harmonious Relationships**

Resolves conflict and obstacles to getting along with other animals and/or people. Brings balance and harmony to our animal's relationships.

#### **Healing & Health Support**

To aid the physical body through recalibration of the energy centres. Enhances and supports other modalities (allopathic/complementary) during healing.

#### **Healing Heart**

For the shock and despair associated with emotional abuse and trauma. Helps the animal return to a place of inner confidence and courage. For the courage to express life joyously.

#### **Healing the Past**

To release past traumatic experiences involving neglect and/or physical abuse. Use for stress reduction, fear resolution and healing of old wounds. Allows animals to trust again & feel safe in new relationships.

#### **Inner Contentment**

For animals who experience loneliness. Eases adjustment when left alone for longer periods, during boarding or family vacations. For when family change affects your companion animal. For separation anxiety.

#### **Metal**

Balances control and flexibility; being able to live life with confidence and let go with ease. Sadness and grief are emotions related to Metal Element.

#### **New Habits**

For animals who have developed "bad" habits, i.e.: barking, digging, peeing outside the litter box, etc. Helps release dysfunctional behaviours and create new ways of being.

#### **Return to Happiness**

For sadness and deep grief related to loss: whether through death or re-homing. Helps animals remain peaceful during times of transitions.

#### **Travel with Ease**

For animals who are stressed, fearful or over-excited when travelling. For embracing life's adventures.

#### **Water**

Corresponds to courage. Allays fear, anxiety, shyness and timidity. To be courageous and trusting.

#### **Wood**

Connected to mobility, contentment and purpose. It strengthens, cleanses and purifies. To be peaceful and decisive.



Fleurs de Vie also proposes the booklet Pacific Essences for Animals – free download from our website [fleursdevie.com](http://fleursdevie.com).

# Petaltone Essences



(Based on descriptions supplied by the producer)

The Petaltone Essences were developed by David Eastoe during several years of research in vibrational healing with wild flower essences. They are made in the wild and beautiful places of nature, often centres of natural power and energy. The Petaltone Essences work via evaporation into the auric field and are not to be taken internally. They can also be used with crystals and to change the energy in buildings.

How to use them: In order to use the Petaltone essences successfully, you need to have a basic knowledge of the chakra system, together with the ability to dowse with a pendulum. Dowse to discover which essences are appropriate at this time, then dowse to see in what order they should be applied. Take the first essence and dowse to see into which chakra it should be applied. Place a few drops of the essence in the palm of the hand, rub palms together and allow the essence to evaporate about 4-6 inches from the chakra, at the front of the body.

EXTERNAL USE ONLY - CANNOT BE MIXED WITH OTHER ESSENCES

## **Aegis**

Offers protection from lower astral energies, especially in cases of prolonged serious psychic attack, apply to solar plexus chakra or where ever you feel particularly vulnerable.

## **Akashic**

This essence is to help facilitate access of Akashic Records, apply to Crown Chakra.

## **Amorthyst**

Spiritual healing. (Don't use when under the influence of alcohol). Helps clear pathways to the Future.

## **Ankh**

Stamina, fire, anti-depressant, masculine power. Motivation. Stimulates mental activity; cleanses and purifies the psychic level; energises depleted chakras.

## **Anzen24**

this essence can help with sensitivity and allergies by reducing the over reaction of the immune and subtle energy systems. It may also assist with other conditions of sensitivity where the body or Aura is working overtime fighting intrusions.

## **Astral Clear**

Works on psychic level to clear negative entities and thoughtforms.

## **Aura Blue**

Clears negative thought forms. Removal of creative blocks, confers creative stamina. The strength to go on.

## **Aura Flame**

Psychic attack, fends off negativity, protects auric field. Clearing, revitalising. Helps in de-cording, especially negative ties. Revitalises depleted energy. Do not use if angry or over- stressed.

## **Chakra Tone 1**

Chakra 1. Base Chakra. The centre at the base of the spine. Colour red. Keywords: Survival, Me! The centre most associated with physical energy, primal energy, grounding/being grounded (as opposed to spaced out), 'In the Body' (as opposed to half out of the body), also a storage place for some deep seated fears, including fears deriving from past life experiences and early life etc. If an essence is applied here, it will be affecting some of these issues (but not necessarily all of them!).

## **Chakra Tone 2**

Chakra 2: Sacral Chakra: the centre in the area of the pubic bone/lower abdomen. Colour: orange. Keywords: Sexual/Emotional, Relationship, this centre associated with issues relating to past relationships, emotional wounds, issues of self image and attraction. Basic level communication. Also vitality as in vital energy.

## **Chakra Tone 3**

Chakra 3: Solar Plexus Chakra: Central abdomen energy centre. Colour: yellow. Keywords: The Will, issues of personal power/powerlessness, interactions in which the Will is fulfilled or blocked, underused or overactive. Self respect, perseverance, ability to use the mind, endurance.

## **Chakra Tone 4**

Chakra 4 - Heart Chakra. Upper Chest energy centre. Colour : Green. Keywords: Compassion, Love, self love as well as love of others, the expansive view of 'Higher Mind' (as opposed to the highly limited view of lower mind!) capacity for forgiveness, happiness. Can also hold sorrow and pain around these issues.

## **Chakra Tone 5**

Chakra 5: Throat Chakra: Throat area energy centre. Colour: blue. Keywords: Self Expression, creativity, seat of the voice. Can often be blocked due to conditioning/social mores etc., Essences applied here may well indicate that something needs to be spoken or expressed in another way.

## Petalone Essences

### Chakra Tone 6

Chakra 6: Third Eye/Brow Chakra: Forehead area energy centre. Colour: indigo. Keywords: Vision, imagination, visualisation, some psychic gifts are related to this chakra. When Petalones are applied here there is often clearing to be done!

### Chakra Tone 7

Chakra 7: Crown Chakra: top of the head energy centre. Colour: violet. Keywords: Spiritual, the place where the spiritual energies enter. Connection to angelic realms, higher self and higher selves of others. We are often less receptive to our higher spiritual selves than we might be, essences applied here are working to heal this.

### Clear 2 Indigo

Protection on 3 different levels, this beautiful and powerful new Aura Protection essence is not only a good all round aura protection and clearing but also is particularly good to use just before sleep, alters the quality of dreams.

### Clear 2 Light

As well as cleansing it also raises the vibrational frequency to that of white light. This is great when clearing darker energies. Use in exactly the same way as Crystal Clear.

### Clear Psychic Gateway

Clear Psychic Gateway' essence applied at back of the neck clears out the negative energies that often accumulate there, and also helps the muscles to relax. Use with Gateway Sentinel to protection the Psychic Gateway.

### Clear Star

Breaks down outmoded structures. Clears dark emotions like Jealousy, hatred, anger. Assists mental clarity.

### Clear Tone

Cleanses the etheric body, clears negative thought-forms (use in sequence with Aura Blue). Cuts negative ties.

### Creative

This essence helps to structure your energies so that you can create your life, assisting with the relationship between the world of structure and the world of ideas

### Crystal Clear

Space clearing essence. Clears negative energies from homes, offices, cars. Seals the aura against negativity. Also cleanses crystals.

### EMF Protection

This essence not only shields against electrical smog created by phones computers and wifi etc, it is also a great all round protection.

### Fire Clear

A clearing essence. Releases suppressed anger and fears (eg. fear of death, flying, reality, success, paranoia).

### Fire Tone

A multi layer aura protection essence. Used before sleep it offers almost a psychic 'faraday cage' allowing personal space in which to rest deeply. During daytime use it helps to keep your aura within the closer boundaries necessary for wordly activities.

### Gateway Sentinel

A special protection for the psychic gateway at the back of the neck. This is where a lot of negative energies attempt to enter. The essence creates a shield for this gateway.

### Golden Glow

Similar in action to Crystal Clear except that as well as clearing the space or the aura it also adds golden light energies to it. It's fantastic in the bath, and also gives a nice warm glow to any space..

### Golden Light

Bathes aura in golden light. Transmutation of lower emotions into unconditional love. Decoding, unhooking from people and past. Adds positive energy to all chakras and whole energy system.

### Hawaiian 1 "Ti"

Spiritual truth; assists with centering; strengthens, sustains the spirit.

### Hawaiian 2 "Plumeria"

Enhances communication at a deep soul level; helps with finding soul mates/partners/groups.

### Hawaiian 3 "Soul Tone"

Activates desire for union with Divine source. Can be introduced into the aura or sprayed in water in a building to lift the vibrations.

### Hawaiian 4 "Defending Angel"

This essence is no longer available.

### Hawaiian 5 "Cleansing Angel"

Powerful astral cleansing particularly useful in cases of psychic attack/interference, entities etc.

### Hawaiian 6 "Naio"

Yang booster: strongly boosts the masculine aspect at a deep level of the psyche.

### Hawaiian 7 "Healing Angel"

Spiritual healing essence; works by bringing spiritual energy to bear on physical problems.

### Hawaiian 8 "Space Clear"

Space clearing essence. Place a few drops in each corner, or dowse the appropriate number of drops and evaporate from a hot metal surface, or a clean essential oil burner. Do not spray this essence.

### Hawaiian 9 "Hawaii Blue"

Emotional healing essence. Clears "poison darts" in the aura caused by other peoples hatred/jealousy. Assists the "victim" and those who feel overwhelmed.

### Healing Flame

Purifies the energies along your central energy column/spine, relieving tensions and freeing up blocked energy.

### Jasmine

Positive self image, clears self demeaning emotions, self-expression blocks. Clears the heart centre.

### **Metta**

Compassion and unconditional love towards oneself and others. Accepting the support of others.

### **New Earth and Heaven**

This essence links Chakra 9 (Soul, destiny), Chakra 3 (Solar Plexus, the will centre) and Chakra 1 (Base, the grounding centre) and helps to stabilise your energy field and strengthen your resistance to energy pirates of all kinds.

### **Orange Chalice**

Aligning to the Divine Will. Helps in receiving of spiritual guidance. Helps establish boundaries in relationships. Clears self-demeaning emotions.

### **Pink Angel**

Emotional healing. Compassion. Clarity of thought, innovative thought, inspiration. Assists birth and structuring of creative ideas.

### **Power Shield**

Psychic cleansing and protection. Effectively clears the aura around you of negative influences, and builds protection into your energy field. Continual use will strengthen this protective shield and lessen susceptibility to unwanted energies/entities invading your space.

### **Prosperity Set**

Set of 4 essences which aims to help those who are working to improve their relationship to the material world.

### **Release**

Release of blocks. Release of deep seated emotions (possibly from deep past) eg. guilt, grief, terror, hatred, shame, regret, rigidity. Good psychic protection.

### **Safe Space**

This essence helps structure your etheric aura so that the influences of others do not intrude, so you have a clearer space in which to make your own decisions and choices.

### **Silver Genie**

Mental structure and discipline. Helps relationships between individuals and groups. Release of tears and deep seated blocks about money.

### **Silvery Moon**

Sleeping/dream problems. For working with dreams and understanding the symbolism of dreams.

### **Soul Star (Crystal Charge)**

Can be used after Crystal Clear to re-charge crystals with powerful positive loving energies. Disperses self-demeaning emotions. Assists to prevent nightmares by closing doors to the lower astral.

### **Source 77**

Connects you with your full potential at a soul level. This essence works well with Creative. Between them they help connect you with your life's potential.

### **Space Master**

Powerful shielding essence for both the aura and the home/workspace. Builds and strengthens the shielding against intruding entities and lower astral energies.

### **Special 8**

This essence cleanses lower astral stuff effectively and also creates a unique protective shield including an eightfold symmetry.

### **Spirit of Abundance**

This essence connects you deeply to the true spirit of abundance, which is ever present. Whilst doing this it highlights the parts of your being that resist accepting this abundant energy.

### **Spirit Ground**

Grounding. Assertiveness, self image. Rids one of victim syndrome.

### **Spring Dawn**

Works on astral levels to transmute astral pollution and interference; also reduces geopathic stress.

### **Stands Alone**

Maintain individuality whilst with the crowd. Valuing personal uniqueness. Good for past life regression work.

### **Temple Flame**

Clearing and protection essence, that works gently but powerfully via the element of Fire.

### **Violet Silver Angel**

Protection essence that uses these two colours to shield your aura against unwanted intrusions.

### **White Light**

High level purification. Mix with some other essences to bring out higher octaves of these. Destroys negative etheric energies. Good for positive thought

### **White Spring**

Pure energy source. For emotional and mental exhaustion. Re-charges energies.





## South African Flower Essences

(Based on descriptions supplied by the producer)



The South African Flower Essences are made by Jannet Unite-Penny on the slopes of Table Mountain (Cape Peninsula) which is considered to be a sacred place of healing and the point of convergence of all of the leylines of the African continent. Over seventy indigenous plants have been used to make these flower essences, as well as some eighty others which are not indigenous but carry the energy of the African soil.

### **African Banana**

Masculine energy, yin/yang balance, integration of right and left brain lobe functions, learning difficulties.

### **Agapanthus**

Abundance consciousness, money issues, willingness to receive.

### **Aloe**

Envy, jealousy, greed, competitiveness, aggression, lust for power.

### **Apricot**

Self empowerment through acceptance of responsibility, resolution of internal conflicts, ability to move forward, joy in others' good fortune.

### **Aristea**

Caretaking of the Earth, attunement to nature, dissolution of sense of separation.

### **Arum Lily**

Sense of individuality, personal power, clarity of focus, self-motivation.

### **Australian Tea Tree**

Procrastination, inability to finish what one starts, perseverance, strengthening of the will.

### **Avocado**

Breaking with the past and repetitive patterns of behaviour, releasing negativity, enhancement of intuitive and telepathic abilities.

### **Azalea**

Rebelliousness, personal autonomy, fathering, acceptance of responsibility.

### **Baeometra**

Fatigue, depletion, exhaustion, overwhelm, disheartened, convalescence.

### **Basil**

Misuse of sexual energy, redirecting sexual energy as a tool to enlightenment.

### **Bauhinia**

Burying real issues, integration of core or root emotions, emotional authenticity.

### **Belladonna Lily**

Anger, rage, desire to blame and punish.

### **Bell Gardenia**

Apathy, emotional repression, integration of lessons from the past, activation of life force.

### **Bluebell**

Auric protection, stress resulting from excessive sensitivity to sensory stimulation, facilitates harmonious use of sound.

### **Blushing Bride**

Strengthens female energy, yin/yang balance, enhances intuition and ability to be intimate.

### **Borage**

Disheartened, overwhelmed by adversity and sorrow.

### **Bottle Brush**

Courage to change, transition.

### **Buchu**

Over-identification with the emotions of others, helps establish emotional boundaries, auric protection.

### **Calendula**

Intellectual arrogance and coldness, promotes mutual understanding, sensitivity and receptivity.

### **Cancer Bush**

Confrontation of the shadow, inner torment.

### **Cape Almond**

Insecurity, fear of the unknown, fear of failure, emotional paralysis, personal power.

### **Cape Honeysuckle**

Inflexibility, ruthlessness, arrogance, over-emphasis on work and doing, workaholics.

## South African Essences

### Cauliflower

Shock sustained during birth process, for pregnancy, birth and rebirthing.

### Chestnut

Visualisation, ability to contact spiritual realms.

### Chinkerinchee

Unethical behaviour, impeccability, operating with integrity, adhering to principles.

### Christ Thorn

Lack of self-worth, self-neglect, depression, subjugation of the self, honouring of the self.

### Clivia

Excessive or obsessive anxiety about the safety or well being of others, uncontrollable thoughts of catastrophe.

### Comfrey

Nervous depletion, emotional tension, nail biting.

### Coral Tree

Generalised fear, expectation of disaster possibly linked to past life experience, self-sabotage.

### Corn

Disorientation, lack of personal space, need to conform, linking matter and spirit.

### Cosmos

Disorganised thought patterns, inarticulate expression, public speaking, throat chakra, integration of ideas.

### Crab Apple

Shame, remorse, self forgiveness, self-acceptance.

### Crassula

Excessive use of the will, unthinking devotion to a cause, inability to understand any other point of view.

### Cucumber

Pessimism, defeatism, alienation, sense of separation.

### Daffodil

Self-criticism, self-hatred, frustration, depression.

### Dandelion

Stress, tension, emotional release.

### Disa

Dark night of the Soul, despair, disillusionment, hopelessness.

### Dog Rose

Unexpressed grief, inability to express deep emotions, integration and acceptance of pain.

### Dune Calendula

Periods of transition and change e.g. divorce, mid-life crisis, separation from Soul and Spirit.

### English Hawthorne

Broken-heartedness, intense grief, remorse, transformation through pain.

### Evening Primrose

Abandonment, co-dependence, sexual repression, fear of parenthood.

### Felicia

Unhappiness, disconnectedness, feeling of insignificance.

### Fig

Archetypal sexual shame and fear, releasing the past, pregnancy.

### Flowering Cherry

Beingness, gentleness, inner peace.

### Flowering Gum

Personal authority and autonomy, positive ambition to live according to one's own values.

### Flowering Quince

Despair, hopelessness, depressed anger.

### Forget-me-not

Memory loss, sense of isolation, heightened spiritual awareness, for nightmares and sleep walking.

### Frangipani

Grief and shock of karmic origins, dread, inexplicable fears, positive commitment to the future.

### Freesia

Overwhelmed by life itself, apathy, reverence for life.

### Fuchsia

Suppressed anger, pain and shame, integration of past experience, expression of deep feelings.

### Fumaria

Transmutation of suffering, shift of focus from self to the transpersonal world, personal responsibility.

### Gazania

Subjugation of self to the will of others, breaking down of repressive attitudes, feminine sexuality and creativity.

### Geranium Incanum

Vengeful or morbid thoughts, abusive and destructive relationships, integration of the shadow.

### Giant Protea

Blocked or crushed creativity, lack of vitality, activation of the will, harnessing the spiritual forces.

### **Grapefruit**

Emotional toxicity, out of touch with the physical world, overactive psychic life, integration of "out of body" experiences, access to other dimensions.

### **Grapevine**

Self-destructive or erratic behaviour patterns, substance abuse, self nurturing, clearing of aura.

### **Grassy Bell**

Deep hurt, pain and fear relating to betrayal, developing the ability to trust, mutual trust in relationship.

### **Green Pepper**

Over-involvement in detail, inability to delegate or see the overall picture, excellence.

### **Grevillea**

Affected by criticism, incorporation of the shadow, centering in the self.

### **Hibiscus**

Focusing and harnessing creative abilities and energy.

### **Holly**

Deep pain, the desire to hurt others, sense of deprivation and alienation.

### **Hyacinth**

Inner stillness, access to sacred space within, spiritual connection, beingness, accessing magical power within.

### **Hypericum**

Integration of incoming spiritual energies, grounding of cosmic energy, psychic protection.

### **Ixia**

Lack of confidence, shyness, timidity, self deprecation..

### **Jacaranda**

Escapism, indecisiveness, procrastination , perseverance, "follow through" ability.

### **Keurtjie**

Nurturing, parenting, post-natal depression.

### **Lavender**

Panic, hysteria, insomnia, soothing, calming.

### **Lemon**

Disallowed anger in women, sexual imbalance, female power.

### **Loquat**

Apathy, withdrawal from the demands of daily life, martyrdom, resignation, assists in incarnation process.

### **Lotus**

Alignment of chakra energy, contact with Soul and Spirit, ineffable joy, meditation.

### **Maidenhair Fern**

Exponential understanding of life purpose, sensitivity, spiritual attunement.

### **Mango**

Inability to express warmth, personal inadequacy, universal love, compassion, empathy.

### **Maple**

Workaholism, excessive use of the will, balance between physical and personality issues.

### **Marigold**

Scepticism, focused in the logical, rational mind and linear thinking, aggression, argumentativeness.

### **Mock Orange**

Male or inner male confidence and autonomy, expansion of masculine energy.

### **Morning Glory**

Imbalance in patterns of waking and sleeping, substance abuse, meditation.

### **Mountain Cabbage Tree**

Refusal to grow up, rebelliousness, avoidance of responsibility and commitment, parent projection onto partner.

### **Mountain Dahlia**

Insensitivity to others, self-absorption, selfishness, negative ego, healing ability, telepathy.

### **Mountain Rose**

Profound or existential pain, suicidal tendencies, loneliness.

### **Nasturtium**

Overemphasis on the intellect, mental strain.

### **Nicotiana**

Feeling of undeservability and separation, numbing of emotions, self-destructive behaviour, abuse of tobacco.

### **Oak**

Stabilisation after divorce, loss of loved one, trauma or shock, surgical procedures, connection to one's roots.

### **Orange**

Emotional tension, overcharged emotions, hysteria, possession, heals holes in aura.

### **Orange Pincushion**

Archetypal fear, shock, panic, fear of annihilation, dread, terror, grounds and centers.

### **Orange Watsonia**

Cruelty, ruthlessness, self centeredness, unaware of impact on others, ability to inspire and lead.

## South African Essences

### Oreganum

Grace, ease, ability to be oneself with confidence.

### Oxalis

Polarities of inferiority and self-importance, lack of self-worth, arrogance, overbearing behaviour.

### Painted Lady

Jealousy, resentment, holding of grudges, suspiciousness, hardening of the heart.

### Pansy

Thin-skinned, sensitive to criticism, overly vulnerable.

### Parsley

Perfectionism, self-criticism, self denial, negative ego.

### Peach

Melancholy, effects of past trauma, fear of pain, contraction of aura, clearing of blockages in subtle bodies.

### Pelargonium

Loneliness, isolation, alienation.

### Periwinkle

“The Sword in the Heart”, adolescent wounding, shattering of ideals, cynicism, healing of heart chakra.

### Petunia

Inspiration, visualisation, creative dreaming abilities.

### Pine

Self-chastisement, self-blame, self-criticism, remorse, guilt.

### Pink Bell Heather

Self-deception, insincerity of motive, confused or conflicting motivation, facilities impeccability.

### Pink Watsonia

Feeling dissipated, living one's life according to the opinions of others, finding one's centre, clarity and focus, establishing boundaries.

### Plum

Feeling of undeservability, unwillingness to receive, clearing of the past, breaking of karmic patterns.

### Plumbago

Shame, undeservability, lack of trust in one's own judgement, subjugation to the will of others.

### Pomegranate

Striving to be 'superwoman', feminine identity and creativity, yin/yang balance, puberty, pregnancy, menopause.

### Pompom Tree

Avoidance and fear of vulnerability, fear of rejection, shame, courage to risk emotional contact.

### Red Camellia

Inner child shock and fear, trying to earn love.

### Red Erica

Hypochondria, control and punishment of others, self pity, shame, sense of self-worth.

### Red Hot Poker

For treatment of physical, emotional or mental abuse resulting in emotional withdrawal.

### Rhododendron

Rigidity, obstinacy, dogmatism, refusal to change, holding onto the past, repetition of patterns.

### Roella

Pride, elitism, prejudice, negative ego, integration of shadow, humility.

### Rosemary

Forgetfulness, emotional coldness, assists in incarnation process.

### Sausage Tree

Core issues relating to masculinity in today's world, yin/yang balance, integration of polarities.

### Scilla

Domination, self-importance, a need to be right, facilitates working together for the common good.

### Senecio

Fear of ageing, perpetual pursuit of youth, failure to recognise dignity and grace of mature beauty.

### Shasta Daisy

Making the whole holy, integration of matter and spirit, holographic understanding of reality.

### Silverleaf

The female warrior, illumination from within, re-emerging Goddess energy.

### Snapdragon

Misdirected sexual energy resulting in verbal aggression, cruelty and sarcasm.

### Sonderina

Repetitive thought patterns, insomnia, agitation.

### Sour Fig

Self aggrandisement, emotional neediness, attention seeking, domination of others.

### Spur Flower

Facilitation of learning and assimilation, integration of knowledge, useful for exams.

### **Squash**

Personal adversity and turmoil, fortitude.

### **Strelitzia**

Indecisiveness, procrastination, “stuckness”, self doubt, lack of personal power, fear of future, strengthens visualisation abilities.

### **Sugar Bush Protea**

Inner child abandonment issues, lack of sweetness, repressed childhood longings.

### **Sunbonnet**

Need for validation, co-dependency, lack of self-worth, personal inadequacy.

### **Sunflower**

Threatened masculine energy, balances inner-male aspect, radiance of male energy.

### **Suring**

Excessive intensity and fervency, over aroused passion.

### **Sweetpea**

Lack of personal space, sense of not belonging, need for inner peace.

### **Thyme**

Facilitates communication with subconscious mind, understanding and remembering dreams, access to other dimensions, “time is an illusion”.

### **Tiger Lily**

Awakening of the “Wise Woman”, awareness of dignity and usefulness of the crone, revelation of inner purpose.

### **Tomato**

Shattering of negative vibrational patterns, establishment of higher and new resonance.

### **Touch-me-not**

Inhibition, prohibitions imposed on women by patriarchal or chauvinistic society.

### **Tulip Magnolia**

Vulnerability hidden by defensiveness, dissatisfaction, restlessness, perpetual activity.

### **Umsipane**

Excessive mental energy, perfectionism, cold patronising behaviour, sense of superiority.

### **Vygie**

Manipulation and punishing of others through victimhood, martyrdom and self-pity, power over others through dependence.

### **Warratah**

Despair, shock, intense fear, traumatising, refusal to accept the inevitable, self destruction.

### **Water Lily**

Numbing of emotions, emotional repression of pain, mask of indifference, sense of connectedness.

### **Wattle**

Negative expectation, pessimism, discouragement.

### **White Geranium**

Lack of focus and unreliability as a result of self pity and suppressed anger, irresponsibility.

### **Wild Coffee**

Caffeine addiction, dulling of the mind, clears blockages in subtle bodies.

### **Wild Dagga**

Lack of willpower, avoidance of pain, addictive behaviour patterns.

### **Wild Gardenia**

Death and dying, terminations, closing of chapters, useful for hospice work.

### **Wild Garlic**

Auric protection against negative thought forms or psychic attack.

### **Wild Ginger**

Abusive or violent behaviour, keeping a grip on oneself, fear of one's ability to be violent, dogmatic attitudes.

### **Wild Iris**

Frustrated, overwhelmed by demands of daily life, out of touch with creativity, awareness of goodness, truth and beauty.

### **Wild Jasmine**

Separation, alienation, self love, self esteem.

### **Wild Pear**

Bitterness, cynicism, holding of grudges.

### **Wild Sage**

Strengthening the will, clearing of accumulated negativity and psychic contamination in aura, energising the aura.

### **Wisteria**

Lack of equality in relationships, traumatising due to sexual abuse, imbalance between male and female sexual needs.

### **Yarrow**

Protection against negative thought forms and psychic attack, sealing of the aura.

### **Yellow Pincushion**

Fear of loss of control, fear of deprivation, fear of the unknown, being supported by love.

### **Yellow Wood**

Facilitates the emergence of leadership qualities, guards against abuse of authority and self-importance.

## South African Essences

### **Yucca**

Self-pity, resentment, bitterness, transforming victimhood through taking personal responsibility.

### **Zimbabwe Creeper**

Overemphasis on achieving, enduring, striving, inability to accept help, polarisation in masculine energy.

### **Zinnia**

Repressed inner child, excessive seriousness, inability to play, lightening up, cheerfulness, laughter, joy.



Fleurs de Vie also proposes the book *The South African Flower Essences* by Jannet Unite (see page 85).

## Combination essences

(dosage)

### **Abundance essence**

Works to shift poverty consciousness and deeply ingrained beliefs of victimhood, bringing a sense of self-worth, deservability and a willingness to receive.

### **Adolescent Essence**

Supports and harmonises the passage through adolescence.

### **Auric Protection Essence**

Protects against all forms of negativity, including radiation.

### **Balancing Essence**

Harmonises the yin/yang energy, grounding and centring you, bringing you into balance with your world; aligns the chakras and stimulates the flow of energy in the meridians. Use with Stress and Harmony Essence for focus, inner peace and tranquillity.

### **Birth Essence**

Creates harmony and inner peace for both mother and baby as they undertake the major transition of the birth process.

### **Calm the mind**

Helps the body stabilize after a disturbance and to calm the mind, providing moderation and a feeling of tranquility & peace. Aids transmutation of old pain leading to reengagement with life.

### **Creativity Essence**

Enables us to access and express our creativity in every aspect of our lives, from the most mundane to the most spiritual.

### **Crisis Remedy**

Use in any crisis situation, when you need to be rescued, or lifted, in times of shock, panic, anxiety, fear, agitation illness or dread.

### **Harmony Essence**

Stills the mind, calms, brings emotional clarity and serenity. It lifts us to a level where we have a different perspective. Helps us to feel connected to the wholeness of all that is.

### **Inner Child Essence**

Facilitates access to our inner child to ease the pain and trauma and to learn to love and accept this aspect of ourselves.

### **Inner Female Essence**

To balance feminine energy, it works to strengthen our intuitive, receptive and nurturing qualities.

### **Inner Male Essence**

To balance masculine energy; it facilitates our ability to create, to concretise things in the outer world, to bring ideas into form.

### **Menopause Essence**

Impart a sense of self esteem that allows the passage into this new phase of life to be accomplished with dignity and grace, enabling us to move confidently into our full power as wise elders.

### **Parenting Essence**

Brings wisdom to the experience of being a parent, to honour your children for the individuals they are while simultaneously respecting your own needs.

### **Separation Essence**

Brings courage and the ability to cope, to deal with the pain or grief, to focus in the present with optimism, to take hold of life and live it fully. For allowing others to follow their own path in life, to relinquish control or to become whole within ourselves.

### **Stress Essence**

When the demands of daily life overwhelm us - for stress, nervousness, anxiety, fatigue or overwork.

### **Study Essence**

For examinations, tests or simply times when we want to focus our minds and assimilate knowledge.

### **Substance Abuse Essence**

Activates the forces of the will to break addictive or destructive patterns of behaviour. Helps us to change by a strengthening of character and self respect.

### **Travel Essence**

To counteract the detrimental physical, emotional and mental effects of overcrowded aircraft, and adapting to time zone changes.

# Spirit-in-Nature Essences

(Based on descriptions supplied by the producer)



The Master's Flower Essences were developed in 1977 by Lila Devi, based on the psycho-emotional descriptions of the different fruits and vegetables made by master teacher Paramhansa Yogananda. The name, Master's Flower Essences, also has a further meaning - the attainment of self-mastery and inner freedom. Flower essences can be an important tool to assist us in the process of becoming masters of our own lives. These essences are prepared from organic fruit orchards and vegetable gardens in the Sierra Nevada foothills and the island of Kauai.

In celebration of their 30-year anniversary, the Master's Essences have taken the new name of Spirit-in-Nature Essences. Why the new name? It represents a new cycle, a new energy and a more expansive description of what these essences are about: finding the Spirit in Nature – within Mother Nature and within our own nature.

## **Almond**

Self-control, calmness of mind and nerves; good for people who lead very active lifestyles; for those who desire more hours in the day; beneficial to pre-teens.

## **Apple**

Healthfulness; for the consciousness of health; vitality, energy, joy; for fear of illness; for periods of discouragement, lethargy and doubt.

## **Avocado**

Good memory; for when detailed tasks are undertaken; in preparation for exams or when quick, clear thinking is required; for undertaking creative endeavours.

## **Banana**

Humility, calmness; for emotional over-involvement in difficult situations; the ability to step back and observe.

## **Blackberry**

Purity of thought; optimism and a positive outlook on life; to counteract skepticism and negativity; for the "no nonsense" person; for denial.

## **Cherry**

Cheerfulness; for optimism, even-mindedness through life's ups and downs; moodiness; "The Emotional Lightener".

## **Coconut**

Upliftment; to free one from restlessness; for a solution-oriented state of mind; for the ability to mentally rise above the mundane; for times of challenge or struggle.

## **Corn**

Mental vitality; for freshness and newness; getting rid of stale thoughts and old habits; for new beginnings, enthusiasm and zeal; "The I can" essence.

## **Date**

Sweetness, tenderness; to correct a judgemental, overly-critical nature; acceptance and tolerance of others; for loneliness, meaninglessness, and boredom.

## **Fig**

Flexibility; for people who are too hard on themselves, no matter how fine their accomplishments; helps break through a sense of limitation due to rigid self-definition; greater flexibility of will.

## **Grape**

Love and devotion; for those who feel a lack of love in their lives; for the natural ability to love unconditionally without thinking of oneself; for death of a loved one, separation or divorce.

## **Lettuce**

Calmness; stills excited emotions; for people who are highly creative; for inner quietude before, during and after the storms of life; "The unruffler".

## **Orange**

To banish melancholia; upward flow of energy; for depression, and a lackluster attitude; for awakening great joy.

## **Peach**

Selflessness, concern for the welfare of others; for selfishness; soothing; for compassion and service to others in need; the "Mother" essence.

## **Pear**

Peacefulness; the "emergency" essence; helpful in recovery from accidents, surgery, illness, childbirth; for times of "emotional earth-quakes"; dynamic, energetic, relaxed state of mind.

## **Pineapple**

Self-assuredness; for belief in one's own abilities; for feeling centered and whole; for insecurity, self-doubt, shyness.

## **Raspberry**

Kind-heartedness; for forgiveness and a sympathetic nature; for over-sensitivity and getting over old hurts.

## **Spinach**

Simplicity; for stress and related issues; for an overly analytical state of mind; for childlike trust and contentment; for people who take themselves too seriously; "The uncomplicator".



## Spirit-in-Nature Essences

### Strawberry

Dignity; self-confidence, self-worth; self-esteem; clearing guilt; centeredness and grounding; strength of character.

### Tomato

Mental strength and courage; living in the affirmation of victory over life's trials; for battling addictions with food, smoking or any unwanted habit; for psychic protection; "The warrior essence".

## Chakra Blend Essences

### 1st Chakra Blend

The 1st, or Muladhara chakra at the coccyx center, represents the earth element and the color red. Its positive attributes are steadfastness, loyalty, perseverance, and embracing what is true. Helps to overcome: heaviness, stubbornness, "stuckness", insecurity, fear, attachment, the inability to grow as needed.

### 2nd Chakra Blend

The 2nd, or Swadisthana chakra located at the sacral center in the area near the sexual organs, in the warming color of orange, expresses the element of water with its message of flexibility and fluid movement toward non-attachment. Helps to overcome: "wishy-washy" indecisiveness, unhelpful thoughts, door-mat behaviors, overcoming life's many losses and letting them go with the ability to move forward, non-committal behaviour, non-discrimination, non-discerning attitudes, being harshly perfectionistic and over-disciplining with oneself

### 3rd Chakra Blend

The 3rd, or Manipura chakra located at the lumbar center behind the navel, radiates the fire element in bright yellow as it rises skyward. The qualities of this chakra are fiery, expressive self-control and balanced exuberance. Helps to overcome: guilt, self-sabotage, anger, intolerance, impatience, half-hearted commitment, indifference, misuse of power.

### 4th Chakra Blend

The 4th, or Anahata chakra, is located in the center of the chest area near the heart. With the color of green, it represents unconditional love, expansive growth, inner freedom, and life force in the element of air that helps us develop a sense of kinship with all life. Helps to overcome: apathy, separation, loss, loneliness, disconnection, self-involvement, attachment, negative and harmful emotions such as hatred and rage.

### 5th Chakra Blend

The 5th, or Vishudha chakra located at the base of the throat, is a deep, pure blue, representing the expansive element of ether, a place – metaphysically speaking – more calm than the moving vibrations of time or space. It can help to process emotions, to speak one's truth, calmly and influentially, and to pursue special talents. Helps to overcome: boredom, nervousness, restlessness, confusion, spacey-ness, darting thoughts and fidgety behaviors.

### 6th Chakra Blend

The 6th, or Ajna chakra, unlike the other chakras, is polarized into a negative pole at the base of the skull (medulla oblongata) and a positive pole at the point between the eyebrows, also called the spiritual, or third eye. The negative pole is the metaphysical seat of the human ego; the positive pole represents liberation from that form. Its color is indigo, or blue with shades of purple. Helps to overcome: loss of individuality, sense of separateness from the world around us, self-centeredness, vanity, pride, despair, ignorance.

### 7th Chakra Blend

The 7th, or Sahasrara/crown chakra, is located at the top of the head. Existing beyond form like the 6th chakra with the element of super-ether, it is represented by the color violet, which vibrates at the highest frequency of all the visible colors of the rainbow spectrum. Its beneficial qualities are freedom, harmony, and bliss. The 7th Chakra Blend Flower Essence embraces our highest potential and perfect well-being. Its nature is non-dualistic, meaning free from the thwarting cross-currents of all opposing energies. It represents the highest possible goal, and destiny, of every human being.



Flours de Vie also proposes the books *The Essential Flower Essence Handbook: Remedies for Inner Well-Being* and *Flower Essences and Animals: Remedies for Helping the Pets you Love* by Lila Devi (see page 85) and the *Affirmation Cards* (see page 86).

n. It repairs holes in the aura and is also very useful for dealing with

energetic shocks.



# Wild Earth Animal Essences



(Based on descriptions supplied by the producer)

Wild Earth Animal Essences are made by David Mapel in the Blue Ridge Mountains in Virginia, USA. These are natural energetic remedies which nurture you with the wisdom and power of wild animals. Animal essences, like flower essences and gem elixirs, are «vibrational remedies». Each of the animal essences contain the vibrational imprint and energy of the animal but no animals are captured or harmed in the development of the animal essences.

## Alligator

Supreme patience; choosing the right time to act; the divinity of waiting; wisdom of the swamp.

## Ant

Tireless work; terrific productivity; focused action; commitment; doing; wondrous efficiency; community service.

## Arctic Tern

Effortlessly accomplishing remarkable tasks; ease of doing great things; long distance travel; marathon flight.

## Armadillo

Supreme protection; moving with security and safety; healthy armouring; impregnability.

## Badger

Being comfortable with anger; healthy and appropriate expression of anger; fierceness; healthy aggression.

## Bat

Supports one in seeing and navigating through one's personal darkness. Provides confidence for facing and healing unresolved issues. Supports one in knowing who and where one is.

## Bear

Supports one in incubating ideas, plans, and dreams and bringing them to fruition. For tapping into the power of one's unconscious mind and cultivating strength, groundedness, and power.

## Beaver

As the master architect and builder, provides support for creating the design of one's life. Facilitates planning, creating and problem solving. Especially supportive when beginning new projects.

## Bighorn Sheep

Claiming and expression inner power and authority; empowerment; regality; mountain wisdom.

## Bobcat

Focus and clear-mindedness; spiritual clarity; present moment awareness; wisdom of the quieted mind.

## Buffalo

For slowing down, grounding, and connecting with the rhythms of the Earth. Nurtures sacredness and stillness and encourages calm and contemplation. Enhances feelings of gratitude for the gift of all life.

## Bumblebee

For claiming one's power as a strong and fully capable person. Supports one to achieve what otherwise might seem impossible.

## Butterfly

As a catalyst for transformation, supports one in times of emotional and spiritual transition. For letting go and moving forward. Nurtures lightness, grace, and a balance of vulnerability and strength.

## Canada Goose

For connecting with life as part of a sacred circle. Supports those who have lost their way. For becoming aware of the Great Cycle within and without of birth, death, and renewal.

## Cheetah

For accomplishing tasks with great speed, efficiency, and focus. Provides a "jump-start" when feeling stuck or blocked. Helps one get moving after a decision has been made. For efficient use of time and resources.

## Chimpanzee

For connecting with the simplicity and joy of being alive. Provides support for those who feel socially inhibited or self-conscious. Nurtures playfulness, curiosity, and self-expression.

## Chipmunk

Playful spontaneity; childlike exuberance; child's play; experiencing life as a joyful game.

## Coyote

The trickster; shape-shifting; turning things upside-down; laughter at taking life too seriously.

## Crow

Supports developing one's intuitive ability and shamanic power. For moving between the realms, for piercing through Illusion. "Open your eyes, open your ears, all is not as it appears."

## Deer

For cultivating great awareness and calm. Encourages gentleness and peace. For seeing with great clarity what is going on around and within oneself. For cultivating humility and trust in gentle ways.

## Dolphin

As the great teacher of play and unconditional love, enhances feelings of joy, laughter and delight, as well as compassion for oneself and others. Enhances dream recall and psychic development.

## Wild Earth Animal Essences

### Dove

Nurtures feelings of peace, calm, and stillness at the heart of one's life. Quiets the thinking mind. Allows one to experience the glory of God in the present moment. For appreciating simplicity.

### Dragonfly

As the master of illusion, supports one in traveling between the dimensions and opening to spiritual energies. For waking up from personal illusions. For relaxing and resting after busy periods.

### Eagle

For soaring above earthly matters to gain perspective and clarity. Enhances spiritual and creative vision. Facilitates opening to the Divine for creative inspiration and guidance. For soaring with Great Spirit.

### Earthworm

Supreme integration of the masculine and feminine; groundedness; journeying through the dark.

### Elephant

For establishing deep grounding and spiritual expansion. Enhances telepathic communication over distances, and supports one in listening to others and to oneself. For remembering what is important.

### Flamingo

Embodied integration of Heaven and Earth; grounding of higher energies; spiritual expansion.

### Fox

For developing independence of thought and confidence in one's decisions. Helps one find clever solutions when facing difficult situations. For breaking out of societal conditioning and finding one's own way.

### Frog

Facilitates experiencing the everyday world as miraculous. Provides strength & certainty when undergoing deep emotional & spiritual changes. For embracing change/ transformation as the constant of life.

### Gazelle

Provides support for facing one's vulnerability and for learning the strength of healthy vulnerability. For being safe in the world. Helps one to develop a highly tuned sense of alertness and awareness.

### Giraffe

For developing the ability to see the terrain of one's life from an expanded and clear perspective. For spiritual expansion and vision while at the same time remaining well grounded.

### Gorilla

Confident self-knowledge and self-expression; supreme strength; claiming personal power; standing one's ground.

### Great Blue Heron

Peaceful serenity; spiritual connectedness; grounded communion with the Divine.

### Hawk

Supreme vision with absolute clarity; seeing and knowing precisely where One is; perfect eyesight.

### Hippopotamus

Provides deep grounding and support for facing unresolved emotional issues. Supports those who need to learn to understand and be with their feelings. Encourages an integrated experience of the physical and emotional realms.

### Hummingbird

Nurtures feelings of joy and delight at the gift of being alive. For "lightening up." Assists with gentle purification and cleansing. Helpful in times of physical transition (travel, moving, etc).

### Jaguar

Nurtures a profound connection with the shamanic power and Spirit of the rainforest. For experiencing deep groundedness and oneness with the natural world. For cultivating a deep sense of Spiritual Unity at the heart of one's life.

### Jellyfish

Oneness with the ocean; supreme surrender; letting go; being and going with the flow.

### Ladybug

Invoking and embodying spiritual insight; spiritual groundedness; pulling in and grounding higher energies.

### Lion

For claiming one's deepest personal authority and spiritual power. Encourages courage, fearlessness, leadership, achievement, and success. Nurtures a sense of well being and strength.

### Mallard

Inspired flight and action; acting with the spirit of a child; simple childlike joy; doing with great happiness.

### Manta Ray

Graceful movement; supreme efficiency in action; peace in the present while moving forward.

### Moose

Wisdom of geologic time; earth wisdom; understanding personal history; simplicity.

### Mosquito

Primordial sound; divine hum; connecting through sound to the Divine; sound as a path to God.

### Mountain Lion

Encourages purposeful action. Provides powerful support for manifesting one's dreams and visions. Supports one in staying true to oneself. Encourages the ability to walk one's talk.

### Octopus

Comfort with the deep; swimming the inner depths; peacefulness; being bathed by the warmth of the sea.

### **Opossum**

Defending and protecting the young; maternal strength; parental protection.

### **Orca**

Being a bridge to other worlds; embodying the consciousness of the universe; wisdom of the cosmos.

### **Otter**

Helps one access one's playful child-self. Encourages one to experience life as a joyful, fun game. For increasing humour, laughter, joy, and delight at being alive.

### **Owl**

For accessing and acting upon one's highest wisdom. For seeing clearly through one's darkness. Encourages clarity of mind, intuition, and seeing and speaking the truth.

### **Peacock**

Nurtures a sense of fullness, completion, and wholeness. For claiming one's authenticity and authority. Enhances confidence and supports self-esteem. For calling forth spiritual abundance.

### **Peregrine Falcon**

Speed; awesome agility; swift grounded action; exquisite control; perfection of movement.

### **Pileated Woodpecker**

Divine inspiration; openness to Spirit; persistence with work; awareness of the Divinity of work.

### **Polar Bear**

Supports one in moving forward in a deeply grounded way. Nurtures an integration of rootedness and action. For deepening one's experience of groundedness and power on the spiritual search and path.

### **Prairie Dog**

Connecting and networking with others; sociability; communal involvement and participation.

### **Praying Mantis**

Connecting with the higher spiritual realms; moving beyond the visible; devotion to Spirit.

### **Rabbit**

For support in creating abundance at all levels of one's life. Nurtures creativity and manifestation in all aspects of one's life. Helps one to create the life of one's dreams.

### **Raccoon**

Supports one in uncovering and accepting hidden aspects of the self. For unmasking the Truth. For moving with gentleness and ease between life's many roles - (i.e. mother, wife, employee, sister, etc).

### **Raven**

Shamanic stillness; luminous awareness; being the mystery; sacred guide into the shamanic realms.

### **Robin**

For nurturing and mothering oneself. Helps build a healthy adult ego. Supports one's ability to be a loving parent. For living in family harmony. A harbinger of spring, hope and happiness.

### **Salamander**

For connecting with the mysteries of the Earth. For grounding and finding Power through one's connection with the mysteries of transformation and regeneration. For deepening into the present.

### **Salmon**

For cultivating awareness of life as a journey Home to the Divine. Helps one to find spiritual meaning and purpose. For moving forward with perseverance toward one's destiny, while surrendering to the divine.

### **Seagull**

Joy of the beach; comfort at the edge of the sea; experiencing life as a breeze; happiness at being alive.

### **Seal**

As the great teacher of ease and effortlessness, supports one in learning to put forth effort and then allowing things to unfold naturally. For flowing through life with grace and ease, and for finding comfort and ease in one's body.

### **Skunk**

Supreme self-defence; setting boundaries; stopping threats; empowered self-protection.

### **Sloth**

Stopping; slow movement; resting; quieting the busy mind; acting with great care and deliberation.

### **Snake**

As a shamanic teacher, facilitates initiation into the deepest, transpersonal realms of the psyche. Provides powerful support for transformation at the deepest levels. For awakening to the deepest mysteries.

### **Snow Leopard**

Himalayan wisdom; spiritual centeredness and connectedness; Tibetan consciousness; Eastern mysticism.

### **Sparrow**

Sweetness and gentleness; peaceful joy; freedom from worry; knowing that everything is going to be alright.

### **Spider**

As the "Weaver of the Web," facilitates inner connection and integration. Nurtures a sense of belonging, connection and Wholeness. For tying together that which has felt separate within oneself.

### **Squirrel**

Supports one in finding a dynamic integration of work and play. Raises awareness of one's spirited inner child. To turn any task into a delightful game. Enhances one's ability to gather/store resources.

## Wild Earth Animal Essences

### Swan

For expanding one's capacity to acknowledge and accept one's own goodness and beauty. Nurtures a sense of Grace and facilitates seeing everything as a mirror of the Divine. Enhances self-esteem.

### Tiger

For quieting the mind and coming into the pure, raw awareness and power of the present moment. For becoming strong and focused. Nurtures a sense of spiritual strength and mastery. For cultivating an unwavering mind.

### Turtle

For slowing down and experiencing deep grounding and Oneness with the Earth. Provides emotional and psychic protection for feeling safe when dealing with intense situations/environments.

### Whale

For connecting with higher planes of consciousness beyond the earth-realm. For expansion at the deepest levels. Calms and clears the mind. For exploring the "big picture" of reality.

### White Rhinoceros

Slow movement; steady progress; grounded strength; spiritual awareness of the Divine taking form.

### Wildebeest

Being comfortable as part of the herd; being home with the journey of life; group identify.

### Wild Horse

Nurtures a sense of loving openness, belonging, and connection with others. Encourages strength, stamina and power. Gently opens the Heart chakra. Good for those who have "lost heart."

### Wild Turkey

Gratitude; abundance; fullness and richness; appreciating life as a Divine blessing.

### Wolf

Assists in defining relationships and setting healthy boundaries with others. Encourages sociability and community. For knowing and acting upon the truth. Nurtures integrity and honoring lifetime's commitments.

### Zebra

Nurtures a profound integration of the opposites. For moving beyond black-and-white thinking, and for letting go of projections. For seeing the real truth behind what may seem masked or hidden.

## Wild Child essences

### Badger Cub

Provides nurturing support for embracing and releasing anger that has been trapped inside from childhood due to unhealed wounds and trauma.

### Bat Pup

Provides nurturing support and confidence for traveling with ease into the darkness of the past to face unresolved childhood issues.

### Bear Cub

Nurtures awareness of one's feelings and those of others. Brings awareness of how one's actions affect others. Nurtures the experience of deepening self-awareness, grounding, introspection and self-knowledge. For knowing who we are.

### Cygnets

Provides nurturing support for feeling and expressing the purity, grace, and divinity of the child we were and who still lives within us.

### Dolphin Calf

Nurtures the experiences of deep child-parent bonding, connection and intimacy, communication, Oneness and unity.

### Elephant Calf

Nurtures the experience of physical and emotional safety, deep grounding, being protected and looked after by a wider family of support, healthy extended family togetherness.

### Fawn

Nurtures the experiences of gentleness, sweetness, innocence, purity, peace, calm, and a state of childhood grace.

### Hippopotamus Calf

Provides nurturing support for connecting with and expressing feelings that have been locked inside due to being hurt as a child.

### Lion Cub

Nurtures the experience of fearlessness, confidence, courage, authentic strength and power.

### Robin Chick

Provides nurturing support for receiving love and nurturing as we re-parent our Inner Child and heal ourselves.

### Wild Horse Foal

Provides nurturing support for embracing and releasing tears of grief that remain from unresolved childhood issues. Supports open-heartedness and gentleness.

### Wolf Pup

Nurtures the experience of a deep sense of belonging, fitting in, knowing that one matters, and knowing that one has a place in the world.



Fleurs de Vie also proposes the book *Into the Heart of the Wild* by Daniel Mapel (see page 85) and the *Animal Cards* (see page 86).

## Combination essences

(stock)

### Balanced Child

Provides support for one's deepest feeling self to move into a state of balance and harmony. For children and the child within us all.

### Digest!

Provides powerful support for the processes of physical and emotional digestion.

### Empower

Provides powerful support for claiming one's authentic, inner power.

### Inner Child Healing

Provides support for embracing, feeling, and releasing the anger and pain that one has carried since being hurt as a child, and for knowing the Beauty and Divinity of one's Inner Child

### Joyful Work

Provides powerful support for experiencing happiness and fulfillment in one's daily work. It nurtures playfulness and delight, productivity and creativity and the integration of work and play.

### Playtime

Provides powerful support for joyfully entering into the spirit of play with happiness and delight.

### Protection

Provides powerful support for dealing with emotionally intense situations, environments, and people. It provides emotional and psychic protection, a sense of healthy armouring, personal safety and self-protection.

### Rest & Relax

Provides powerful support for slowing down, relaxing, and resting the body and mind.

### Saved by the Animals!

An emergency essence that provides powerful support in times of physical, emotional and spiritual crisis. This formula nurtures peace and calm, provides emotional and psychic protection, enhances grounding and nurtures connection with the Divine.

### Supreme Confidence

Provides powerful support for acting with confidence, strength, and power.

## Healing Path essences

(stock)

*These essences, which support you on your emotional and spiritual healing journey, may be individually as needed or in a conscious progression as one moves through the different stages of the healing process, as per the sequence mentioned below.*

### Inner Work

Provides powerful support for journeying inward to heal emotional wounds of the recent or distant past.

### Healthy Anger

Provides powerful support for feeling and accepting one's natural anger and for expressing anger in a healthy way.

### Grieving Heart

Provides powerful support for releasing the emotional pain and tears that need to be shed in order to move forward.

### Letting Go

Provides powerful support for releasing feelings, beliefs, and actions that no longer serve, and for handing over control of one's life to the Divine.

### Gratitude

Provides powerful support for cultivating and expressing appreciation for the many gifts in one's life.

### Wild Freedom

Provides powerful support for fully celebrating and living life with freedom and liberation.

### Communion with God

Provides powerful support for experiencing oneness and unity with the Divine.

### Sharing Love Essences

(stock)

#### Loving Child

Provides powerful support for helping children feel and express love in all aspects of their lives. Also supports our Inner Child to feel joyful and loving.

#### Loving Compassion

Provides powerful support for feeling and expressing deep compassion for oneself and for others.

#### Loving Parent

Provides powerful support for lovingly nurturing and parenting oneself and one's children.

#### Loving Relationship

Provides powerful support for creating, bonding, and deepening in love with a primary partner.

#### Loving Service

Provides powerful support for fully engaging one's heart in the active service of others.

#### Loving Yourself

Provides powerful support for accepting, caring for, and loving yourself just as you are.

#### Sharing Love

Provides powerful support for connecting with others and sharing love in all areas of one's life.

### Inner Dog Essences

(stock)

#### Blessings of Dog

Provides powerful support for experiencing the joy, love, playfulness, simplicity, and presence that dogs, in general, embody. Nurtures delight at being alive and living from the heart. Supports bonding with others and being loyal and devoted to those you love

#### Mutt/Unconditional Love

Provides powerful support for opening the heart and feeling and expressing unconditional love. Nurtures our ability to be more loving with ourselves and others

#### Protector/Safety and Security

Provides powerful support for walking through life feeling safe and protected. For knowing that you are safe wherever you go.

#### Retriever/Joy and Play

Provides powerful support for experiencing the joy and exuberance of being alive. Supports feelings of playfulness, bouncing joy, and childlike delight.

#### Terrier/Simplicity and Joy

Provides powerful support for experiencing the simplicity and joy of the present moment. For letting go of the busy mind and just appreciating what is around you.

#### Wolf-Dog Hybrid/Healthy Wildness

Provides powerful support for staying connected with nature and wildness while living a modern life. Balances the wild and tame within.

#### Working Dog/"Let's go to work!"

Provides powerful support for jumping into the world of work with delight, playfulness, and glee! Provides stamina and commitment for staying on track and accomplishing great things with focus and joy.

## Energy Sprays

(for external use only)

### Butterfly/Transformation

Unique blend which enhances inner and outer change, connecting us with the energy of the Butterfly and Transformation. It is supportive and nurturing. Butterfly supports us in times of emotional and spiritual transition. For letting go, moving forward and trusting in the wind's ability to carry us where we need to go. Butterfly encourages feelings of lightness, grace and a gentle fluidity in giving and receiving.

### Dolphin/Joy

Connects us with the energy of the Dolphin and Joy. It is sweet, uplifting and light. Dolphin shows us the power of play and unconditional love, enhancing feelings of joy, laughter and delight, as well as compassion for one's own pain and that of others.

### Dove/Peace

Connects us with the energy of the Dove and its deep Peace. It is relaxing, centring and heart-filled. Dove nurtures feelings of peace, calm and stillness at the heart of one's life. It quiets the thinking mind and allows us to experience the present moment. It nurtures a sense of the Divine Feminine and allows us to honour and appreciate the beauty of simplicity.

### Eagle/Spirit

Enlightening and purifying blend which connects us with the energy of the Eagle and with Spirit. It is expanding, fulfilling and sacred. Eagle helps us to soar above earthly matters to gain perspective and clarity so as to perceive the deepest truth at the heart of a situation. Eagle enhances spiritual and creative vision and connects us with our Higher Self and divine guidance.





## Other products and services

### Books

#### **The Essential Flower Essence Handbook:**

##### **Remedies for Inner Well-Being**

by Lila Devi – 347 pages

This book is divided into three parts. Part I gives an overview of the history of flower essences, the development of the Spirit-in-Nature Essences, and presents the Spectrum as a way to clarify and classify the Spirit-in-Nature Essences according to masculine and feminine energies, stages of life and seasons of the year. Part II contains descriptions of each of the 20 Spirit-in-Nature Essences complete with case histories. Part III has chapters on making and taking essences, menopause and co-dependence, children and essences, animals and essences. The book also contains an easy-to-use cross-referenced essences index.

#### **Flower Essences and Animals:**

##### **Remedies for Helping the Pets you Love**

by Lila Devi - 272 pages

This book presents a bird's eye view into the animal kingdom. Topics include: a new definition of pets and owners; an insightful way to understand your animal friends and yourself in terms of personality strengths, called theme essences; remedies for addressing the many behaviors and situations that arise for animals and their caregivers, labeled plot essences; what to do when a pet dies; handy reference charts for pets and the people who love them; and much more.

#### **Energy Medicine:**

##### **Healing from the Kingdoms of Nature**

by Sabina Pettitt - 224 pages – 2nd edition

This book explains the concept of "energy medicine", how energy medicine is embodied in the flower and sea essences made by Sabina Pettitt (Pacific Essences, Canada), and the direct connection that exists between these vibrational remedies, Chinese medicine and kinesiology. The book also contains in depth monographs of the 48 Pacific flower essences and the 24 sea essences, including plant signatures, meridian and chakra correlations, affirmations, challenges, and key words for each essence as well as colour photographs.

#### **Australian Bush Flower Essences**

by Ian White - 210 pages

Also exists in French

This is the story of the discovery of the first 50 Australian Bush Flower Essences made by Ian White. Detailed information is given on the qualities of each essence as well as case histories on their use derived from the author's personal practice as a naturopath, homeopath, kinesiologist and teacher. The book also contains information on: the history and purpose of flower essences, how the bush essen-

ces work, using bush essences with other modalities such as numerology and kinesiology, the power of affirmations, how to prepare and take the bush essences, index of illnesses and their treatment.

#### **Australian Bush Flower Remedies**

by Ian White - 75 pages (revised edition)

This small booklet offers short descriptions of the bush flowers and the combination essences.

#### **Australian Bush Flower Healing**

by Ian White - 335 pages

Here is the companion volume to Ian White's first book. It contains detailed information on the 12 new bush flower essences (51-62) as well as new research on the first 50 essences. The book also contains chapters on pregnancy and labour, goal setting and achieving, iridology, astrology and flower essences as well as repertories of physical and emotional conditions.

#### **Animal healing with Australian Bush Flower Essences**

by Marie Matthews - 200 pages

This book contains chapters dealing with communication and training, behavioural problems, fear, stress and depression, grieving, as well as ageing and dying. The book also has an extensive repertory of symptoms.

#### **White Light Essences**

by Ian White - 72 pages

This book takes you on a magical journey to some of the world's most sacred sites where you will experience the making of these vibrational essences in breathtaking panoramas. The book will lead you through each essence's unique spiritual and soul healing qualities which can be utilised in both personal and practitioner application.

#### **The South African Flower Essences**

by Jannet Unite - 111 pages

This little book contains the emotional and mental applications for over 150 South African flower essences, as well as a useful cross-reference index.

#### **Into the Heart of the Wild**

by Daniel Mapel - 104 pages

This is a guide to the use of animal essences providing detailed information about the applications of each of the first 41 animal essences.

#### **Booklet «Choosing flower essences for your children»**

A booklet that contains general information on flower essences as well as descriptions of certain essences that will help children of all ages.

## Cards

Flower Cards are an increasingly popular means of getting to know the flower essences and how to use them. The photos help you to understand the clues nature has given to the healing qualities of each flower by its shape and colour - what is often termed the Doctrine of Signatures. When taking a particular essence, it is often helpful to see what the flower looks like.

The cards can help you choose which essences you need in an intuitive manner. This is particularly helpful if you are feeling confused or not able to make a choice on a purely mental level by reading the descriptions of the flower essences. Some therapists ask their clients to pick a card at the end of a session to determine which essence is needed to anchor the work that they have done together.

The following cards are sold by Fleurs de Vie:

### **Abundance Cards**

33 cards designed to stand alone as a kind of intuitive Abundance Programme or to accompany the 22 Day Abundance Programme. They can help you to be a little lighter around your perceived obstacles to living in the field of infinite possibilities. Available in English and in French.

### **Cartes des élixirs floraux DEVA (DEVA)**

Card deck including all 96 of the DEVA flower essences. Only available in French.

### **Flower Energy Cards (Alaskan)**

This deck is based on the 72 flowers in the Alaskan range. Available in English and French.

### **Flower Insight Cards (Australian Bush)**

Card deck including all the 69 Australian Bush flowers.

### **Cartes des élixirs floraux du Dr Bach (DEVA)**

Card deck including all 39 Bach flower essences. Only available in French.

### **Energy Medicine Cards (Pacific)**

Set of cards including the 72 Pacific flower and sea essences. Available in English and in French.

### **Affirmation Cards (Spirit-in-Nature)**

Deck of 20 flower cards with photographs.

### **Animal cards (Wild Earth Animal Essences)**

Set of 87 cards from the UK featuring the 87 Wild Earth Animal Essences (including the first 6 Wild Child Essences). Cards contain a photo of each animal and an affirmation in English.

## Index

1st Chakra Blend - SNE .....	76
2nd Chakra Blend - SNE .....	76
3rd Chakra Blend - SNE .....	76
4th Chakra Blend - SNE .....	76
5th Chakra Blend - SNE .....	76
6th Chakra Blend - SNE .....	76
7th Chakra Blend - SNE .....	76

## A

Abandonment & Abuse - GHF .....	51
Abricot - DV .....	39
Abund Essence - AB .....	28
Abundance Essence - PAC .....	62, 63
Abundance essence - SAF .....	74
Abundance Stabilizer - PAC .....	62
Achillée Blanche - DV .....	39
Achillée Jaune - DV .....	39
Achillée Rose - DV .....	39
Adol Essence - AB .....	28
Adolescence - DV .....	43
Adolescent Essence - SAF .....	74
Adoption - DV .....	44
Aegis - PT .....	65
African Banana - SAF .....	69
Agapanthus - SAF .....	69
Agrimony - DV .....	45
Ail Sauvage - DV .....	39
Air Essence - WL .....	29
Akashic - PT .....	65
Alaska Violet - AFE .....	13
Alchemille Argentée - DV .....	39
Alchemille Commune - DV .....	39
Alder - AFE .....	9
Alder - PAC .....	57
All Ego Contracts Null and Void - GHF .....	52
Alligator - WAE .....	77
Almond - SNE .....	75
Aloe - SAF .....	69
Alpine Arnica - AFE .....	13
Alpine Azalea - AFE .....	9
Alpine Mint Bush - AB .....	25
Alum Root - PAC .....	55
Amandier - DV .....	39
Amarante - DV .....	39
Amazon Essence - AB .....	31
Amazonite - AFE .....	20
Amber - AFE .....	20
Amber - PAC .....	59
Amethyst - CEE .....	35
Amethyst - PAC .....	59
Ametrine - CEE .....	35
Amorthyst - PT .....	65
Anemone - PAC .....	58
Aneth - DV .....	39
Angelic Essence - WL .....	30

Angelica - AFE .....	13
Angélique - DV .....	39
Angelsword - AB .....	25
Animal Care - AFE .....	22
Animal Emergency Care - GHF .....	51
Ankh - PT .....	65
Ant - WAE .....	77
Antarctic Essence - AB .....	31
Anxiety - GHF .....	51
Anzen24 - PT .....	65
Apophyllite - PAC .....	59
Apophyllite - AFE .....	20
Apple - SNE .....	75
Apricot - SAF .....	69
Aquamarine - AFE .....	17
Aquamarine - PAC .....	59
Aragonite - AFE .....	20
Aragonite - PAC .....	59
Arbutus - PAC .....	55
Arctic Essence - AB .....	31
Arctic Tern - WAE .....	77
Aristea - SAF .....	69
Armadillo - WAE .....	77
Arnica - DV .....	39
Arum Lily - SAF .....	69
Aspen - DV .....	45
Assistance - DV .....	43
Astral Clear - PT .....	65
Aubépine - DV .....	39
Augustine Volcano - AFE .....	16
Aura Blue - PT .....	65
Aura Cleanse - CEE .....	37
Aura Flame - PT .....	65
Aura Protect - CEE .....	37
Auric Protection Essence - SAF .....	74
Australian Tea Tree - SAF .....	69
Autumn Leaves - AB .....	27
Aventurine - AFE .....	17
Aventurine - PAC .....	59
Avocado - SAF .....	69
Avocado - SNE .....	75
Azalea - SAF .....	69
Azurite - AFE .....	17
Azurite - CEE .....	35
Azurite - PAC .....	59

## B

Badger - WAE .....	77
Badger Cub - WAE .....	80
Baeometra - SAF .....	69
Balanced Child - WAE .....	81
Balancer - PAC .....	62, 64
Balancing Essence - SAF .....	74
Balsam Poplar - AFE .....	9
Banana - SNE .....	75
Banksia Robur - AB .....	25

Barnacle - PAC .....	58
Basil - SAF .....	69
Basilic - DV .....	39
Bat - WAE .....	77
Bat Pup - WAE .....	80
Bauhinia - AB .....	25
Bauhinia - SAF .....	69
Bear - WAE .....	77
Bear Cub - WAE .....	80
Beaver - WAE .....	77
Beech - DV .....	45
Being Peace - PAC .....	62
Being True Worth - PAC .....	62
Bell Gardenia - SAF .....	69
Belladonna Lily - SAF .....	69
Bétoine - DV .....	39
Beyond Words - AFE .....	22
Bighorn Sheep - WAE .....	77
Billy Goat Plum - AB .....	25
Birth Essence - SAF .....	74
Bistorte - DV .....	39
Black Currant - GHF .....	49
Black Eyed Susan - AB .....	25
Black Spruce - AFE .....	9
Black Tourmaline - AFE .....	17
Black Tourmaline - CEE .....	35
Black tourmaline/Master quartz - AFE .....	20
Blackberry - SNE .....	75
Bladderwort - AFE .....	9
Bleeding Heart - AFE .....	13
Blessings of Dog - WAE .....	82
Bloodroot - GHF .....	49
Bloodstone - AFE .....	17
Bloodstone - CEE .....	35
Bloodstone - PAC .....	59
Blue Camas - PAC .....	55
Blue Elf Viola - AFE .....	9
Blue Green Tourmaline - AFE .....	20
Blue Lace Agate - PAC .....	59
Blue Lupin - PAC .....	55
Blue Poppy - AFE .....	13
Blue Topaz - AFE .....	20
Bluebell - AB .....	25
Bluebell - PAC .....	55
Bluebell - SAF .....	69
Blueberry Pollen - AFE .....	9
Blushing Bride - SAF .....	69
Boab - AB .....	25
Bobcat - WAE .....	77
Body Love Cream - AB .....	28
Bog - AFE .....	16
Bog Blueberry - AFE .....	9
Bog Candle - AFE .....	13
Bog Rosemary - AFE .....	9
Boost Essence - AB .....	28
Borage - SAF .....	69

Boronia - AB.....	25
Botswana Agate - CEE .....	35
Bottle Brush - SAF.....	69
Bottlebrush - AB.....	25
Bouleau - DV.....	39
Bourrache - DV.....	39
Bouton d'Or - DV.....	39
Brazilian Amethyst - AFE .....	17
Brazilian Quartz - AFE.....	17
Breathe - GHF.....	51
Brown kelp - PAC.....	58
Brunelle - DV .....	40
Buchu - SAF.....	69
Buffalo - WAE.....	77
Buis - DV.....	40
Bumblebee - WAE .....	77
Bunchberry - AFE .....	9
Bush Fuchsia - AB.....	25
Bush Gardenia - AB.....	25
Bush Iris - AB.....	25
Butterfly - WAE.....	77
Butterfly/Transformation - WAE .....	83

## C

Calcite - PAC.....	59
Calendula - DV.....	40
Calendula - SAF.....	69
Calling All Angels - AFE.....	22, 23
Calm & Clear Essence - AB.....	28
Calm the mind - SAF .....	74
Calming - PAC.....	64
Camellia - PAC .....	55
Camomille - DV .....	40
Canada Goose - WAE .....	77
Cancer Bush - SAF .....	69
Candystick - PAC.....	55
Cape Almond - SAF.....	69
Cape Honeysuckle - SAF.....	69
Capucine - DV .....	40
Carers Essence - AB.....	28
Caretaker - GHF.....	51
Carnelian - AFE.....	17
Carnelian - PAC.....	59
Carotte Sauvage - DV .....	40
Cassandra - AFE.....	9
Cattail Pollen - AFE .....	9
Cauliflower - SAF.....	70
Cayenne - DV .....	40
Celestite - AFE.....	20
Celestite - CEE .....	35
Celestite - PAC.....	59
Cellular Memory - PAC .....	62
Centaury - DV.....	45
Cerato - DV.....	45
Cerisier Sauvage - DV .....	40
Chakra Tone 1 - PT .....	65
Chakra Tone 2 - PT .....	65

Chakra Tone 3 - PT .....	65
Chakra Tone 4 - PT .....	65
Chakra Tone 5 - PT .....	65
Chakra Tone 6 - PT .....	66
Chakra Tone 7 - PT .....	66
Chalice Well - AFE.....	15, 30
Cheetah - WAE .....	77
Chélidoine - DV .....	40
Cherry - PAC.....	57
Cherry - SNE.....	75
Cherry Plum - DV .....	45
Chestnut - SAF .....	70
Chestnut Bud - DV.....	45
Chickweed - PAC.....	55
Chicory - DV.....	45
Chiming Bells - AFE.....	9
Chimpanzee - WAE.....	77
China Essence - AB.....	31
Chinkerinchee - SAF.....	70
Chipmunk - WAE .....	77
Chiton - PAC .....	58
Chocolate Lily - AFE .....	13
Choisir la paix - ILE .....	53
Christ Thorn - SAF.....	70
Christmas Bell - AB .....	25
Chrysocolla - AFE.....	17
Chrysocolla - PAC .....	59
Chrysoprase - AFE.....	17
Cinnabar - AFE.....	20
Citrine - AFE.....	17
Citrine - CEE .....	35
Citrine - PAC .....	59
Citronnier - DV .....	40
Clear 2 Indigo - PT .....	66
Clear 2 Light - PT.....	66
Clear Psychic Gateway - PT.....	66
Clear Quartz - CEE .....	35
Clear Sky - FDV .....	47
Clear Star - PT.....	66
Clear Tone - PT.....	66
Clematis - DV.....	45
Clivia - SAF.....	70
Cloudberry - AFE .....	13
Club Moss - AFE .....	13
Coconut - SNE .....	75
Coeur de Marie - DV .....	40
Cognassier - DV .....	40
Cognis Essence - AB .....	28
Columbine - AFE.....	9
Comandra - AFE .....	9
Comfrey - AFE.....	13
Comfrey - GHF .....	49
Comfrey - SAF.....	70
Communication - CEE.....	37
Communion with God - WAE .....	81
Concours - DV .....	44
Confid Essence - AB .....	28
Confidence - FDV.....	47

Confidence - PAC.....	64
Confort féminin 50+ - DV.....	44
Connecting-up - FDV.....	47
Consolations - DV .....	44
Consoude - DV .....	40
Copper Beech - PAC .....	57
Coquelicot de Californie - DV.....	40
Coral - PAC .....	58, 59
Coral Tree - SAF.....	70
Corn - SAF .....	70
Corn - SNE.....	75
Cosmos - DV.....	40
Cosmos - SAF .....	70
Cotton Grass - AFE.....	9
Courage - DV.....	44
Courage - ILE .....	53
Courgette - DV.....	40
Covellite - AFE .....	17
Cow Parsnip - AFE.....	9
Coyote - WAE .....	77
Crab Apple - DV .....	45
Crab Apple - SAF .....	70
Crassula - SAF .....	70
Creative - PT .....	66
Creative Essence - AB.....	28
Creativity Essence - SAF.....	74
Crisis Remedy - SAF .....	74
Crocoite - PAC .....	59
Crow - WAE.....	77
Crowberry - AFE .....	13
Crowea - AB.....	25
Crystal Clear - PT.....	66
Cucumber - SAF.....	70
Cycle Féminin - DV .....	44
Cygnat - WAE.....	80

## D

Daffodil - SAF .....	70
Dagger Hakea - AB .....	25
Dandelion - AFE .....	10
Dandelion - GHF.....	49
Dandelion - SAF.....	70
Date - SNE .....	75
Datura Sunlight - GHF.....	49
Death Camas - PAC.....	55
Deer - WAE .....	77
Demeter - PAC.....	61
Détente corporelle - DV .....	43
Detox - PAC.....	62
Devic Essence - WL .....	30
Devil's Club - AFE.....	13
Diamond - AFE .....	17
Diamond - CEE .....	35
Diatoms - PAC .....	58
Digest! - WAE .....	81
Digestive Woes - GHF .....	51
Diopside - AFE.....	20

Diopside - CEE	35
Disa - SAF	70
Dog Rose - AB	25
Dog Rose - SAF	70
Dog Rose of the Wild Forces - AB	25
Dogwood - PAC	57
Dolphin - PAC	58
Dolphin - WAE	77
Dolphin Calf - WAE	80
Dolphin/Joy - WAE	83
Douglas Aster - PAC	55
Dove - WAE	78
Dove/Peace - WAE	83
Dragonfly - WAE	78
Dune Calendula - SAF	70
Dwarf Fireweed - AFE	13
Dynamis Essence - AB	28

## E

Eagle - WAE	78
Eagle/Spirit - WAE	83
Earth - PAC	64
Earth Element - PAC	62
Earth Essence - WL	29
Earthworm - WAE	78
Easter Lily - PAC	55
Easy Learning - AFE	22
Echinacée - DV	40
Edelweiss - DV	40
Eggplant - GHF	49
Elderberry - PAC	57
Electro Essence - AB	28
Elephant - WAE	78
Elephant Calf - WAE	80
Elestial Quartz - CEE	35
Elm - DV	45
Emerald - AFE	17
Emerald - CEE	35
Emerald - PAC	59
Emergency Care - GHF	52
Emergency Essence - AB	28
EMF Protection - PT	66
Empower - WAE	81
Enchanter's Nightshade - AFE	13
Endings & Beginnings - PAC	64
English Hawthorne - SAF	70
Ensemble - ILE	53
Epicea - DV	40
Epilobe - DV	40
Erable - DV	40
Etudes et examens - DV	43
Eucalyptus - DV	40
Euphrase - DV	40
Evening Primrose - SAF	70
Evolution - DV	44

## F

Fairy Slipper - AFE	13
Fairy-Bell - PAC	55
False Hellebore - AFE	13
Fawn - WAE	80
Fearlessness - PAC	62
Felicia - SAF	70
Feverfew - GHF	49
Fig - SAF	70
Fig - SNE	75
Figuier - DV	40
Fire - PAC	64
Fire Agate - PAC	59
Fire Clear - PT	66
Fire Element - PAC	62
Fire Essence - WL	29
Fire Opal - AFE	20
Fire Tone - PT	66
Fireweed - AFE	10
Fireweed - PAC	55
Fireweed Combo - AFE	22
Five Corners - AB	25
Flamingo - WAE	78
Flannel Flower - AB	25
Flee Free - GHF	51
Flow Free - GHF	51
Flowering Cherry - SAF	70
Flowering Gum - SAF	70
Flowering Quince - SAF	70
Fluorite - AFE	17
Fluorite - PAC	59
Fluorite Combo - AFE	17
Forget-Me-Not - AFE	10
Forget-me-not - SAF	70
Forgiving - PAC	62
Forsythia - PAC	55
Fox - WAE	78
Foxglove - AFE	10
Frangipani - SAF	70
Freesia - SAF	70
Frêne - DV	40
Freshwater Mangrove - AB	26
Fringed Violet - AB	26
Frog - WAE	78
Fuchsia - DV	40
Fuchsia - PAC	55
Fuchsia - SAF	70
Fuchsita - PAC	59
Full Moon Reflection - AFE	15
Fumaria - SAF	70

## G

Gaia - DP	32
Galena - PAC	59
Garry Oak - PAC	57
Gateway Sentinel - PT	66

Gazania - SAF	70
Gazelle - WAE	78
Générosité - ILE	53
Genêt - DV	40
Gentian - DV	45
Gentle Citrus Face Wash - AB	33
Gentle Exfoliating Cream - AB	33
Geranium Incanum - SAF	70
Giant Protea - SAF	70
Gigha Quartz - AFE	16
Giraffe - WAE	78
Glacier River - AFE	15
Goatsbeard - AFE	13
Goatsbeard - PAC	55
Go-Create - AFE	22
Gold - AFE	17
Gold - CEE	35
Golden Armor - GHF	52
Golden Corydalis - AFE	10
Golden Glow - PT	66
Golden Light - PT	66
Gorilla - WAE	78
Gorse - DV	45
Grape - SNE	75
Grape Hyacinth - PAC	55
Grapefruit - GHF	49
Grapefruit - SAF	71
Grapevine - SAF	71
Grass of Parnassus - AFE	10
Grass Widow - PAC	55
Grassy Bell - SAF	71
Gratitude - WAE	81
Great Blue Heron - WAE	78
Green and Tonic - GHF	52
Green Bells of Ireland - AFE	10
Green Bog Orchid - AFE	10
Green Essence - AB	27
Green Fairy Orchid - AFE	10
Green Garnet - AFE	20
Green Garnet - PAC	59
Green Jasper - AFE	17
Green Pepper - SAF	71
Green Spider Orchid - AB	26
Green Tourmaline - AFE	20
Green Tourmaline - CEE	35
Green Tourmaline - PAC	59
Green Tourmaline/Smoky Quartz - AFE	20
Greenland Icecap - AFE	15
Grenadier - DV	41
Grevillea - SAF	71
Grey Spider Flower - AB	26
Grief & Loss - GHF	51
Grieving Heart - WAE	81
Grossesse - DV	43
Grounding - GHF	52
Grove Sandwort - AFE	10
Guardian - AFE	22, 23

Gueule de Loup - DV.....	41
Gymea Lily - AB.....	26

## H

Hairy Butterwort - AFE .....	10
Handle with Care - PAC .....	64
Harebell - AFE .....	10
Harmonie - ILE.....	53
Harmonious Relationships - PAC ..	64
Harmony Essence - SAF.....	74
Harvest Lily - PAC.....	55
Hawaiian 1 "Ti" - PT.....	66
Hawaiian 2 "Plumeria" - PT.....	66
Hawaiian 3 "Soul Tone" - PT.....	66
Hawaiian 4 "Defending Angel" - PT .....	66
Hawaiian 5 "Cleansing Angel" - PT .....	66
Hawaiian 6 "Naio" - PT.....	66
Hawaiian 7 "Healing Angel" - PT ..	66
Hawaiian 8 "Space Clear" - PT ..	66
Hawaiian 9 "Hawaii Blue" - PT ..	66
Hawk - WAE.....	78
Hawthorn - PAC .....	57
Healing & Health Support - PAC ..	64
Healing Flame - PT .....	66
Healing Heart - PAC .....	64
Healing the Past - PAC .....	64
Healthy Anger - WAE.....	81
Healthy Coat - GHF.....	51
Heart Healing - CEE .....	37
Heart Spirit Essence - PAC.....	62
Heather - DV .....	45
Heavenly Bamboo - GHF.....	49
Hematite - AFE.....	18
Hematite - CEE .....	35
Hematite - PAC .....	59
Hemlock - PAC.....	57
Henry Hudson Rose - GHF .....	49
Herkimer Diamond - AFE.....	18
Hermit Crab - PAC.....	58
Hibbertia - AB.....	26
Hibiscus - DV.....	41
Hibiscus - SAF .....	71
Higher Self - WL.....	30
Hippopotamus - WAE .....	78
Hippopotamus Calf - WAE.....	80
Holly - DV.....	45
Holly - SAF .....	71
Honeysuckle - DV .....	45
Hooker's Onion - PAC .....	55
Hornbeam - DV .....	45
Horsetail - AFE .....	10
Humilité - ILE .....	53
Hummingbird - WAE.....	78
Hyacinth - SAF .....	71
Hypericum - SAF .....	71

Hysope - DV .....	41
-------------------	----

## I

Icelandic Poppy - AFE .....	10
Illawarra Flame Tree - AB .....	26
Immune Support - GHF .....	51
Impatiens - DV .....	45
Imperial Topaz - CEE .....	36
Indian Pipe - PAC .....	55
Inner Child - GHF .....	52
Inner Child Essence - SAF .....	74
Inner Child Healing - WAE .....	81
Inner Contentment - PAC.....	64
Inner Female Essence - SAF .....	74
Inner Male Essence - SAF.....	74
Inner Work - WAE .....	81
Intensive Eye Serum - AB.....	33
Intensive Hand Cream - AB.....	33
Iolite - PAC .....	59
Ipomée - DV.....	41
Iris - DV .....	41
Isis - AB .....	32
Isis - PAC .....	61
Isopogon - AB.....	26
Ixia - SAF .....	71

## J

Jacaranda - AB.....	26
Jacaranda - SAF .....	71
Jacob's Ladder - AFE .....	10
Jade - PAC .....	59
Jadeite Jade - AFE .....	18
Jaguar - WAE .....	78
Jasmin - DV .....	41
Jasmine - PT.....	66
Jasper - PAC .....	59
Jealousy - GHF .....	51
Jellyfish - PAC .....	58
Jellyfish - WAE .....	78
Joe Pye Weed - GHF .....	49
Joie de Vivre - DV .....	44
Joyful Work - WAE.....	81

## K

Kali - PAC .....	61
Kangaroo Paw - AB.....	26
Keurtjie - SAF .....	71
Kids' Stuff - PAC .....	62
Kuan Yin - PAC.....	61
Kunzite - AFE.....	18
Kunzite - PAC .....	59

## L

Labrador Tea - AFE .....	10
Labradorite - AFE .....	20
Labradorite - CEE.....	36
Lace Flower - AFE .....	10
Lâcher Prise - DV .....	43
Ladies' Mantle - AFE .....	13
Ladies' Tresses - AFE .....	10
Lady's Slipper - AFE .....	10
Ladybug - WAE .....	78
Lake Baikal Essence - AB .....	31
Lakshmi - PAC .....	61
Lamb's Quarters - AFE .....	10
Lapis Lazuli - AFE.....	18
Lapis Lazuli - CEE .....	36
Lapis Lazuli - PAC .....	59
Lapland Rosebay - AFE .....	13
Larch - DV .....	45
Larimar - AFE .....	21
Larimar - PAC.....	59
Lavande - DV .....	41
Lavender - GHF .....	49
Lavender - SAF.....	71
Lavender Yarrow - AFE .....	13
Lemon - SAF.....	71
Lepidolite - CEE .....	36
Lepidolite - PAC .....	59
Letting Go - WAE .....	81
Lettuce - SNE .....	75
Liard Hot Springs - AFE .....	15
Libérations - DV .....	43
Lichen - AB .....	27
Lighten Up - AFE.....	22, 23
Lilac - AFE .....	13
Lilas - DV .....	41
Lily of the Valley - PAC.....	56
Lion - WAE.....	78
Lion Cub - WAE.....	80
Lis Martagon - DV.....	41
Little Flannel Flower - AB.....	26
Loquat - SAF.....	71
Lotus - DV .....	41
Lotus - SAF .....	71
Loving Child - WAE.....	82
Loving Compassion - WAE .....	82
Loving Parent - WAE .....	82
Loving Relationship - WAE .....	82
Loving Service - WAE .....	82
Loving Yourself - WAE .....	82

## M

Macrocarpa - AB.....	26
Madagascar Essence - AB .....	31
Maidenhair Fern - SAF .....	71
Maïs Doux - DV .....	41

Malachite - AFE.....	18
Malachite - CEE.....	36
Malachite - PAC.....	59
Mallard - WAE.....	78
Maltese Cross - GHF.....	49
Mangano Calcite - AFE.....	21
Mango - SAF.....	71
Manta Ray - WAE.....	78
Maple - PAC.....	57
Maple - SAF.....	71
Marigold - SAF.....	71
Mary Queen of Scots Rose - GHF.....	49
Mary Rose - GHF.....	49
Maturité - DV.....	44
Mauve - DV.....	41
Maya - PAC.....	61
Meditation Essence - AB.....	28
Menopause Essence - SAF.....	74
Men's Essence - AB.....	28
Menthe Poivrée - DV.....	41
Menthe Pouliot - DV.....	41
Metal - PAC.....	64
Metal Element - PAC.....	62
Metta - PT.....	67
Millepertuis - DV.....	41
Mimosa - DV.....	41
Mimulus - DV.....	45
Mimulus écarlate - DV.....	41
Mimulus orangé - DV.....	41
Mint Bush - AB.....	26
Mock Orange - SAF.....	71
Moldavite - AFE.....	18
Moldavite - CEE.....	36
Molène - DV.....	41
Monga Waratah - AB.....	26
Monkshood - AFE.....	10
Montana Rhodochrosite - AFE.....	18
Moon Snail - PAC.....	58
Moonstone - AFE.....	18
Moonstone - PAC.....	59
Moose - WAE.....	78
Morning Glory - SAF.....	71
Moschatel - AFE.....	10
Mosquito - WAE.....	78
Mother Tree - PAC.....	62
Mountain Cabbage Tree - SAF.....	71
Mountain Dahlia - SAF.....	71
Mountain Devil - AB.....	26
Mountain Lion - WAE.....	78
Mountain Rose - SAF.....	71
Mountain Wormwood - AFE.....	10
Mouron des Champs - DV.....	41
Mt. Pinatubo Essence - AB.....	31
Muguet - DV.....	41
Mulla Mulla - AB.....	26
Mûre Sauvage - DV.....	41
Muscovite - PAC.....	59
Mussel - PAC.....	58

Mustard - DV.....	45
Mutt/Unconditional Love - WAE.....	82
Myosotis - DV.....	41

## N

Namasté - ILE.....	53
Narcissus - PAC.....	56
Nasturtium - SAF.....	71
Neediness - GHF.....	51
Nenuphar Blanc - DV.....	41
New attitudes - PAC.....	62
New Beginnings - GHF.....	51
New Earth and Heaven - PT.....	67
New Habits - PAC.....	64
Nicotiana - SAF.....	71
Nootka Lupine - AFE.....	13
Nootka Rose - PAC.....	56
Northern Coral Root - AFE.....	13
Northern Green Orchid - AFE.....	13
Northern Lady's Slipper - AFE.....	10
Northern Lights - AFE.....	15
Northern Twayblade - AFE.....	10
Nuits paisibles - DV.....	43

## O

Oak - DV.....	46
Oak - SAF.....	71
Obsidian - PAC.....	60
Octopus - WAE.....	78
Oignon - DV.....	41
Old Man Banksia - AB.....	26
Olive - DV.....	46
One-Sided Wintergreen - AFE.....	11
Onyx - PAC.....	60
Opal - AFE.....	18
Opal - PAC.....	60
Opium Poppy - AFE.....	11
Opossum - WAE.....	79
Optimal Immunity - PAC.....	62
Optimal Learning - PAC.....	62
Orange - SAF.....	71
Orange - SNE.....	75
Orange Calcite - AFE.....	18
Orange Calcite - CEE.....	36
Orange Chalice - PT.....	67
Orange Honeysuckle - PAC.....	56
Orange Pincushion - SAF.....	71
Orange Watsonia - SAF.....	71
Oranger - DV.....	41
Orca - WAE.....	79
Oreganum - SAF.....	72
Ortie - DV.....	41
Otter - WAE.....	79
Outburst - GHF.....	51
Owl - WAE.....	79
Oxalis - SAF.....	72

Ox-Eye Daisy - PAC.....	56
-------------------------	----

## P

Pacific Yew - PAC.....	57
Painkiller Plant - GHF.....	49
Painted Lady - SAF.....	72
Pale Corydalis - AFE.....	14
Pansy - SAF.....	72
Paper Birch - AFE.....	11
Pâquerette - DV.....	42
Parenting Essence - SAF.....	74
Parsley - SAF.....	72
Pasque Flower - AFE.....	14
Passiflore - DV.....	42
Passion Flower - GHF.....	49
Pastèque - DV.....	42
Paw Paw - AB.....	26
Peace - FDV.....	47
Peach - SAF.....	72
Peach - SNE.....	75
Peach-flowered Tea-Tree - AB.....	26
Peacock - WAE.....	79
Pear - SNE.....	75
Pearl - AFE.....	18
Pearl - PAC.....	60
Pearly Everlasting - PAC.....	56
Pêcher - DV.....	42
Pelargonium - SAF.....	72
Pennyroyal - GHF.....	49
Pensée - DV.....	42
Perce-Neige - DV.....	42
Peregrine Falcon - WAE.....	79
Peridot - AFE.....	18
Peridot - PAC.....	60
Periwinkle - PAC.....	56
Periwinkle - SAF.....	72
Persephone - PAC.....	61
Petite enfance - DV.....	43
Pétunia - DV.....	42
Petunia - SAF.....	72
Philotheca - AB.....	26
Pileated Woodpecker - WAE.....	79
Pine - DV.....	46
Pine - SAF.....	72
Pineapple - SNE.....	75
Pineapple Weed - AFE.....	11
Pink Angel - PT.....	67
Pink Bell Heather - SAF.....	72
Pink Flannel Flower - AB.....	26
Pink Mulla Mulla - AB.....	26
Pink Quartz - AFE.....	21
Pink Seaweed - PAC.....	58
Pink Watsonia - SAF.....	72
Pipsissewa - PAC.....	56
Pissenlit - DV.....	42
Plantain - PAC.....	56
Playtime - WAE.....	81

Plum - SAF.....	72
Plumbago - SAF.....	72
Poirier - DV.....	42
Poison Hemlock - PAC.....	56
Polar Bear - WAE.....	79
Polar Ice - AFE.....	15
Polyanthus - PAC.....	56
Pomegranate - SAF.....	72
Pompom Tree - SAF.....	72
Poplar - PAC.....	56
Portage Glacier - AFE.....	15
Possibilités infinies - ILE.....	53
Potato - AFE.....	14
Power Shield - PT.....	67
Prairie Dog - WAE.....	79
Praying Mantis - WAE.....	79
Precious Blood - GHF.....	52
Pregnancy Support - AFE.....	22
Prickly Wild Rose - AFE.....	11
Prosperity Set - PT.....	67
Protection - WAE.....	81
Protection émotionnelle - DV.....	43
Protector/Safety and Security - WAE.....	82
Purification - AFE.....	22, 23
Purify - GHF.....	52
Purifying Cream Cleanser - AB.....	33
Purifying Essence - AB.....	28
Purple Crocus - PAC.....	56
Purple Fluorite - CEE.....	36
Purple Magnolia - PAC.....	56
Purple Poppy - AFE.....	14
Pyrite - AFE.....	18
Pyrite - CEE.....	36

## Q

Quartz Crystal - PAC.....	60
---------------------------	----

## R

Rabbit - WAE.....	79
Raccoon - WAE.....	79
Radha - PAC.....	61
Radiant Beauty - PAC.....	62
Rainbow - DP.....	32
Rainbow Hematite - AFE.....	21
Rainbow Kelp - PAC.....	58
Raspberry - SNE.....	75
Raspberry Rutile - AFE.....	21
Rattlesnake Master - GHF.....	49
Raven - WAE.....	79
Recovery - GHF.....	51
Red Camellia - SAF.....	72
Red Chestnut - DV.....	46
Red Elder - AFE.....	14
Red Erica - SAF.....	72
Red Garnet - PAC.....	60

Red Grevillea - AB.....	26
Red Helmet Orchid - AB.....	26
Red Hot Poker - SAF.....	72
Red Huckleberry - PAC.....	56
Red Jasper - CEE.....	36
Red Lily - AB.....	26
Red Quartz - AFE.....	21
Red Suva Frangipani - AB.....	26
Redoubt Volcano - AFE.....	16
Red-Purple Poppy - AFE.....	14
Reindeer Moss - AFE.....	14
Relationship Essence - AB.....	28
Release - PT.....	67
Renaissance - DV.....	44
Replenishing Night Cream - AB.....	33
Rest & Relax - WAE.....	81
Retriever/Joy and Play - WAE.....	82
Return to Happiness - PAC.....	64
Rhodochrosite - AFE.....	18
Rhodochrosite - CEE.....	36
Rhodochrosite - PAC.....	60
Rhododendron - DV.....	42
Rhododendron - SAF.....	72
Rhodolite Garnet - AFE.....	18
Rhodonite - PAC.....	60
River Beauty - AFE.....	11
Robin - WAE.....	79
Robin Chick - WAE.....	80
Rock Rose - DV.....	46
Rock Spring - AFE.....	15
Rock Water - DV.....	46
Roella - SAF.....	72
Romarin - DV.....	42
Rose Quartz - AFE.....	18
Rose Quartz - CEE.....	36
Rose Quartz - PAC.....	60
Rose/Smoky Quartz - AFE.....	21
Rosemary - SAF.....	72
Rough Bluebell - AB.....	26
Round-Leaf Orchid - AFE.....	14
Round-Leaved Sundew - AFE.....	11
Rubellite - PAC.....	60
Ruby - AFE.....	18
Ruby - CEE.....	36
Ruby - PAC.....	60
Ruby Zoisite - CEE.....	36
Rudbeckia - DV.....	42
Run & Play - GHF.....	51
Rutilated Quartz - AFE.....	18
Rutile - AFE.....	21
Rutile - PAC.....	60

## S

S'intégrer - ILE.....	53
Safe Space - PT.....	67
Salal - PAC.....	56
Salamander - WAE.....	79

Salmon - WAE.....	79
Salmonberry - PAC.....	56
Sand Dollar - PAC.....	58
Sapphire - AFE.....	18
Sapphire - PAC.....	60
Sapphire/Ruby - AFE.....	18
Sarah Van Fleet Rose - GHF.....	49
Sauge - DV.....	42
Sausage Tree - SAF.....	72
Saved by the Animals! - WAE.....	81
Scepter Amethyst - AFE.....	18
Scilla - SAF.....	72
Scleranthus - DV.....	46
Se protéger - ILE.....	53
Sea Horse - PAC.....	58
Sea Lettuce - PAC.....	58
Sea Palm - PAC.....	58
Sea Turtle - PAC.....	58
Seagull - WAE.....	79
Seal - WAE.....	79
Sécurité - ILE.....	53
Selenite - PAC.....	60
Self-Heal - AFE.....	14
Senecio - SAF.....	72
Senior Citizen - GHF.....	51
Sensuality Mist - AB.....	28
Separation - DV.....	44
Separation - GHF.....	51
Separation Essence - SAF.....	74
Serpentine - PAC.....	60
Sexuality Essence - AB.....	28
Shakti - PAC.....	61
Sharing Love - WAE.....	82
Shasta Daisy - SAF.....	72
She Oak - AB.....	27
Shielding - PAC.....	62
Shooting Star - AFE.....	11
Show cats - GHF.....	51
Silica - PAC.....	60
Silver - AFE.....	21
Silver - CEE.....	36
Silver Birch - PAC.....	56
Silver Genie - PT.....	67
Silver Princess - AB.....	27
Silverleaf - SAF.....	72
Silvery Moon - PT.....	67
Single Delight - AFE.....	11
Sita - PAC.....	61
Sitka Burnet - AFE.....	11
Sitka spruce - PAC.....	57
Sitka Spruce Pollen - AFE.....	11
Skunk - WAE.....	79
Sleep Tight - CEE.....	37
Slender Rice Flower - AB.....	27
Sloth - WAE.....	79
Smoky Quartz - AFE.....	19
Smoky Quartz - PAC.....	60
Snake - WAE.....	79



Snapdragon - GHF .....	50
Snapdragon - SAF .....	72
Snow Leopard - WAE .....	79
Snowberry - PAC .....	56
Snowdrop - PAC .....	56
Snowflake Obsidian - CEE .....	36
Soapberry - AFE .....	11
Sodalite - CEE .....	36
Solar Eclipse - AFE .....	16
Solar Logos - AB .....	32
Solaris Essence - AB .....	28
Solstice Sun - AFE .....	15
Sonderina - SAF .....	72
Soothing Body Lotion - AB .....	33
Soul Star - PT .....	67
Soul Support - AFE .....	22
Sour Fig - SAF .....	72
Source 77 - PT .....	67
Southern Cross - AB .....	27
Space Clearing Mist - AB .....	28
Space Master - PT .....	67
Spanish Bayonet - GHF .....	50
Sparrow - WAE .....	79
Special 8 - PT .....	67
Spectrolite - AFE .....	19
Sphagnum Moss - AFE .....	11
Spider - WAE .....	79
Spinach - SNE .....	75
Spinifex - AB .....	27
Spiraea - AFE .....	11
Spirit Ground - PT .....	67
Spirit of Abundance - PT .....	67
Sponge - PAC .....	58
Spraying - GHF .....	51
Spring Dawn - PT .....	67
Spruce - GHF .....	50
Spur Flower - SAF .....	72
Squash - SAF .....	73
Squirrel - WAE .....	79
Staghorn Algae - PAC .....	58
Star Gentian - AFE .....	14
Star of Bethlehem - DV .....	46
Star Ruby - AFE .....	21
Star Sapphire - AFE .....	19
Starfish - PAC .....	58
Starflower - AFE .....	14
Sticky Geranium - AFE .....	11
Stinging Nettle - AFE .....	14
Stone Circle - AFE .....	15
Strawberry - SNE .....	76
Strelitzia - SAF .....	73
Stress Essence - SAF .....	74
Study Essence - SAF .....	74
Sturt Desert Pea - AB .....	27
Sturt Desert Rose - AB .....	27
Substance Abuse Essence - SAF .....	74
Subtle Body Balancer - FDV .....	47
Sugelite - AFE .....	19

Sugar Bush Protea - SAF .....	73
Sugelite - PAC .....	60
Sulphur - PAC .....	60
Sunbonnet - SAF .....	73
Sundew - AB .....	27
Sunflower - AFE .....	11
Sunflower - SAF .....	73
Sunshine Wattle - AB .....	27
Super Vitality - PAC .....	62
Supreme Confidence - WAE .....	81
Sureau - DV .....	42
Surfgrass - PAC .....	58
Suring - SAF .....	73
Swan - WAE .....	80
Sweet Chestnut - DV .....	46
Sweet Pea - GHF .....	50
Sweetgale - AFE .....	11
Sweetgrass - AFE .....	11
Sweetpea - SAF .....	73
Sydney Rose - AB .....	27
Syringa - PAC .....	57

## T

Tabac - DV .....	42
Tall Mulla Mulla - AB .....	27
Tall Yellow Top - AB .....	27
Tamarack - AFE .....	11
Tanaisie - DV .....	42
Temple Flame - PT .....	67
Terrier/Simplicity and Joy - WAE .....	82
The Arbor Garden - GHF .....	52
The Three Phacelia Sisters - GHF .....	50
Thyme - SAF .....	73
Tidal Forces - AFE .....	15
Tiger - WAE .....	80
Tiger Lily - SAF .....	73
Tiger's Eye - AFE .....	19
Tiger's Eye - CEE .....	36
Tiger's Eye - PAC .....	60
Tilleul - DV .....	42
To Thine Own Self Be True - GHF .....	52
Tomato - GHF .....	50
Tomato - SAF .....	73
Tomato - SNE .....	76
Topaz - AFE .....	19
Topaz - PAC .....	60
Touch-me-not - SAF .....	73
Tourmalated Quartz - AFE .....	21
Tourmaline - PAC .....	60
Tournesol - DV .....	42
Transition - GHF .....	51
Transition Essence - AB .....	28
Transport - DV .....	44
Travel Ease - AFE .....	22
Travel Essence - AB .....	28
Travel Essence - SAF .....	74

Travel with Ease - PAC .....	64
Trèfle Rouge - DV .....	42
Tulip Magnolia - SAF .....	73
Tundra Rose - AFE .....	11
Tundra Twayblade - AFE .....	11
Turkey Bush - AB .....	27
Turquoise - AFE .....	19
Turquoise - CEE .....	36
Turquoise - PAC .....	60
Turtle - WAE .....	80
Twelve Gems - PAC .....	62
Twin Flower - PAC .....	56
Twinflower - AFE .....	11
Typhoon - AFE .....	16

## U

Ultimate Face Gel - AB .....	33
Umsipane - SAF .....	73
Unakite - PAC .....	60
Unité familiale - DV .....	43
Urchin - PAC .....	58

## V

Valerian - AFE .....	14
Valériane - DV .....	42
Vanadinite - AFE .....	21
Vanilla Leaf - PAC .....	56
Vervain - DV .....	46
Vesuvianite - AFE .....	21
Viburnum - PAC .....	56
Vie affective et sexualité - DV .....	43
Vine - DV .....	46
Violet Silver Angel - PT .....	67
Violet Transmuting Flame Violet - GHF .....	50
Violette des Bois - DV .....	42
Vitality - GHF .....	52
Vivre heureux - ILE .....	53
Vygie - SAF .....	73

## W

Wallflower - PAC .....	56
Walnut - DV .....	46
Waratah - AB .....	27
Warratah - SAF .....	73
Watch Your Back - GHF .....	52
Water - PAC .....	64
Water Element - PAC .....	63
Water Essence - WL .....	29
Water Lily - SAF .....	73
Water Violet - DV .....	46
Watermelon Tourmaline - AFE .....	19
Watermelon Tourmaline - CEE .....	36
Wattle - SAF .....	73
Wavellite - PAC .....	60

Wedding Bush - AB.....	27
Weigela - PAC.....	56
Whale - PAC.....	58
Whale - WAE.....	80
White Chestnut - DV.....	46
White Fireweed - AFE.....	11
White Geranium - SAF.....	73
White Lupine - AFE.....	14
White Rhinoceros - WAE.....	80
White Spring - PT.....	67
White Spruce - AFE.....	11
White Violet - AFE.....	12
Wild Coffee - SAF.....	73
Wild Dagga - SAF.....	73
Wild Freedom - WAE.....	81
Wild Gardenia - SAF.....	73
Wild Garlic - SAF.....	73
Wild Ginger - SAF.....	73
Wild Horse - WAE.....	80
Wild Horse Foal - WAE.....	80
Wild Iris - AFE.....	12
Wild Iris - SAF.....	73
Wild Jasmine - SAF.....	73

Wild Oat - DV.....	46
Wild Pear - SAF.....	73
Wild Potato Bush - AB.....	27
Wild Rhubarb - AFE.....	12
Wild Rose - DV.....	46
Wild Sage - SAF.....	73
Wild Sweet Pea - AFE.....	14
Wild Turkey - WAE.....	80
Wildebeest - WAE.....	80
Willow - DV.....	46
Windflower - PAC.....	56
Winter in August - AFE.....	16
Winter Shield - FDV.....	47
Wisteria - AB.....	27
Wisteria - SAF.....	73
Wolf - WAE.....	80
Wolf Pup - WAE.....	80
Wolf-Dog Hybrid/Healthy Wildness - WAE.....	82
Woman Essence - AB.....	28
Wood - PAC.....	64
Wood Element - PAC.....	63

Working Dog/"Let's go to work!" - WAE.....	82
---	----

## Y

Yarrow - AFE.....	12
Yarrow - SAF.....	73
Yellow Cowslip Orchid - AB.....	27
Yellow Dryas - AFE.....	12
Yellow Paintbrush - AFE.....	14
Yellow Pincushion - SAF.....	73
Yellow Pond Lily - PAC.....	56
Yellow Violet - AFE.....	14
Yellow Wood - SAF.....	73
Yucca - SAF.....	74

## Z

Zebra - WAE.....	80
Zimbabwe Creeper - SAF.....	74
Zinnia - DV.....	42
Zinnia - SAF.....	74

AFE = Alaskan Essences  
AB = Australian Bush Flower Essences  
CEE = Crystal Energy Essences  
DP = Devine Presence  
DV = Laboratoire DEVA  
FDV = Fleurs de Vie

GHF = Green Hope Farm  
ILE = Ile de Lumière  
LF = Light Frequency Essences  
PAC = Pacific Essences  
PT = Petaltone Essences  
SAF = South African Flower Essences

SNE = Spirit-in-Nature  
TC = Terre & Cosmos  
WAE = Wild Earth Animal Essences  
WL = White Light Essences

**Publié par :**

*Fleurs de Vie*  
*The Flower Essence Company*

SARL au capital de 7622 €

RCS Bourg B411739576

Numéro intra-communautaire FR 79411739576

*Fleurs de Vie*  
*The Flower Essence Company*  
500 Domaine des Bois  
01170 Echenevex  
France

Tél: (33) 450 42 62 32  
Fax: (33) 450 42 62 33

info@fleursdevie.com  
fleursdevie.com



10,60 €



Printed on recycled paper