



Crystal Herbs



The Flower Essence Collection



A collection of 20 powerful Flower Essences

Flower Essences are amazingly simple and effective tools that can help expand consciousness and promote inspiration for transformation on all levels. Each flower carries a unique energetic patterning and vibration that can not only be felt by those sensitive to subtle energies but also recognised in the shape, colouring and nature of the plant it grows on. When flowers are made into essences this unique patterning is transferred into water, which can then be easily absorbed by the bodies subtle energy system and used to promote greater harmony, balance & wholeness.



Crystal Herbs Ltd

A wonderful selection of Flower, Gem & Crystal Essences promoting Unity of Mind, Body & Spirit.

Flower Essences

We have selected twenty of the most powerful and deep acting essences from our individual flower essence range to make up this flower essence collection set. Together they form a comprehensive set providing transformational solutions for the wide range of issues and problems faced by so many of us in today's fast changing world. You can choose to use these essences individually or mix them together to make your own combinations.



Bleeding Heart

Emotional/mental - Bleeding Heart essence promotes feelings of inner harmony and peace. It does this through its ability to bring higher understanding to any issue relating to the heart chakra. It is a particularly helpful essence in situations where there is an unhealthy emotional attachment between two people or buried emotional pain from previous experiences of loss.

Energetic level - Bleeding Heart aligns the mental & spiritual subtle bodies and strengthens the energetic blueprint relating to the heart chakra.

Borage

Emotional/mental - Borage essence helps to promote feelings of joy, happiness and courage, dispelling sorrow and lifting the spirits. It does this through its ability to open the heart chakra and release emotional tensions.

Energetic level - Borage essence opens the heart chakra, strengthens the heart chakra meridian and relaxes the emotional body.

Celandine

Emotional/mental - Celandine essence strengthens all forms of communication through its ability to enhance the transfer of information. This could be at an interpersonal level, such as that between teacher and student, or esoterically between higher self and personality. The essence works to sharpen whichever sense is required for a greater level of communication to take place. Thus it strengthens telepathic abilities and clairaudience as well as activities associated with the throat chakra such as singing or lecturing. It is therefore particularly beneficial for those who have difficulty receiving & processing information of any kind. Facilitates inter-dimensional communication.

Energetic level - This essence opens and strengthens the throat chakra and associated nadis. It also activates the etheric body, aligns the emotional and astral bodies and gently activates the mental body.

Daffodil

Emotional/mental - Daffodil essence helps to stimulate connection to the soul/higher self through the mental body making it an excellent essence to assist meditation and greater spiritual connection. It also increases sensitivity and clarity of thought as well as helping to release patterns of frustration and low self-esteem. Helps the development of clairaudience/inner hearing.

Energetic level - Daffodil promotes greater organisation within the mental body and stimulates the crown chakra.

Daisy

Emotional/mental - Daisy is an excellent essence to help promote clarity and understanding in those whose thought processes are very scattered or who find it difficult to bring information together in a coherent form. Promotes understanding that all information comes from a central source and as such has a common origin. When one responds to this central level of the self then a greater perspective can be understood about all the information one is seeking to understand.

Energetic level - Promotes alignment in the emotional, mental, casual & spiritual bodies.

Dandelion

Emotional/mental - Dandelion promotes emotional balance and mental relaxation. It is highly effective to release tension from the mental body, bringing calmness to an overly active mind and promoting greater ease and well-being at all levels. It has the effect of drawing someone deeper into the self, enhancing their capacity to connect more fully with the present moment as well as their ability to face emotional issues that they perceive as difficult.

Energetic level - Dandelion aligns the etheric, mental & casual bodies.

Fig

Emotional/mental - Fig essence has the ability to help one connect with long forgotten memories stored away in the subconscious mind. It is particularly good to help with the release of hidden fears or blockages from the subconscious mind so that they can be understood and overcome. It also helps to promote greater understanding, confidence and telepathic ability. It can be used to enhance biofeedback or creative visualisation techniques.

Energetic level - Fig stimulates the throat chakra and the mental body.

Forget-me-not

Emotional/mental - Forget-me-not promotes mental clarity, releases negative thought patterns and stimulates recall of information. It aids communication between all the levels of the subtle anatomy enhancing responsiveness to unexpected or emergency situations. It helps to release emotional tension and worry as well as easing nightmares and soothing disturbed sleep patterns.

Energetic level - Forget-me-not aligns the emotional and mental bodies and strengthens the astral body. It also increases the connection between the crown chakra and the conscious mind, particularly during meditation.

Garlic

Emotional/mental - Garlic essence releases and transforms both fear and anger. It has the ability to help release these states due to its ability to promote greater objectivity in the mental and emotional bodies. It is particularly helpful where a person is afraid to face their fear or anger. In this situation Garlic can help such a person gradually face and release these hidden issues.

Energetic level - Garlic opens the liver chakra and eases the radiation, petrochemical and psora miasms.

Other Uses - Garlic can be used as a natural insect repellent either for humans, animals or plants. It can either be ingested or used as a spray. Taken over a period of time it will create an energetic pulse in the auric field of human or animal that is irritating to insects.

Hyssop

Emotional/mental - Hyssop essence alleviates deep feelings of guilt whether these are conscious or unconscious. It is only as we allow ourselves to confront the old memories to which our guilt is attached that we can begin to forgive ourselves and recognise that we have learned from the experience. This essence helps us to do this, releasing much mental and emotional tension in the process.

Energetic level - Hyssop strengthens the energetic blueprint and balances the solar plexus chakra and the emotional body.

Lemon

Emotional/mental - Lemon promotes clarity of thought because of its strong impact on the mental body. Indicators for the need for this essence are mental blocks, a lack of humor or extreme emotional states. It is helpful for folks who find it difficult to make decisions or link issues together with clarity.

Energetic level - Stimulates and organizes the mental



body and encourages a deeper link between the mental body and the emotions. Cleansing for both mental and emotional bodies, Lemon promotes a sense of calmness, ease and clarity on all levels. Can be used to enhance colour therapy.

Loosestrife

Emotional/mental - Loosestrife promotes a greater degree of balance and alignment between the base chakra, sacral chakra and solar plexus chakra. This establishes the foundation and stability for inspiration and intuitive ideas flowing in through the crown and heart chakras to be activated more easily in everyday life. Anyone who is easily 'spaced out' or has difficulty acting upon intuitive guidance will find this essence helpful.

Energetic level - Loosestrife promotes an alignment between the lower three chakras as well as the etheric, mental and spiritual bodies.

Lotus

Emotional/mental - Lotus is one of the most powerful and important flower essences currently available to us. Working through all levels of consciousness it has a profoundly transformational effect on all levels of our being. It is particularly beneficial for emotional imbalances, obsessive behaviour and to stimulate the release of buried emotions. It can be used in combinations of other flower and gem essence combinations to amplify and raise the vibrational frequency.

Energetic level - Lotus brings all chakras, nadis, meridians and subtle bodies into temporary alignment, stimulating cleansing in the etheric blueprint. It has a major impact on the crown chakra and will help to clear blockages from the energetic system that prevent other vibrational medicine from working. If used regularly can reduce the influence of miasms.

Mallow

Emotional/mental - Mallow is an excellent essence to help promote smooth transitions from one phase of life to another. It is particularly good for those who dwell negatively on the idea of growing old. Anyone who experiences insecurity about their physical appearance would also find Mallow helpful to encourage a more objective perspective.

Energetic level - Mallow cleanses and strengthens the energetic blueprint and can be used to stimulate the release of past life memories from the energetic and cellular data bank.

Passion Flower

Emotional/mental - Passion Flower essence strengthens the connection with the spiritual body increasing the ability to experience and understand visionary states, as well as promoting greater attunement with Christ Consciousness. It helps to dispel emotional confusion relating to these states of higher awareness so that the understandings received can be more easily assimilated and integrated into everyday life. Passion Flower also stimulates the development of compassion and encourages peaceful, natural sleep patterns.

Energetic level - Opens the heart chakra and throat chakra.

Pomegranate

Emotional/mental - Pomegranate stimulates the ability to nurture the self, making it easier to release insecurities created through a lack of love, especially in childhood. It is particularly supportive for all emotional issues experienced by women and will help women accept and embrace their feminine nature. It is also helpful for men who need to awaken their maternal instincts.

Energetic level - Pomegranate temporarily aligns all the subtle bodies, making it easier for impurities to be expelled from the subtle energy system and increasing the effectiveness of all vibrational essences. It strengthens and supports the etheric blueprint associated with the sacral and base chakras by increasing the flow of subtle energy to these areas, particularly in women.

Squash

Emotional/mental - Squash helps to restore the natural balance between male and female qualities as well as promoting the release of anger and frustration and the development of creativity.

Energetic level - Squash promotes balance in the sacral chakra and supports positive repatterning of the associated areas of the etheric blueprint.

St John's Wort

Emotional/mental - St. John's Wort is a wonderful essence to promote the release and transformation all kinds of fear, whether hidden, subconscious, past life or very obvious fears - all can be treated with this essence. A very powerful essence, useful for all.

Energetic level - St John's Wort encourages the proper release of the souls forces during sleep time, promoting restful sleep patterns and the ability to collect higher understandings during the sleep state.

Sunflower

Emotional/mental - Sunflower cleanses and purifies the heart chakra as well as promoting greater balance between one's inner yin yang energies. It can help to spiritualise the male ego when over powerful and to transform feelings of anger or hostility related to

one's father or towards God/Divine Intelligence. Sunflower is also a helpful essence to stimulate the flow of higher wisdom and increase intuition.

Energetic level - Sunflower stimulates the spiritual body and realigns all the subtle bodies to work more easily with the heart chakra. Stimulates and aligns the kundalini energy in the seven main chakras.

Yarrow

Emotional/mental - Yarrow strengthens the aura, and provides protection from negative influences of all kinds, including psychic attack from thought forms or very strong emotional reactions. The umbrella shaped Yarrow flowers create a pattern that disrupts and disperses impurities and negative thought forms or emotions. The pink flowers are especially good for those who are particularly sensitive to negative thoughts and emotions generated by those around them, while the white flowers give better protection from other man made impurities that might weaken the energetic blueprint.

About Our Flower Essences

Crystal Herbs single Flower Essences are made by the sun method of potentiation, with the loving help of the Nature Kingdom and the Angelic and Ascended Realms.

Each of our Flower Essences are prepared as stock level essences, and we recommend that you take them directly from the bottle rather than dilute them further, in this way you will gain maximum benefit from their vibrational frequencies. Preserved in Organic Brandy.



How to Use Flower Essences

Take 4 drops on the tongue from your chosen Essence/ combination between 2 & 4 x a day, continuing until the bottle is finished. For best results take straight from the stock bottle sent, do not dilute. Preferably take 10 minutes away from food and drink.

These Essences can also be combined by mixing equal quantities of two, three, four or five stock essences in a clean 25ml bottle.

Please Note: Using vibrational essences does not replace medical treatment. Storage Advice: It is best to store vibrational medicine in a cool place away from TV's, microwaves, computers etc.

See Also Our Complete range of Flower Essences

We have a range of over 260 handmade Flower Essences. To find out more about these essences please either see our Flower Essence leaflet or our website - www.crystalherbs.com



How to Order

You can order the Flower Essence Collection in individual bottles or in sets of any 10 or in a complete set of all 20 essences.

By Phone

01379 608059

On our Website

www.crystalherbs.com

Or you can order by Post

Crystal Herbs Ltd - 16 Hall Farm, Station Road, Pulham Market, Norfolk. IP21 4XF. U.K.
Please include payment with order.

Prices

For our latest prices, please see our current order form or look on our website - www.crystalherbs.com

Help & Advice

If you need any help or advice with choosing and using these Essences, please do contact us.

Handmade with Love & Care

From making the Mother Tincture to bottling and labelling the stock bottles that we send you, each essence is handmade with love & care, helping to ensure that we provide you with the best possible quality of essence.

Storage Advice - It is best to store vibrational medicine in a cool place away from TV's, microwaves, computers etc.



Find Out More

You can find out more about our complete range of Flower, Gem & Crystal Essences and Bach Flower Remedies, by visiting our website www.crystalherbs.com or by requesting a copy of our **free catalogue**.



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