



# Flower Essences

## Individual Essences



### **A wonderful range of single 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

**A wonderful range of single Flower Essences handmade with love and care for your personal & spiritual growth.**



**AGAPANTHUS:** Promotes the necessary courage and strength to bring through and manifest your higher potential.

**AGERATUM:** Helps to bring through and ground the qualities of the Soul into the everyday consciousness. Grounding.

**ALLAMANDA:** Helps to promote connection and strengthen attunement to the Earth Element Healing Ray.

**ALMOND:** Stimulates mature development, especially mentally. Helps confront unconscious fears, particularly of ageing.

**ALOE VERA:** Augments the flow of energy through the etheric body helping to repair and strengthen it. Also stimulates the heart chakra to release insights and greater intuitive understanding. It increases sensitivity to others and aids the development of clairaudience. Can be added to massage blends.

**AMARANTHUS:** Aligns the emotional, mental & spiritual bodies promoting clarity of understanding related to troubling negative thought forms. Increases balance and strength in the etheric blueprint, promoting greater resistance. Brings the courage to transform emotional issues relating to sexuality.

**AMARYLLIS:** Can be used to perfect the art of meditation - brings calmness and stillness, helping one to go within.

**ANEMONE:** Balances all chakras.

**ANGELICA:** Enhances affinity with the angelic forces. Promotes confidence, also insight & clarity into the cause of a problem or issue.

**APRICOT:** Promotes a free flow of energy between the mental & etheric bodies, harmonising mood swings and extreme emotional states.

**ARTEMESIA:** See Mugwort.

**AUBERGINE:** Raises the base chakra energy & helps to release blockages in the sacral chakra. Helpful for emotional issues related to sexuality.

**AURICULA:** Helps to balance the emotions and the solar plexus chakra.

**AVOCADO:** Strengthens the emotional body, dissolves emotional tension and opens the solar plexus chakra, bringing greater understanding to suppressed emotions.

**BABY BLUE EYES:** Helps to release & transmute emotional issues suppressed in childhood.

**BANANA:** Emotional issues relating to masculine sexuality. Balances yin & yang energies.

**BASIL:** Works in the heart chakra & throat chakra. Encourages the expression of buried grief helping it to be faced and released.

**BEGONIA:** Helps stimulates forward movement into a new stage of growth & development especially after a period of integration.

**BELFLOWER:** Works in the throat chakra helping to promote creative expression particularly in children.

**BELLS OF IRELAND:** Enhances communication with nature spirits. Strengthens the etheric body and the flow of ethereal fluid. Promotes a sense of harmony & relaxation - helpful for those who find themselves unduly wound up by every day events.

**BENGAL TRUMPET VINE:** Promotes attunement to Soul energy and purpose.

**BIGNONIA:** Bursts bubbles of energy held in the emotional body relating to childhood emotional memories, promoting release and transformation.

**BLACKBERRY:** Helpful for those who get easily distracted, often needing to rest in order to regain focus. Good for issues around bereavement and for those with fears of death or dying. Stimulates dreams & aids meditation, particularly in relation to problem solving.

**BLACK EYED SUSAN:** Will help draw towards you what you need in order to promote change and growth.

**BLACKTHORN:** Brings a higher perspective and understanding to old fears. Good used in conjunction with the Karmic Essence for fear; Pink Rose especially at night to promote release of old fears during sleep. (See Karmic Essences)

**BLEEDING HEART:** Works strongly in the heart chakra promoting harmony and peace. It is particularly helpful in situations where there is an unhealthy emotional attachment between two people or buried emotional pain from previous experiences of loss.  
[See Flower Essence Collection Leaflet for more details](#)

**BLUEBELL:** Works in the throat chakra to clear blockages preventing creative expression - helpful for those involved in singing, chanting or sound therapy.

**BORAGE:** Opens the heart chakra, promoting feelings of joy, happiness and courage. Releases emotional tensions, dispels sorrow and lifts the spirits.  
[See Flower Essence Collection Leaflet for more details](#)

**BOTTLEBRUSH Red:** Promotes a sense of calmness.

**BOTTLEBRUSH Small Purple:** Cleanses the throat chakra, helping to clear patterns that prevent higher understandings and spiritual growth.

**BROMPTON STOCK:** Works in the crown chakra and brow chakra. Promotes insight and intuition helping one to open up to new ideas and higher perspectives.

**BROOM:** Helps to heal differences in difficult relationships, particularly between parent & child.

**BUDDLEIA:** Promotes greater spiritual contact even in the darkest of situations.

**BUTTERCUP:** Helps to bring the recognition that self worth comes from within, rather than from others perceptions.

**CALENDULA:** Works in the base chakra & sacral chakra. Helps one adjust to new ideas promoting transformation and higher awareness.

**CALIFORNIAN POPPY:** Working in the solar plexus chakra, heart chakra and throat chakra, it promotes emotional, spiritual and psychic balance. Increases emotional flexibility and enhances negotiating skills. Promotes emotional cleansing.

**CAMELLIA:** Helps to open, develop and balance the heart chakra.

**CAMPANULA:** Helps to promote frankness and honesty in expression, without the need for secrecy.

**CAMPION:** Helpful for those working with emotional issues relating to pregnancy and birth.

**CANTERBURY BELL:** Works in the throat chakra to help develop clairaudience/inner hearing, particularly if used in combinations of other essences working on the same issue.

**CARNATION:** Works in the crown chakra - particularly helps attunement with the Devic orders and the Fairy kingdom.

**CAROB:** Enhances group communication and interaction.

**CASTOR OIL PLANT:** Stimulates regeneration in the subtle energy system.

**CATMINT:** Helps to align the heart chakra and throat chakra.

**CEANOTHUS:** Works in the throat chakra and strengthens the energetic blueprint relating to this chakra. Helps to develop unconditional love.

**CEDAR:** Promotes an even flow of energy through the subtle bodies, removing imbalances. Particularly harmonises and relaxes the mental body bringing calmness to overactive or aggressive thought patterns.

**CELANDINE:** Opens and strengthens the throat chakra. Stimulates communication & receptivity to the transfer of information through all levels. It is particularly beneficial for those who have difficulty receiving & processing information of any kind.  
[See Flower Essence Collection Leaflet for more details](#)

**CENTAUREA:** Cleanses all the chakras from the throat chakra upwards.

**CENTUARY AGAVE:** Aligns the mental, emotional & soul bodies, promoting the development of maturity, wisdom & patience. Strengthens the heart chakra and solar plexus chakra.

**CHAMOMILE:** Aligns the mental body and balances the solar plexus chakra allowing the release of emotional tensions, bringing calmness, serenity & freedom from worry.

**CHICORY White:** Helpful to restore feelings of purity and release emotional issues associated with sexual abuse, whether this is a past or current life experience.

**CHIONODOXA:** Promotes the development of hope and joy, creating greater lightness of spirit.

**CHORISIA SPECIOSA:** Promotes greater understanding of one's spiritual purpose.

**CHRYSANTHEMUM:** Helps to create harmony between those with differing ideas.

**CINQUEFOIL:** Works in the solar plexus chakra. Good for those with a tendency towards stubbornness.

**CLEAVER:** Works with the issue of emotional neediness, helping to release emotional control & possessiveness and bringing freedom from attachment.

**CLEMATIS** Nellie Moser: Cleanses and opens the 8th chakra, just above the crown.

**CLOVER Red:** Helps to promote clarity, understanding and calmness in emergency situations such as major catastrophes, particularly those involving many people.

**COLUMBINE:** Helps to activate the brow chakra & crown chakra and strengthen attunement to the Angelic Kingdom.

**COMFREY:** Stimulates the reconnection and redirection of energy, enhancing communications within the subtle energy system. Influences the mental body and the base chakra, promoting relaxation in meditation. Helpful to stimulate the release of unconscious thought patterns and ideas.

**CONVOLVULUS:** Aligns the crown chakra with the higher chakras above the head.

**CORAL BELLS:** Helps to balance the sacral chakra bringing higher understanding to sexual energies.

**COREOPSIS:** Helps to filter spiritual understandings into the intellect.

**CORN:** Promotes cleansing in the emotional body helping to bring detachment & rationality to emotional issues. Helps an individual to accept both the male & female aspects of themselves. Helpful for those who find it difficult to live in close proximity with others, have difficulty staying focussed or have a tendency to drift into a world of daydreams.

**CORN COCKLE:** Helps draw energy in through the 9th & 10th chakras.

**COSMOS:** Links the heart chakra and throat chakra, enhancing self-expression and promoting the release of emotional difficulties.

**COWSLIP:** Helps children to better understand the family relationship and environmental dynamics, also helps parents understand children.

**CRANESBILL:** Helps one to develop an attitude of single mindedness, both spiritually and mentally.

**CROCOSMIA:** Cleanses the base chakra and associated etheric blueprint.

**CURCUMA:** Works in the mid & higher heart chakra helping to develop the qualities of compassion & forgiveness,

**CYCLAMEN:** Helps the individual to absorb higher energies, especially the new rays currently being directed to earth. Promotes transformation and the raising of consciousness on all levels.

**DAFFODIL:** Stimulates connection to the soul/ higher self. 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.

[See Flower Essence Collection Leaflet for more details](#)

**DAHLIA:** Works in the base chakra & sacral chakra helping to transform sexual energy into higher forms of expression.

**DAISY:** Promotes clarity and understanding particularly where thought processes are very scattered or where there is difficulty in bringing information together in a coherent form.

[See Flower Essence Collection Leaflet for more details](#)

**DANDELION:** Promotes emotional balance and mental relaxation. Good to release tension from the mental body and calm an overly active mind. Enhances the ability to connect more fully with the present moment and to face difficult emotional issues.

[See Flower Essence Collection Leaflet for more details](#)

**DATURA:** Opens the brow chakra, crown chakra and all the higher chakras above the crown chakra. Also helps to bring greater clarity to dreams.

**DAY LILY:** Symbolic of rebirth - helps to give an understanding of eternal life.

**DEADNETTLE:** Helps to activate the chakras above the crown chakra, especially the 13th, bringing in greater spiritual energy.

**DELPHINIUM:** Works in the throat chakra, assisting the ability to become a more focussed channel for the expression of one's individual spirit.

**DEUTZIA:** Brings attunement to the Angels of the perfume ray who work with this flower.

**DIASCIA:** Helps promote the development of unconditional love. Good for those who do distant and earth healing work.

**DIGITALIS:** Works in the heart chakra and strengthens the energetic blueprint associated with this chakra point. Emotionally it helps soften those who are 'hard hearted'. N.B. this essence does not contain any sap from the plant or flower.

**DILL:** Balances the etheric and emotional bodies creating an expansion of consciousness to bring a greater degree of objectivity to problematic situations. Helps those who are morose, self critical & unduly concerned with death or dying.

**DIPLADENIA:** Yellow: Attunement to angelic realms. White: Grounding spiritual ideas and visions.

**DUTCHMAN'S PIPE:** Helps release energetic patterns associated with addictive tendencies.

**ECINACIA:** A powerful flower, created in Lemuria to symbolise the descent of man into matter. Strengthens the etheric blueprint and increases the flow of energy through the subtle bodies promoting deep transformation.

**EDELWEISS:** Brings a greater awareness of one's own inherent Divinity.

**ELDERFLOWER:** Promotes the development of inner security, encouraging a sense of trust that all needs will be provided for.

**ERTHRINA:** Promotes cleansing in the etheric blueprint.

**EUCALYPTUS:** A very supportive essence for those working with grief and bereavement issues. Promotes reconciliation and understanding of another person's position where there is disagreement particularly in close relationships. Balances the heart chakra and strengthens the etheric body and meridian system.

**EVENING PRIMROSE:** Promotes harmony & balance in the emotions. Good to balance mood swings & relax emotional tension.

**FEVERFEW:** Helps those whose sleep patterns are disturbed by insecurity.

**FIG:** Promotes the ability to reconnect with long forgotten memories, hidden fears etc, stored in the subconscious mind. Encourages greater understanding, confidence and telepathic abilities.

[See Flower Essence Collection Leaflet for more details](#)

**FLAX:** Works in the throat chakra and related parts of the subtle energy system. Helpful for those who find it difficult to express themselves in group situations.

**FORGET-ME-NOT:** Promotes mental clarity, releases negative thought patterns and stimulates recall of information. Helps to release emotional tension and worry, eases nightmares and soothes disturbed sleep patterns.

[See Flower Essence Collection Leaflet for more details](#)

**FORSYTHIA:** Helps to promote the ability to understand bereavement from a higher perspective.

**FOXGLOVE:** Purifies the heart chakra and strengthens associated areas of the etheric blueprint.

**FRENCH MARIGOLD:** Aids the development of psychic abilities & inner hearing. Promotes the ability to understand and assimilate spoken information more easily.

**FUCHSIA:** Helps to bring attention to and promote the release of buried emotions, particularly from the heart chakra.

**GALTONIA:** Helps to bring unresolved issues in relationships into awareness, especially when these have a sexual basis.

**GARLIC:** Promotes mental & emotional objectivity and the transformation of fear and anger. It is particularly helpful where a person is afraid to face up to these emotions. It can be used as a natural insect repellent either for humans, animals or plants.

[See Flower Essence Collection Leaflet for more details](#)

**GAZANIA:** Helps open and cleanse the crown chakra. Good to support visualisations with white light.

**GEUM:** Helpful for those whose confidence was damaged in childhood. Strengthens the energy flow through the etheric body and etheric blueprint.

**GLADIOLUS:** Works in the crown chakra. Helps one move beyond the dimension of the ego and to become more stabilised in spiritual intent.

**GOLDEN ROD:** Helps to develop the connection between the personality and the soul/higher self, promoting greater access to spiritual guidance.

**GROUNDSEL:** Helps to integrate inspirational ideas into the physical dimension.

**GUELDER ROSE:** Balances the higher chakras above crown. Helps to bring more awareness to emotional problems.

**HAREBELL:** Helps those who are shy and nervous and find it difficult to express themselves, especially in groups.

**HAWTHORN:** Opens the heart chakra and cleanses the etheric blueprint.

**HELIANTHUS:** Works in the heart chakra. Like sunflower it carries the strength of the sun aspect, helping to bring balance to masculine/ feminine energies through the heart chakra.

**HELLEBORUS:** Brings spiritual awareness to the ageing process.

**HIBISCUS:** Helps to restore balance to those disorientated by psychic or spiritual shock.

**HIMALAYAN POPPY:** Brings strength and healing to continue on one's spiritual path, helps meditation and the flow of spiritual ideas.

**HONESTY:** Lifts the veil of illusion between the third, fourth and fifth dimensions.

**HOPS:** Promotes the impetus for new growth at all energetic levels.

**HOYA:** Temporarily aligns the seven major chakras. If taken over a long period of time it will gradually promote a more permanent alignment. Also helps grounding.

**HUMMING BIRDS TRUMPET:** Works in the throat chakra, helping to develop inner hearing.

**HYACINTH:** Helps the integration of spiritual & earthly qualities and the development of inner hearing.

**HYDRANGEA:** Aligns the mental body bringing focus to a scattered mind.

**HYPERICUM HIDCOTE:** Works in the solar plexus chakra to promote a sense of calmness in all related areas of the subtle energy system.

**HYSSOP:** Promotes self-forgiveness by helping one to acknowledge and release deep feelings of guilt, whether held consciously or unconsciously as well as stimulating the release of associated mental and emotional tension.

[See Flower Essence Collection Leaflet for more details](#)

**IRIS:**

- **IRIS AMETHYST:** strengthens the connection of those working with the Amethyst Ray and angels thereof, whether for healing or visionary purposes.
- **IRIS BLUE BEARD:** works through all dimensions to clear blockages in the throat chakra, helping to spiritualise speech.
- **IRIS PURPLE:** works in the crown chakra. Especially helpful for spiritual, psychic, or visionary artists.

**JACOBINIA:** Opens all the chakras from the heart chakra to the crown chakra as well as the 8th, 9th & 10th chakras above the head, helping attunement to higher levels of consciousness.

**JASMINE:** Stimulates the Divine spark in the heart chakra and helps the development of self worth and mental clarity. Strengthens the etheric blueprint. Helps to release energetic congestion.

**JONQUIL:** Aligns the throat chakra, brow chakra & crown chakra with the higher chakras above the head.

**JUDAS TREE:** Denial and suppression of guilt at duality, original or spiritual guilt.

**KERRIA:** Helps to balance emotional extremes and violent over reactions.

**KIDNEY VETCH:** Stimulates the release and cleansing of fears stuck in the subtle energy system.

**KIRENGESHOMIA:** Works in the heart chakra helping to release feelings of loneliness and superiority.

**KNAP WEED:** Encourages growth of other plants.

**LADY'S BEDSTRAW:** Works on the pattern of passive resistance - helps one make a stronger stand.

**LADY OF THE NIGHT:** Promotes connection with the beautiful angels of death who provide assistance to those getting ready to move on to the next dimensional level of existence.

**LARKSPUR:** Helps to open the channels for the Kundalini energy.

**LAVENDER:** Strengthens the connection with the higher self so that karmic issues can be more easily released. Particularly good to release emotional issues blocking spiritual growth and to resolve conflicts between individuals that relate to unresolved past life situations. Opens the crown chakra and cleanses the meridians.

**LEMON:** Promotes a sense of calmness, ease and clarity on all levels. It encourages clarity of thought and the ability to make decisions. Good to release mental blocks, and calm extreme emotional states.

[See Flower Essence Collection Leaflet for more details](#)

**LEWISIA:** Strengthens and stabilises the energetic blueprint. Especially supportive when used over a period of time.

**LILAC:** Promotes Christ consciousness & unconditional love. Aligns the etheric, mental & spiritual bodies. Spiritualises the intellect.

**LILYS:**

- **LILY CALLA:** After physical abuse or cruelty this essence helps restore dignity & self-worth.
- **LILY CANNA:** Promotes vitality and strength in the etheric body.
- **LILY PEACE:** Works to help expand consciousness via the belief system.
- **LILY STARGAZER:** Promotes unconditional love & links with the planetary energy of Venus.

**LILY OF THE VALLEY:** Balances the sacral chakra and associated subtle energy system. Promotes feminine emotional balance.

**LIME:** Promotes fresh inspiration. Solar plexus chakra and spleen chakra.

**LOOSESTRIFE:** Promotes balance and alignment between the lower three chakras, promoting balance, grounding and spiritual integration. Good for those who easily 'space out' or have difficulty acting upon intuitive guidance.

[See Flower Essence Collection Leaflet for more details](#)

**LOTUS:** Working through all levels of consciousness Lotus has a profoundly transformational effect on all levels of our being. It is particularly good for emotional imbalances, obsessive behaviour and to stimulate the release of buried emotions. Useful in combinations to enhance other essences.

[See Flower Essence Collection Leaflet for more details](#)

**LUFFA:** Strengthens the etheric body and is particularly helpful for those who find it difficult to define their own boundaries, perhaps being too introverted or too extroverted. Also helpful for undisciplined over activity.

**LUPIN:** Releases confusion and promotes mental clarity, integration and calmness.

**LYCHNIS:** Helps to promote strength and vitality in the etheric blueprint. A good 'reviver' after periods of deep transformation.

**MAGNOLIA:** Stimulates soul memories and recognition of ones divinity. Opens the crown chakra.

**MAHONIA:** Integrates thoughts with emotions in the solar plexus chakra to create more emotional balance.

**MALLOW:** Helps to 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 or who experience insecurity about their physical appearance. Stimulates the release of past life memories from the energetic and cellular data bank.

[See Flower Essence Collection Leaflet for more details](#)

**MANGO:** A powerfully transformative essence. Universal tonic that all can benefit from. Stimulates telepathy, cleanses the meridians and balances and aligns 4th, 5th, 6th, 10th & 12th chakras. It has a particularly stimulating effect on the brow chakra and associated blueprint.

**MARPASSO GRASS:** Promotes greater tolerance to some grass pollens.

**MARSH MARIGOLD:** Encourages attunement to the Golden Ray. Helps to raise the frequency of the solar plexus chakra.

**MELILOT:** Promotes clarity of mind in children.

**MITCHELLA:** Encourages an expansion of awareness that promotes recognition that there is more to life than just the everyday, material world.

**MORNING GLORY:** Strengthens the mental body, promoting stamina and vitality. Calms nervous habits such as talking too much, jitteriness, or restlessness. Good to help release patterns of addiction.

**MUGWORT:** Stimulates internal communications and encourages the development of telepathy. Enhances the meridians, subtle bodies, nadis and chakras. Helpful for frustration and the belief that life always works against you.

**MULLEIN:** For group attunement and purpose.

**NASTURTIUM:** Promotes expansion in the mind, helping to dispel rigid, narrow or obsessive thought patterns. Stimulates greater sensitivity to, and awareness of, colour. Good for tiredness after meditation, channelling etc.

**NECTARINE:** Brings all the subtle bodies into correct alignment with the chakras and nadis, promoting spiritual balance.

**NETTLE:** For emotional difficulties and trauma related to divorce, adoptions or broken homes. Helps to take the 'sting' out of disrupted family situations. Helpful for all the family.

**NICOTIANA:** Helps release energetic patterns associated with addictive tendencies.

**OILSEED RAPE:** Promotes greater tolerance to oilseed rape.

**ONION FLOWER:** Helps bring balance to irrational, illogical & undisciplined behaviour. Aligns the subtle bodies helping to create patience and clarity of mind.

**ORANGE:** Brings clarity and calmness to highly charged emotional states. Balances the emotional and mental bodies.

**ORCHID – Equestris:** Works in the heart chakra and associated blueprint through many levels. Promotes stability.

**ORCHID – Oncidium:** Enhances other essences specifically working on strengthening and repairing the etheric body.

**OSTEOSPERNUM:** Helps one to receive and to open up to others and the universal flow of energy or abundance.

**PANSY:** Promotes vitality and wellbeing. Strengthens the etheric blueprint and expels impurities. Stimulates the mental body and the intuition.

**PASSION FLOWER:** Promotes attunement with Christ Consciousness and expands the ability to experience and understand visionary states. It also stimulates the development of compassion and encourages peaceful, natural sleep patterns.

[See Flower Essence Collection Leaflet for more details](#)

**PEACH:** Stimulates regeneration in the etheric blueprint, promoting rapid transformation. Creates alignment between the etheric body and all the other subtle bodies helping to promote harmony & balance and the strength to cope more easily with difficult situations.

**PEAR:** Brings harmony in groups of people working together with a spiritual focus. Promotes integration between the emotional, mental & spiritual bodies helping to raise awareness above the purely intellectual.

**PENNYROYAL:** Strengthens the etheric body, building protection from negative thought forms. Will also help to dispel & dissolve negative thought forms from any source.

**PENSTEMON:** Helps you to stay focused on your spiritual path.

**PERIWINKLE:** Helps to lift awareness so that lower levels of consciousness, such as that at the base chakra & sacral chakra can be transcended.

**PETUNIA:** Promotes connection with the higher self and stimulates the mental body so that disorderly patterns of behaviour can be more easily assessed and adjusted. Helpful for childlike behaviour in the elderly and impish children. Promotes clarity and calmness.

**PHILADELPHUS:** Works in the crown chakra and higher chakras, helping to increase contact with the angels and archangels.

**PIMPERNEL (red):** Helps the Kundalini energy to penetrate and activate the seven main chakras.

**PLUM:** Promotes cleansing in the etheric blueprint associated with the lower chakras.

**POINCIANNA:** Promotes greater understanding of the connection between thought and action.

**POMEGRANATE:** Particularly supportive for all emotional issues experienced by women. Good to help women accept and embrace their feminine nature and also for men who need to awaken their maternal instincts. Stimulates self-nurturing.  
[See Flower Essence Collection Leaflet for more details](#)

**POPPY Oriental:** Helps release energetic patterns associated with addictive tendencies.

**POPPY Wild:** Helps to activate and release blockages in the base chakra, promoting greater grounding and more stable energetic foundations.

**POTATO:** Lifts the spirits and promotes the ability to grasp new concepts more easily.

**PRICKLY PEAR:** Relaxes the emotional body. Helps bring resolution to normally volatile issues between couples.

**PRIMROSE:** Promotes focus and expands the ability to learn and grow mentally.

**PRIMULA:** Promotes greater understanding life's lessons and the ability to grow from that knowledge.

**PULSATILLA:** Helps to balance the emotions and strengthens the ability to focus on one thing at a time.

**QUEEN ANNE'S LACE:** Stimulates the development of clairvoyance (inner vision) and telepathy. It opens the crown chakra and strengthens the etheric blueprint associated with this chakra. Calms the mental body and enhances the ability to see the bigger picture of a situation.

**RAGGED ROBIN:-** Helps to bring soul qualities through to the physical level.

**REDWOOD:** Increases the flow of energy through the etheric blueprint stimulating greater vitality and well-being. Balancing for the emotions and helpful for those who easily say 'yes' when they mean 'no'.

**RHODODENDRON:** Promotes higher connection and the ability to more easily follow the will of Spirit.

**RIBES:** Strengthens the brow chakra and energetic centres in the head.

**ROSE OF SHARON:** Helps to release and transform vibrations of anger from the solar plexus chakra.

**ROSE COLLECTION SET:** We have a separate set of twenty beautiful Rose Essences from Blue Moon to Webbiana. [See the Rose Collection Leaflet for details.](#)

We also have two additional Rose Essences below...

- **KOENIGN VAN DAENMARK:** stimulates the heart chakra, higher heart chakra & brow chakra as well as strongly impacting the associated areas of the etheric blueprint. Aligns the etheric, mental and spiritual bodies promoting greater communication between mind and body. Balances yin/yang energies.
- **MAIDENS BLUSH:** This gentle loving energy helps to open the heart chakra. It is particularly good for children and those who are very sensitive.

**ROSEMARY:** Stimulates creativity and promotes inner peace and clarity of perception. Brings order to the emotional body, uplifting those with unhappy and withdrawn personalities. Stimulates the crown chakra and sharpens all five senses.

**RUDBECKIA:** Raises lower emotional energies to the heart chakra.

**SAGE:** Promotes closer alignment between the spiritual and mental bodies, stimulating the integration of spiritual inspiration into the personality. Promotes a deeper understanding of the true message at the heart of the Book of Revelation. Helps acclimatisation to different time zones.

**SALPIGLOSSIS:** Emotional stabiliser for the over sensitive.

**SANDALWOOD:** Works in the brow chakra to stimulate and enhance inner vision.

**SCABIOUS:** Helps one to feel and to develop more sensitivity, to subtle energies.

**SELF HEAL:** Strengthens and purifies the etheric body. An excellent essence to provide support during a fast.

**SHAMROCK:** Strengthens the intuition and also the ability to put it to practical use in everyday situations. It stimulates clarity, self-identity & purpose in life.

**SIDALCEA:** Helps to bring past life associations with the civilisation of ancient Greece more fully into consciousness.

**SILVER BIRCH:** Promotes flexible thinking, helping ideas to flow more easily.

**SKULLCAP:** Helpful for healers and their clients, this essence stimulates the crown chakra & increases the ability to give & receive psychic healing. Relaxes the emotions promoting a greater sense of harmony and balance.

**SNAKESHEAD FRITILLARIA:-** Works in the throat chakra to promote greater communication and understanding of one's place in the world. Releases emotional patterns that cause distortion in one's view of oneself in relation to others.

**SNAPDRAGON:** Works strongly in the throat chakra and on the associated areas of the etheric blueprint. It is particularly effective where there is difficulty articulating what one wishes to say. Helps to release suppressed emotions such as rage and frustration. Improves the ability to be logical.

**SNOWDROP:** Gently eases the pain of bereavement, helping hope & joy to return.

**SOAPWORT:** Opens the heart chakra and stimulates cleansing in the mental body.

**SOLANDRA:** Synchronises the solar plexus chakra to work in greater harmony with brow chakra. Encourages the formation of a protective web of energy in the lower psychic centre (solar plexus chakra) so that there is less sensitivity to emotional/psychic impressions from outside ones own auric field.

**SPEEDWELL:** Supports children through periods of change, helping to expand understanding.

**SQUASH:** Helps restore the natural balance between inner male and female qualities as well as promoting the release of anger and frustration and the development of creativity. Works strongly in the etheric blueprint related to the sacral chakra.

[See Flower Essence Collection Leaflet for more details](#)

**ST JOHN'S WORT:** Promotes the release and transformation all kinds of fear, whether hidden, subconscious, past life or very obvious fears. Also 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.

[See Flower Essence Collection Leaflet for more details](#)

**STAR TULIP:** Stimulates the brow chakra encouraging greater spiritual and psychic sensitivity.

**SUNFLOWER:** Cleanses and purifies the heart chakra and balances the inner yin yang energies. Helps to spiritualise the male ego when over powerful and transform anger or hostility related to the masculine principle. Stimulates the flow of higher wisdom and increases intuition.

[See Flower Essence Collection Leaflet for more details](#)

**SWEET PEA:** Helps with grounding making it easier to live in the now, particularly helpful in situations where this is difficult due to overcrowded living conditions.

**THISTLE:** To release defence mechanisms built up around aura by the ego, i.e. spikes, armour.

**THRIFT:** Helps bring artistic, spiritual and scientific concepts into consciousness.

**THYME:** Amplifies other flower essences. Helps attunement to past & future lives.

**TRILLIUM:** Helps the development of a Spiritual understanding and love for Mother Earth and appreciation of its beauty.

**TULIP:** Promotes a balanced sense of value and self-worth related to one's work.

**VETCH:** Encourages spiritual independence by helping one to let go of the need for an external guru.

**VIOLET Sweet:** Opens the crown chakra and encourages forgiveness of others.

**VIOLET White:** Encourages greater attunement with the innate purity of the soul, helping to encourage self forgiveness.

**VIPERS BUGLOSS:** Strengthens the throat chakra and associated etheric blueprint.

**VIRGINIA BLUEBELLS:** Transmutes fears stuck in the feet chakras & throat chakra.

**WALLFLOWER:** Helps build a greater sense of inner security and foundation. Particularly good for those who are homeless, whether temporarily or otherwise.

**WATER LILY Blue:** Creates a bridge linking the ancient spiritual energy of India and the Himalayas, to cosmic consciousness.

**WATER LILY Yellow:** Strengthens the links between the emotional and mental body.

**WATERMELON:** Provides emotional support during conception, pregnancy and birthing. Helpful for both women & men.

**WEIGELA:** Opens the heart chakra encouraging the expression of unconditional love.

**WINTERSWEET:** Promotes a greater emotional understanding related to difficulties having children. Encourages hope and inspiration.

**WISTERIA:** Strengthens the meridians. A particularly useful essence for acupuncturists.

**YARROW:** Strengthens the aura and provides protection from negative influences of all kinds, including psychic attack from thought forms or very strong emotional reactions. Pink Yarrow is especially good for those who are particularly sensitive to negative thoughts and emotions, while white Yarrow gives protection from other man made impurities that might weaken the energetic blueprint.

[See Flower Essence Collection Leaflet for more details](#)

**YEW:** Encourages the development of wisdom, helping one to see the grander scheme of things.

**ZINNIA:** Restores humour by uplifting one's outlook. Good for people who need to laugh. Alleviates emotional tension in the energetic system.



## 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 the Gem & Crystal 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 & drink.

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

Alternatively we can make stock level combinations of Gem & Crystal Essences for individual needs (25ml size only, max 4/5 essences).

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.

## How to Order

You can order the single Flower Essences in individual bottles, in sets of any 10 or any 20 essences or mixed into combinations of up to six essences.

### By Phone

01379 608059

### On our Website

[www.crystalherbs.com](http://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](http://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](http://www.crystalherbs.com) or by requesting a copy of our **free catalogue**.



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