

Crystal Herbs

Single Flower Essences

www.crystalherbs.com

This leaflet contains information on the many different vibrational frequencies that are available as single essences from Crystal Herbs. Each essence contains the energy or vibrational frequency of a specific flower essence. They can be taken individually or mixed into combinations to provide more focused help. The power of the sun and the conductive properties of water are used to transfer the energy from the flower to create the essence. Brandy is then added to act as a preservative.

The Single Flower Essences

AGAPANTHUS: Brings the courage and strength to manifest your higher potential.

AGERATUM: Helps to bring through and ground Soul qualities into the physical.

ALLAMANDA; Strengthens channels and attunement to the Earth Element Healing Ray.

ALMOND: Mental maturity, helps confront unconscious fears, particularly of ageing. Strengthens the etheric body and the subtle energy system relating to growth.

ALOE VERA: Stimulates the heart chakra to release stored insights and increases sensitivity to others. Aids the development of clairaudience and helps to strengthen & repair the etheric body. Also helps to balance the subtle energy patterning that relates to abnormal cell growth.

AMARANTHUS: Promotes the development of courage and harmonises emotional issues around sexuality. Helps to balance the bodies subtle energy system relating to the immune system, thyroid & pituitary glands.

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: Balances mood swings and extreme emotional states. Promotes a free flow of energy between the mental & etheric bodies, harmonising the bodies energetic blueprint relating to the kidneys, pancreas & gall bladder.

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. Resonates with the bodies energetic blueprint relating to the liver, kidneys, & lymph's.

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

BANANA: Emotional issues relating to masculine sexuality. Resonates with the bodies energetic blueprint relating to bone structure.

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

BEGONIA: Helps one to move on to next stage of development from a healing plateau.

BELLFLOWER: 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 its connections with the physical. 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, allowing them to release.

BLACKBERRY: Stimulates dreams & aids meditation - particularly in relation to problem solving. Helpful for those with fears of death/dying & bereavement issues.

BLACK EYED SUSAN: Will help draw towards you what you need for growth and change.

BLACKTHORN: Brings spiritual understanding to fear. Use at night after taking the karmic fear essence (Pink Rose) during the day, for release during sleep. (See Karmic Essences)

BLEEDING HEART: Works strongly in the heart chakra promoting harmony & peace. Excellent for those too emotionally attached. Balances the body's energetic blueprint relating to the heart and its functions.

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 bringing joy.

BOTTLEBRUSH Red: Balances the body's subtle energy system relating to the kidneys, muscles and nerves. Promotes a sense of calmness.

BOTTLEBRUSH Small Purple: Spiritualises the throat chakra, helping to clear blocks to higher understandings.

BROMPTON STOCK: To help those new to spiritual ideas - promotes insight and intuition. Works in the crown and brow chakras.

BROOM: Helps to heal differences in difficult relationships, particularly between parent & child. Resonates energetically with the sinuses.

BUDDLEIA: Helps one to feel spiritual contact 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 & sacral chakras. Helps one adjust to new ideas during periods of healing or consciousness raising.

CALIFORNIAN POPPY: Works in the solar plexus chakra promoting emotional, spiritual and psychic balance. Helps the assimilation of gold.

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: Balances 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: Resonates with the energetic blueprint for the brain, neurones etc. Stimulates regeneration in the subtle energy system.

CATMINT: Helps to align the heart and throat chakras.

CEANOETHUS: Works in the throat chakra and on the issues held in the body's energetic blueprint relating to this area including the thyroid. Helps to develop unconditional love.

CEDAR: Relaxes an overactive or aggressive mind & harmonises the mental body. Balances the subtle energy system relating to hair, scalp, colon & intestinal tract.

CELANDINE: Works strongly in the throat chakra and balances the subtle energy pattern associated with the vocal chords & thyroid. Particularly beneficial for those who have difficulty receiving information of all kinds – e.g. aids learning and contact with spirit guides.

CENTAUREA: Cleanses the higher chakras - i.e. throat and above.

CENTUARY AGAVE: Helps the development of maturity, wisdom & patience. Works in the body's energetic blueprint with issues relating to the aging process. Strengthens heart and solar plexus chakras.

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

CHERIANTHUS: Balances the body's energetic blueprint related to the spleen.

CHICORY White: Helpful to release emotional issues relating to sexual abuse, re-establishing feelings of purity.

CHIONODOXA: Promotes the development of hope and joy, creating a feeling of up-liftment.

CHORISIA SPECIOSA: Helps the individual to find a greater understanding of their spiritual purpose.

CHRYSANTHEMUM: Helps to create harmony between those with differing ideas. Balances the body's energetic blueprint for the liver and kidneys.

CINQUEFOIL: Works in the solar plexus chakra. Good for stubbornness.

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

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

CLOVER Red: Helps to bring understanding and calmness in situations of panic, particularly where many people are involved.

COLUMBINE: Helps to activate the brow and crown chakras and strengthen attunement to the Angelic Kingdom.

COMFREY: Stimulates the release of unconscious thought patterns and ideas. Influences the mental body and the base chakra. Balances the body's subtle energy system relating to the nervous system, memory and the brain.

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

CORAL BELLS: Helps to spiritualise the sacral/sexual chakra energy.

COREOPSIS: Helps spiritualise the intellect.

CORN: Helps bring detachment and rationality to emotional issues. Helps an individual to accept both male & female aspects of themselves.

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

COSMOS: Links the heart and throat chakras, developing self expression and helping to release emotional tension.

COWSLIP: Helps children to better understand relationship and environment problems, also helps parents understand children.

CRANESBILL: Helps one become single minded, spiritually and mentally.

CROCOSMIA: Balances the subtle energy system relating to the colon and its functions. Promotes cleansing.

CROWN OF THORNS: Helps to re-pattern the energetic blueprint for the skin particularly where there is irritation caused by heat.

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, consciousness raising & transformation of DNA pattern.

DAFFODIL: Increases sensitivity to make it easier to attune to ones higher self. Also helps the development of inner hearing.

DAHLIA: Works in the base & sacral chakras helping to transmute sexual energy into its higher form of expression.

DAISY: Brings clarity & focus to thoughts, inner knowing.

DANDELION: Influences the mental & emotional bodies releasing emotional tensions and helping one to more easily confront emotional problems. Aids relaxation in the physical body.

DATURA: Opens the brow & crown chakras and all the higher chakras above crown. 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, especially the 13th bringing in greater spiritual energy.

DELPHINIUM: Works in the throat chakra. Helps bring into awareness the need to be a 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 one develop unconditional love. Also helpful for distant and earth healers.

DIGITALIS: Strengthens the energetic blueprint for the heart. 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 that provides a greater degree of objectivity to problems. 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: Beneficial for those who wish to release the need for tobacco.

ECINACIA: A powerful flower, created in Lemuria to symbolise the descent of man into matter. Balances the energetic blueprint of the physical body in the areas related to the heart, lungs, kidneys and abdomen.

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

ELDERFLOWER: Helps development of inner security and trust that all our needs will be provided for.

ERTHRINA: Balances the subtle energy system relating to the liver & nervous system.

EUCALYPTUS: Resonates at a subtle energy level with the lungs, kidneys and liver. Emotionally this essence will help those needing to work with bereavement/ grief.

EVENING PRIMROSE: Brings harmony & balance to the emotions. Mood swings & emotional tension.

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

FIG: Releases hidden blocks and fears in subconscious, aids memory and psychic development.

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

FORGET-ME-NOT: Promotes clarity of mind, especially in emergency situations, aids memory. Aligns the emotional & mental bodies releasing anxiety and easing sleep disturbances.

FORSYTHIA: Helps to develop an understanding of bereavement from a higher perspective.

FOXGLOVE *White*: Purifies the heart chakra and strengthens the energetic blueprint for the white blood corpuscles.

FREMONTEDENDRON: Helps balance the energetic patterning of the skin.

FRENCH MARIGOLD: Aids the development psychic abilities & inner hearing. Balances the subtle energy system relating to the ears and pancreas.

FUCHSIA *Red, White/ Blue, Pink or Combination*: All help to bring attention to and release buried emotions.

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

GARLIC: Helps to release & transmute anger and fear especially when someone is afraid to face these issues. 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.

GAZANIA: Helps open and cleanse crown chakra. Good to help visualisations with white light.

GEUM: Helpful for those whose confidence was damaged in childhood. Strengthens the energy flow into the body from the etheric level.

GLADIOLUS: Works in the crown chakra. Helps one to open out from the dimension of the ego and to become more stabilised in spiritual intent.

GOLDEN ROD: Helps to develop an individuals connection with their higher self allowing them more access to spiritual guidance.

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

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

HALIMIUM: Balances the subtle energy system in the areas relating to the endocrine system.

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

HAWTHORN: Opens the heart chakra. Helps to balance the subtle energy patterning that relates to abnormal cell growth.

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.

HEMPNETTLE: Strengthens the energetic blueprint for the eyes. Can also be used in water as a swab for relieving tired eyes.

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: For growth on all levels, including physical and spiritual.

HOYA: Temporarily aligns the seven major chakras - if taken over a long period will bring total and 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.

HYSSOP: An important essence to help acknowledge and release feelings of guilt & emotional tension.

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 to the crown and 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. Balances the subtle energy system relating to the immune system. Releases congestion.

JONQUIL: Alignments the throat, brow & crown chakras with the higher chakras above the head.

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

KERRIA: Helps to bring balance to emotional extremes and violence.

KIDNEY VETCH: Promotes cleansing of the etheric kidneys helping to process fears.

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: Creates a connection with the beautiful angels of death, helping those ready to pass over to next dimension.

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

LAVENDER: Strengthens the connection to the higher self so that karmic issues can be more easily released (see also Karmic Essences) Particularly useful to help release emotional issues blocking spiritual growth.

LEMON: Decision making, clarity of thought, mental blocks.

LEWISIA: Balances the energetic blueprint for the immune system.

LIGULARIA: Balances the energetic blueprint for the ear and its functions.

LILAC: Christ consciousness, unconditional love. Balances the energetic blueprint of the physical body in the areas relating to the spine.

LILY Calla: After physical abuse or cruelty this essence helps restore dignity and self-worth.

LILY Canna: Helps to build stamina and strength by strengthening the etheric body, increasing the flow of energy into the physical body.

LILY Peace: Works to help expand consciousness via the belief system.

LILY Stargazer: Helps link with the planetary energy of Venus, unconditional love.

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

LIME: Helps to bring fresh inspiration. Solar plexus and spleen chakras.

LOBELIA: 'Wakes-up' the eyes, good in the morning or as a swab, (7 drops in a cup of water) over eyelids.

LOOSESTRIFE: Helpful for those who often feel 'spaced out' or too open. Aligns the lower chakras bringing balance, grounding and spiritual integration.

LOTUS: A powerfully transformative essence working on all levels, it has long been a symbol for spirituality and enlightenment. It aligns all the chakras and opens the crown chakra, promoting the assimilation of any form of healing. Beneficial for emotional imbalances & obsessive behaviour and those who need to release buried emotions. Use it in combinations to enhance other essences.

LUFFA: Emotionally it is helpful for those who find it difficult to define their boundaries - they may for instance be too introverted or too extroverted. Balances the etheric blueprint relating to the skin.

LUNGWORT: Balances the energetic blueprint of the physical body in the area relating to the lungs.

LUPIN: Mental confusion. Integration and calmness.

LYCHNIS: Helps to strengthen the etheric blueprint of the physical body to promote physical energy.

MAGNOLIA: Recognition of Divine origins and soul memories. Crown chakra.

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

MALLOW: Fears of aging, phobias relating to physical appearance. Balances the subtle energy system in the areas relating to the skin.

MALTESE CROSS: Balances the subtle energy system in the areas relating to the blood.

MANGO:- A powerfully transformative essence. Universal tonic that all can benefit from. Stimulates telepathy and the etheric pituitary gland.

MARPASSO GRASS: Balances the subtle energy system to more easily cope with the effects of some grass pollens.

MARSH CAMPION: Balances the subtle energy system in the areas relating to the capillaries.

MARSH MARIGOLD: Helps attunement to the Golden Ray. Spiritualises the solar plexus chakra.

MELILOT: Brings clarity of mind in children.

MITCHELLA: Helps to see there is more to life than the 3rd dimension.

MORNING GLORY: Balances the subtle energy system in the areas relating to the nervous system. It also strengthens the mental body which creates energy and vitality especially in the morning.

MUGWORT: Balances the subtle energy system in the areas relating to the left brain, helps to develop telepathy.

MULLEIN: For group attunement and purpose.

NASTURTIUM: Rigid, narrow, obsessive thought patterns. Colour awareness. Good for tiredness after spiritual work/ channelling.

NECTARINE: Brings all subtle bodies into correct alignment with the chakras and nadis, bringing 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: Helpful to break the patterns associated with the need for nicotine.

OILSEED RAPE: Balances the subtle energy system to more easily cope with the effects of 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 emotional and mental bodies.

ORCHID – *Equestris*: Balances the subtle energy system in the areas relating to the heart and the heartbeat.

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: Helps to balance the energetic blueprint for the immune system. Stimulates the mental body and the intuition.

PASSIONFLOWER: Helps to connect with Christ consciousness. Also helps sleep and dream work. Works in the heart, throat, feet chakras.

PEACH: Stimulates the etheric body, amplifying all forms of energy healing. Helps bring order and calmness into the mind where there is chaos particularly where this is caused by trauma.

PEAR: Brings balance to spiritual group work.

PENNYROYAL: For protection from negative thought forms. Strengthens the etheric body.

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

PERIWINKLE: Spiritualises those whose consciousness is at base/sacral chakra level.

PETUNIA: Influences the mental body to help create a proper mental attitude. Helpful for childlike behaviour in the elderly and impish children. Brings a greater connection with the higher self. Balances the subtle energy system in the areas relating to speech and the left brain.

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

PIMPERNEL *Red*: Helps the Kundalini energy to penetrate and activate the main spinal chakras.

PLUM: Balances & cleanses the subtle energy system in the areas relating to the colon.

POINCIANNA: Helps to see connection between thought and action.

POMEGRANATE: Helps women to accept their femininity. Balances the sacral chakra and the related areas of the subtle energy system in women. Feminine emotional balance.

POPPY *Oriental*: Helps release energetic patterns relating to addictive tendencies.

POPPY *Wild*: Cleanses and releases blockages in the base chakra. Grounding.

POTATO: For depression caused by the inability to grasp new concepts.

POTENTILLA: Releases tension in the joints.

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

PRIMROSE: To help studying, mental growth and learning.

PRIMULA: Understanding life lessons and growing from that knowledge

PULSATILLA: Helps to balance the emotions and brings the ability to focus on one thing

QUEEN ANNE'S LACE: Helps to develop inner vision and opens the crown chakra. Balances the subtle energy system in the areas relating to the eyes. Calms the mental body.

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

REDWOOD: Balances the subtle energy system in the areas relating to the pituitary gland, skin & circulatory system. Helpful for those who have a tendency to be inflexible & who have a difficulty taking a firm stand.

RHODODENDRON: Helps one to more easily follow the will of Spirit.

RIBES: Strengthens the energetic counterpart of the pituitary gland.

ROSE OF SHARON: Helps transmute vibrations of anger. Solar plexus.

ROSES:-

BLUE MOON: Clears shadow side from heart chakra.

COMPASSION: Links heart and mind bringing wisdom to knowledge. Helps to promote feelings of peace, serenity and inner certainty.

DEEP SECRET: Works on the lowest section of the heart chakra to draw up and transmute negative energy from the solar plexus.

DE LA HAY: Aligns the heart chakra with the crown, helping to transform belief into inner knowing.

GREEN ROSE: Develops and enhances psychic abilities - helpful for conditions caused through repression of psychic gifts. Also allergies caused by past life memories.

HANDEL: Brings the qualities of strength & courage. Helps release feelings of lack of self-worth stuck at the heart chakra.

ICEBERG: Releases and dissolves barriers around the heart. Helpful for those who need to learn to receive.

IRENE OF DENMARK: Helps to clear fears of persecution and attack.

JUST JOEY: Helps those who need to bring the qualities of joy and creativity into their lives.

KOENIGN VAN DAENMARK: Works in the heart and brow chakras. Balances the subtle energy system in the areas relating to the pituitary and thymus glands. Strengthens the etheric blueprint for the immune and endocrine systems.

MAIDENS BLUSH: This gentle loving energy helps to open the heart chakra. It is particularly good for children and those who are very sensitive.

PEACE: Helps to transmuting fear vibrations stuck in the heart chakra, bringing inner peace.

PERDITA: For those who hide through a sense of shame. Brings the qualities of purity and unconditional love.

REGENSBURG: Aligns all the chakras above the heart, helping with connection to higher guidance

RUBY RED: For transmuting pain and sorrow held in the heart chakra into love and compassion. Attunement to the Christ consciousness and the Ruby Red Ray of Forgiveness.

SUNBLEST: Brings feelings of security and courage to the heart.

SWEETHEART: Opens the heart to be more receptive to unconditional love.

WEBBIANA: Expands consciousness and psychic abilities. Helps one to develop the ability to transfer energy to & from multidimensional levels.

ROSEMARY: Helps creativity. Brings joy to the unhappy and withdrawn personality. Crown chakra. Sharpens all five senses.

RUDBECKIA: Raises lower emotional energies to the heart chakra.

SAGE: Understanding of the Book of Revelation. Psycho-spiritual aspects activated. Helps acclimatisation to different time zones.

SALPIGLOSSIS: Emotional stabiliser for the over sensitive.

SANDALWOOD: Enhancement of visionary capacities, brow chakra.

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

SELF HEAL: Helps the absorption of nutrients. Aids the assimilation of mineral properties during a fast. Strengthens etheric body.

SIDALCEA: Helps to bring past associations with Greece into consciousness.

SILVER BIRCH: Brings flexibility to thoughts and ideas, helping to break the patterns which cause inflexibility in the body.

SKULLCAP: helpful for healers and their clients, this essence stimulates the crown chakra & increases the ability to give & receive psychic healing. Balances the energetic blueprint of the nervous system and its functions.

SNAKESHEAD FRITILLARIA:- Balances the subtle energy system in the areas relating to the skin. Throat chakra.

SNAPDRAGON: Balances the subtle energy system in the areas relating to the throat and voice box. Also helps the expression of emotions.

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

SOAPWORT: Mental cleansing. Heart chakra.

SOLANDRA: Synchronises the solar plexus chakra to work in greater harmony with brow. Builds a web over the lower psychic centre/solar plexus so as not to absorb emotional/psychic impressions from outside ones auric field.

SPEEDWELL: For children in times of change and mental growth.

SQUASH: Opens and balances the sacral and base chakras and the associated subtle energy systems. Emotional issues around sexuality - particularly for men.

ST JOHN'S WORT: Karmic and hidden fears released. Nightmares.

STAR TULIP: Balances the subtle energy system in the areas relating to the hair and the ear. Brow chakra.

SUGAR BEET: Balances the etheric blueprint of the spleen, pancreas & immune system. Harmonises emotional mood swings related to sugar imbalance.

SUNFLOWER: Emotional issues relating to the Father or Father figure. Helps spiritualise the male ego and bring balance to the inner male & female. Opens and purifies the heart chakra.

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.

TOADFLAX: Balances the subtle energy system in the area relating to the ear.

TRADESCANTIA: Resonates with the energetic blueprint for the muscles and their functions.
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: Helps one to let go of the need for a guru - spiritual independence.
VIPERS BUGLOSS: Balances the subtle energy system in the areas relating to the ears, nose and throat.
VIOLET *Sweet:* Opens crown chakra, for forgiveness of others.
VIOLET *White:* Forgiveness of self. Soul aspects of purity.
VIRGINIA BLUEBELLS: Transmutes fears stuck in the feet & throat chakras.
WALLFLOWER: For the homeless, helps find inner security.
WATER LILY *Blue:* Bridge linking the ancient spiritual energy of India, via Himalayas to cosmic consciousness.
WATER LILY *Yellow:* Strengthens emotional/ mental body links.
WATERMELON: Provides emotional support during conception, pregnancy and birthing. Helpful for both women & men.
WEIGELA: Unconditional love. Heart chakra becomes more expressive.
WINTERSWEET: Promotes a greater understanding where there is difficulty having children. Hope and inspiration.
WISTERIA: Strengthens meridians, useful tool for acupuncturists.
YARROW:
Pink: Protection from psychic attack.
White: Strengthens the aura to deflect radioactivity.
Mixed: Available as a mixed extra strong potency.
YEW: Develops wisdom, helps 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 system.

Crystal Herbs Single Flower Essences

are available from

Crystal Herbs Website:-

www.crystalherbs.com

or by contacting us at:-

Email - orders@crystalherbs.com

Tel:- 01379 642374 Fax:- 01379 641980

1D Gilray Road, Diss, Norfolk, IP22 4EU. U.K.

You can also download a current price list
and Crystal Herbs other Essences leaflets [here](#)

For more information about Bach Flower Remedies,
Flower Essences, Gem/ Crystal Essences and Personal Growth,
please see our website – www.crystalherbs.com

HOW TO USE THE SINGLE FLOWER ESSENCES

How many essences can I take at once?

It can be very beneficial to choose several essences that will provide a focus on a particular issue.

Adults:- most adults will find that a combination of four or possibly five essences is enough to take together at any one time.

The easiest way to take several essences at once is to mix them together into a combination - see *How To Combine Essences* below.

Children:- as a general rule, start giving children essences from this leaflet from age seven upwards. It is best to start with single essences.

Dosage

We sell all our essences at stock level and you will find that you gain maximum healing benefit when you take the essences at this level without further dilution.

General dosage guidelines for adults would be four drops on the tongue 3 or 4 x a day from an individual stock bottle or combination until it is finished. Some very sensitive people might find 2 or 3 x a day more comfortable - don't be afraid to experiment for yourself. Children should start with a dosage of 4 drops 2 x a day.

How to combine Essences

To make a combination from the essences that you have chosen from this leaflet, mix equal quantities from each stock bottle in a clean dropper bottle.

Using this method we recommend that you mix no more than 4/5 different essences in one bottle. Alternatively you could order your chosen essences made into a stock level combination by us - more details on back page.

NB: Please remember that Crystal Herbs Chakra Combinations, Combinations for Self-Treatment, Rainbow Light Body Essences & Inner Child Essences already contain 4, or in some cases 5 essences, and should therefore not be combined as described above. We also do not recommend that you mix Karmic Essences into combinations.

Further information

You will find more in-depth information on many of the essences in this leaflet in the following books;

Flower Essences & Vibrational Healing by Gurudas

Gem Elixirs & Vibrational Healing Book 1 by Gurudas

Both these books are available from Crystal Herbs - please see our general order form for more details.

STORAGE

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

**CRYSTAL HERBS ESSENCES
ARE ALL HAND MADE WITH LOVE**

Using vibrational essences does not replace medical treatment