



Crystal Herbs

Flower, Gem & Crystal Essences

- Catalogue Spring 2014 -

A wonderful range of
Flower, Gem & Crystal Essences
handmade for you with love & care
promoting gentle & natural harmony
at all levels of your being.

Your Flower Essence Shop & Resource

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Catalogue Spring 2014

Contents

Our Range of Flower, Gem & Crystal Essences.....	5	A Quick Guide to Self Selection.....	47
The Bach Flower Remedies.....	6	Whats New at Crystal Herbs.....	48
Karmic Flower Essences.....	13	Special Offers.....	48
Divine Harmony Essences.....	15	All About Flower, Gem & Crystal Essences	49
Chakra Essences.....	24	How Flower, Gem & Crystal Essences can help us.....	49
Angel Essences.....	26	Understanding the different Essence types.....	49
The Archangel & Ascended Master Essences.....	28	How we make our essences.....	50
Pure Vibrations Spray Collection.....	30	Books.....	51
Rose Collection Essences.....	32	Essences - A Catalyst for Personal & Spiritual Growth.....	52
Individual Flower, Gem & Crystal Essences.....	34	Holistic Viewpoint.....	53
Wellbeing Combinations & Platonic Solid Essences.....	37	Blogs, Newsletters and More.....	53
Inner Child Essences.....	38	About Us.....	53
Rainbow Light Body Essences.....	43	Ordering from Crystal Herbs.....	55
How to Use Essences.....	45	How to Order.....	55
Getting Some Help & Advice.....	45	Practitioners.....	55
Help with Choosing An Essence.....	46	Wholesale.....	55
Intuitive Diagnosis.....	46		
Personal Essence Consultation.....	46		
Choosing Essences For Children.....	46		

Some of our customer's comments

"Thank you for your wonderful range of essences, they are a joy to use"

"Thank you for all of the love and support that you provide alongside the essences"

"Thank you for your very speedy dispatch of my order!"



Welcome to Crystal Herbs

We offer you our warmest greetings knowing that if you are reading this you are certainly not here by chance. Whether you are new to vibrational essences or simply new to our essences, we hope you will find this catalogue helpful and inspiring and that you discover something from within its pages that enhances your life in some way.

Flower, Gem & Crystal Essences are simple natural tools that everyone can use and benefit from. The positive natural energies that they contain promote harmony, balance and wholeness through all levels of your being, encouraging you to move beyond your limitations and to discover your true potential.

At Crystal Herbs we have been making and selling Flower Gem & Crystal essences for over twenty years and we know from our own experience of using them just how powerfully helpful they can be. All our essences are hand made with love and consciousness and are preserved in organic brandy.

In the pages of this catalogue you will find details of all the essences that we make together with information, help and advice on how to use them. We look forward to hearing from you with your comments, feedback and orders.

In Love & Light

All at Crystal Herbs.

We hope that you enjoy exploring our range of Essences and information!

If you would like any help or advice please do give us a call

01379 608059.

You can also find out more on our website

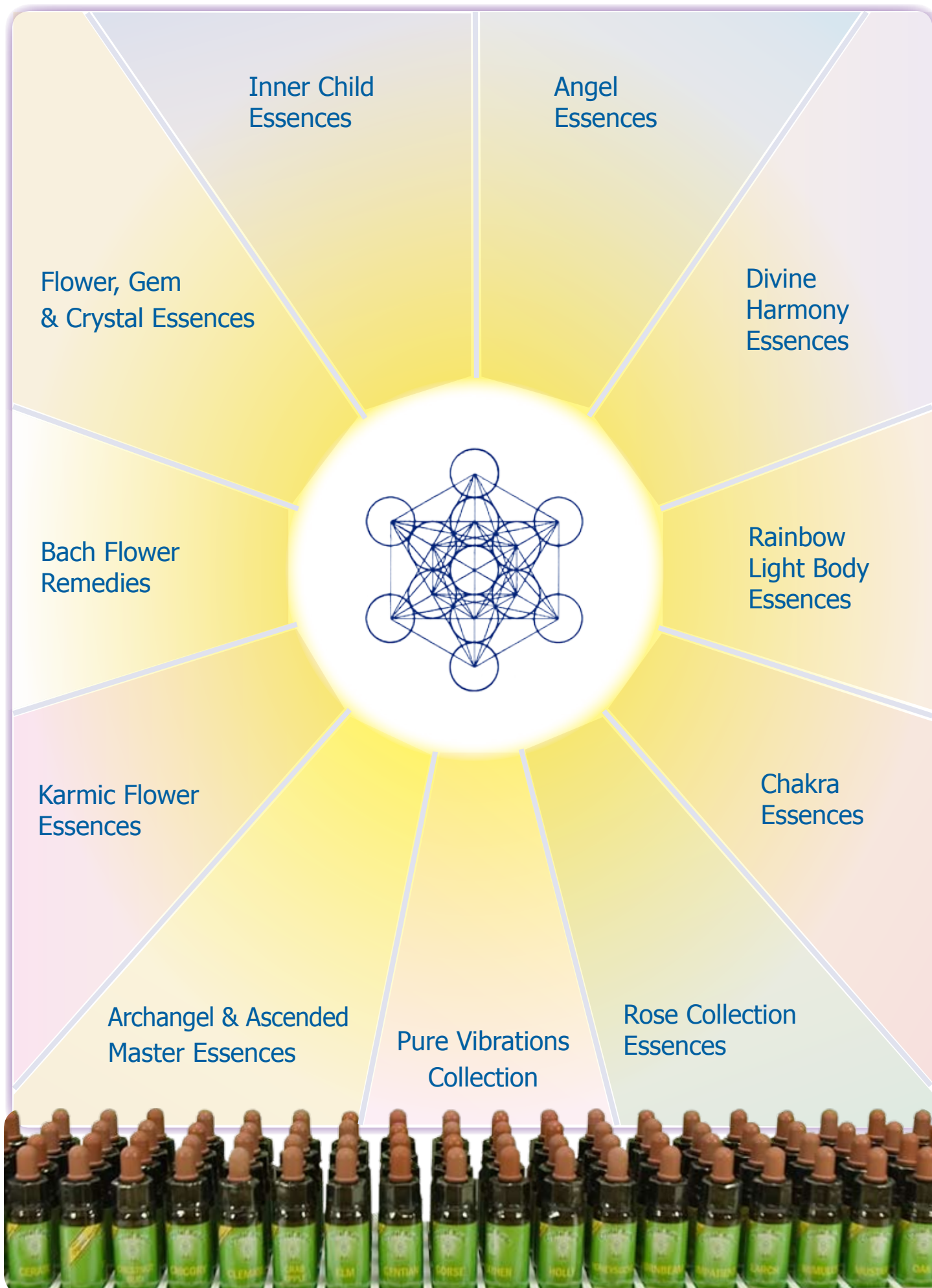
www.crystalherbs.com



The Crystal Herbs Team

Catherine Keattch, Sam Cremnitz, Julia Payne, Dinny Turner, Jeana Lawson, Annie Vincent & Pam Marshall.

You can find out more about Crystal Herbs on page 54.



The image in the middle of the essence groups above is Metatron's Cube. You can find out more about Metatron's cube in the Platonic Solid Essences section on p.37

Our Range of Flower, Gem & Crystal Essences

Here you can find an overview of the wide selection of flower gem and crystal essences available from us at Crystal Herbs. These essences are the product of our many years of experience & research in the field of vibrational essences and offer a wonderful resource for anyone seeking to establish and maintain natural balance & harmony in their lives.

Explore The Essences...



Bach Flower Remedies... page 6

Simple and effective remedies that can quickly help to bring greater balance to the way you respond to everyday life.



Karmic Flower Essences... page 13

These offer deeper acting help for those hard to shift patterns that underlie the more surface issues of life.



Divine Harmony Essences... page 15

Forty powerful essence combinations designed to support your inner journey towards greater wholeness & self-awareness, activating and aligning you with your own highest potential.



Chakra Essence... page 24

Deep acting combinations designed to clear and activate each of the seven main chakras together with three important minor chakra points.



Angel Essences... page 26

Twenty beautiful essences linking you with the Angelic Realms for inspiration and help.



Archangel & Ascended Master Essences... page 28

Ten powerful essences that create a link with the web of light and higher consciousness of the Spiritual Hierarchy.



Pure Vibrations Spray Collection... page 30

A set of ten spray essences providing energetic support and positive vibrational alignment.



Rose Collection Essences... page 32

Essences & combinations to awaken the heart chakra, helping you to expand your ability to live in love.



Flower, Gem & Crystal Essence Collection... page 34

An index of the many different individual essences that we supply at Crystal Herbs. You can use these essences singly or to create your own unique combinations.



Wellbeing Combinations & Platonic Solid Essences... page 37

Five deep acting essence combinations for overall wellbeing and quality of life. You can also find our Platonic Solid Essences and Combinations here.



Inner Child Essences... page 38

36 essence combinations designed to help you connect with and heal your Inner Child, healing the past to create a new future.



Rainbow Light Body Essences... page 43

12 unique combinations designed to clear and activate your Light Body.



The Bach Flower Remedies

Bach Flower Remedies are a wonderful resource that can help you to achieve greater balance and harmony in your life in a simple, natural & effective way.

Our Bach Flower Remedies are made by hand with love & care according to the original instructions of Dr. Bach and are preserved in organic brandy.

Remedy Key Points:-

Gentle acting remedies to help you to re-balance how you are thinking and feeling in the moment.

The 38 Bach Flower Remedies

AGRIMONY... *Agrimonia Eupatoria*

Key Word - **Inner Harmony** Bach Group - **Oversensitivity**

Agrimony restores the ability to express ones true feelings and emotions no matter what these might be. Those in need of Agrimony have much inner anxiety and turmoil that they cover up with a smile and a laugh when in the company of others. They are so successful at this that they appear to be 'the life & soul of the party' without a care in the world. Their sensitivity and dislike of discord leads them to try to keep the peace at any cost. However, when the pressure of these bottled up emotions becomes too great they may explode in anger and often use alcohol or drugs as a way of cutting themselves off from their unexpressed inner worries. Other indications for this remedy are restless sleep patterns and a need for constant outer stimulation. Agrimony promotes ease of expression, leading to feelings of real inner harmony and peace.

ASPEN ... *Populus Tremula*

Key Word - **Feeling Safe** Bach Group - **Fear**

Aspen helps those who experience anxiety for which there appears to be no logical reason. This can take the form of vague but potent apprehension of some unknown future event or an uneasy 'spooked out' feeling in the dark or in strange places. The creepy, shivery feeling that is sometimes described as 'someone just walked over my grave' expresses the Aspen fear of the spirit / psychic realms very well. Shaking, trembling, or vague fluttering feelings in the tummy together with coldness, paleness & nightmares are all indications of the need for Aspen.

BEECH ... *Fagus Sylvatica*

Key Word - **Tolerance** Bach Group - **Overcare & Concern**

Beech helps those who need to establish a more loving, lenient and flexible relationship with themselves and with those around them. Criticism, judgement and intolerance are very common personality traits in today's world where they are often seen as acceptable ways of instilling discipline in children as they grow up. However when these traits are not balanced with enough love the result is an individual who is constantly critical, intolerant and judgemental of themselves and others. Being easily irritated by others habits, having a very fixed outlook on life or so sensitive to criticism from others that it is difficult to benefit from life's lessons, are all indications of the need for this remedy.

CENTAURY ... *Centaureum Erythraea*

Key Word - **Self Determination** Bach Group - **Oversensitivity**

Centaury restores the qualities of inner strength & self-determination. Those in need of Centaury have a misplaced sense of service and believe that they must put others needs before their own. They appear to lack the will power to say 'no' and are easily dominated and open to being taken advantage of by those with stronger personalities. As a consequence they often wear themselves out in service to others and do not develop their own individuality or creativity. Those in the negative Centaury state are often seen as being 'a doormat for others'.

CERATO ... *Ceratostigma Willmottiana*

Keyword - **Trust** Bach Group - **Uncertainty**

Cerato restores the qualities of inner certainty and wisdom. Those in need of Cerato have difficulty trusting in their own intuition or 'inner voice'. They appear to have an air of uncertainty around them and tend to seek the opinions of others when faced with decisions in their lives, rather than trust their own judgement. Even when they have consulted with friends & colleagues they will still have great difficulty making a firm choice of direction causing themselves much confusion. The statement 'I don't know' can often be heard from the lips of those in the negative Cerato state. Cerato helps to create a bridge between the personality and the Soul restoring the ability to know and trust one's own innate inner wisdom.

CHERRY PLUM ... *Prunus Cerasifera*

Keyword - **Rationality & calmness** Bach Group - **Fear**

Cherry Plum restores the qualities of balance, calmness and positive control of the mind. The negative Cherry Plum state can be a very extreme and uncomfortable one in which the personality experiences powerful and irrational fears. Those in need of this remedy often feel that they are losing control of their mind, going insane, or perhaps having a breakdown. They can

be snappy, on edge, want to scream or fear that they could be uncharacteristically violent, either to themselves or others. In a very extreme state they may have wide staring eyes and be unable to stop themselves from saying or doing things that are completely out of their normal character. Many women experience variations of these irrational feelings related to their monthly cycle. In all these situations Cherry Plum brings calmness, rationality and peace.

CHESTNUT BUD ... *Aesculus Hippocastanum*

Keyword - **Learning from experience** Bach Group - **Lack of Interest**

Chestnut Bud helps those who need to focus more fully on their current life experiences in order to move forward. Those in need of Chestnut Bud appear to repeat the same old life situations over & over again, seemingly unable to assimilate the lesson in the experience that would allow them to move on. An example might be someone who finds themselves in a cycle of destructive relationships but cannot seem to make the inner changes that would allow them to disentangle themselves. Chestnut Bud is a generally helpful remedy for anyone who finds it difficult to take in information in any form.

CHICORY ... *Cichorium Intybus*

Keyword - **Unattached Love** Bach Group - **Overcare & Concern**

Chicory helps to restore the principles of unattached and selfless love. Those in need of Chicory tend to be possessive of those they care about, wanting to keep them nearby to cling onto and to love. They can appear to be emotionally needy, manipulative, excessively interfering or easily fall into self-pity and resentment if their efforts at 'helping' others are not appreciated. Behind the negative chicory state lays an inner emptiness and feeling of being unwanted or unloved that unconsciously drives the personality to use these rather selfish and manipulative ways to get its needs met. Chicory helps to dissolve these personality traits and to promote the more balanced energy of the 'universal mother' who gives her love unconditionally, knowing that love is everlastingly abundant.

CLEMATIS ... *Clematis Vitalba*

Keyword - **Being in the here & now** Bach Group - **Lack of Interest**

Clematis helps those who all too easily drift off into daydreams and fantasies about the future feeling that life will be better there, than it currently is. People in need of this remedy seem to be generally inattentive or sleepy and might complain of forgetfulness or a lack of concentration. They often have cold feet and hands, and often need lots of sleep. Their lack of desire to be fully present means that they have their 'head in the clouds' most of the time and are generally ungrounded which makes them prone to appearing clumsy or accident-prone. Psychics and those working a lot in their imagination like artists and writers often need the 'reality check' that this remedy brings.

CRAB APPLE ... *Malus Sylvestris*

Keyword - **Purity** Bach Group - **Despair & Despondency**

Crab Apple aids purification at all levels. Those in need of Crab Apple have temporarily lost sight of their own innate purity and carry underlying feelings of uncleanness, dirtiness or lack of purity, which in extreme states can manifest as obsessions related to housework or bodily cleanliness. They can be fussy, easily upset and have a tendency to make mountains out of molehills when in the negative state. Other indications for this remedy are skin eruptions or compulsive, obsessional behaviour of any sort. Crab Apple can usefully be applied to the skin as a lotion in a little water or added to a bath (10-12 drops), in addition to being ingested.

ELM ... *Ulmus Campestris*

Keyword - **Balanced Responsibility** Bach Group - **Despair & Despondency**

Elm helps those normally very capable people, perhaps with responsible jobs, large families or dependants to care for who suddenly find themselves feeling overburdened, overwhelmed and uncharacteristically unable to cope with their responsibilities. 'The last straw that broke the camels back' sums up the negative state of this remedy very well. Taken short term Elm will very quickly help to restore the strength of mind and ability to cope. Taken more long term it will help the Elm personality to determine which responsibilities are truly their own and to balance these with the need for personal nurturing.

GENTIAN ... *Gentiana Amarella*

Keyword - **Faith** Bach Group - **Uncertainty**

Gentian is the remedy for those who need help to restore the soul qualities of trust and faith at a personality level. Those who need this remedy are uncertain about their relationship with their Creator and find it difficult to see themselves as part of a greater whole in which all is ordered according to a higher plan. They are easily discouraged by even small setbacks in life and can appear pessimistic and cynical because they find it very difficult to see a positive resolution to any problem. The phrase 'doubting Thomas' sums up the negative Gentian state very well.

GORSE ... *Ulex Europaeus*

Keyword - **Hope** Bach Group - **Uncertainty**

Gorse is the remedy for those who suffer great uncertainty in the process of life, causing them to experience feelings of hopelessness and despair. This is a state sometimes found in those with a long-term illness who have lost all hope of recovery or in those whose experiences have caused them to view life 'as a lost cause'. When this state is very deep rooted a person may have dark rings under the eyes or be prone to sigh a lot. Taken over a period of time Gorse will help to dispel

these dark feelings and promote new hope and vision for the future.

HEATHER ... *Calluna Vulgaris*

Keyword - **Empathy for others** Bach Group - **Loneliness**

Heather is the remedy for those whose inner sense of isolation and loneliness manifests as a compulsive need to talk about themselves to anyone and everyone - even a complete stranger. When in an acute state, those in need of this remedy appear to have their thoughts entirely focussed on themselves and can cause unsuspecting listeners to feel as though they are unable to escape by the very force of their conversation. They make very poor listeners and sadly can drive people away by the very strength of their own neediness. Heather will help to relieve this state so that they are more in touch with the need to give as well as receive.

HOLLY ... *Ilex Aquifolium*

Keyword - **Unconditional Love** Bach Group - **Oversensitivity**

Dr Bach says of Holly that it; 'opens the heart and unites us with Divine Love'. Unconditional, Divine Love is the highest form of love and one that is present within the heart of every human being. However when this love is not recognised and nurtured the heart gradually closes down and defence patterns of the personality such as anger, revenge, jealousy & hatred take root. Those in this state can also appear to be suspicious, distrustful or supersensitive to real or imagined slights. The powerful energy of the Holly remedy floods the heart with the vibrations of Divine, unconditional love helping to transmute and transform these negative states.

HONEYSUCKLE ... *Lonicera Caprifolium*

Keyword - **Letting Go** Bach Group - **Lack of Interest**

Honeysuckle helps those who are unable to let go of the past in some way. Those in need of this remedy are often locked into past happier times which they feel can never return, leaving them with feelings of nostalgia, sadness or regret. This is an excellent remedy for anyone experiencing difficulty with homesickness, bereavement, divorce, or unaccepted change of all kinds. Honeysuckle helps to dissolve these difficult feelings bringing greater acceptance of the past and hope for the future. Honeysuckle, Star of Bethlehem and Walnut used in combination are a particularly valuable support for anyone coming to terms with loss of any kind.

HORNBEAM ... *Carpinus Betulus*

Keyword - **Mental Vitality** Bach Group - **Uncertainty**

Hornbeam helps those who feel that they lack the mental strength to carry out the everyday tasks of their lives. Those in need of this remedy often experience a state of procrastination brought on by a kind of mental weariness or staleness. They feel tired even after a good nights sleep and find it very difficult to get going in the morning, maybe needing several cups of coffee in order to be ready to face the day. However once they eventually do get going they usually discover that they are perfectly capable of completing their day's work.

IMPATIENS ... *Impatiens Royalei*

Keyword - **Patience** Bach Group - **Loneliness**

Impatiens helps those who are driven by an inner sense of urgency, a feeling that they need to get things done 'yesterday'. Those in need of Impatiens can become very impatient and irritable with others who are naturally slower than they are, a state that often creates inner discomfort and tightness. They usually prefer to do things by themselves because it is; 'quicker to do it myself'. The Impatiens personality does not wait for long for anything, even to the point of finishing others sentences and can easily flare up in anger if pushed, although this will normally be quickly over and forgotten. They are very independent minded and can become isolated and unable to connect with others in the extreme state.

LARCH ... *Larix Europea*

Keyword - **Self Confidence** Bach Group - **Despondency & Despair**

Larch helps to restore confidence in one's own abilities. Those in need of Larch have such an in built unconscious certainty of failure that they never attempt new things in life and so never discover their true potential. They automatically feel inferior to others and will stand back, allowing those that they feel are better able than themselves to take up life's opportunities. Larch helps to remind those with these traits that deep down they do have the ability and restores their confidence to live life to the full.

MIMULUS ... *Mimulus Guttatus*

Keyword - **Courage** Bach Group - **Fear**

Mimulus helps those who feel they need greater courage to face up to the everyday events of life. Those in need of Mimulus suffer unnecessary fear and worry about everyday situations, such as visiting the dentist, flying, swimming, spiders or perhaps taking their driving test. They can appear nervous, shy or timid and may stammer, stutter or blush easily when in situations where they feel vulnerable. Sensitivity to crowds, loud noises, or bright lights are other examples of states for which Mimulus would be beneficial. As Mimulus dissolves their fears and worries those with this personality trait find themselves able to create a more positive mental approach to life.

MUSTARD ... *Sinapsis Arvensis*

Keyword - **Joy** Bach Group - **Uncertainty**

Mustard helps those who from time to time experience a black cloud of gloom that comes and goes for no reason that is obvious. Those in this state feel despairing and unable to cover over how they feel. They withdraw into themselves, feeling separate and isolated from the rest of the world. Mustard helps to dispel the blackness, bringing back light and joy.

OAK ... *Quercus Robur*

Keyword - **Strength & endurance** Bach Group - **Despondency & Despair**

Oak helps those who need help to restore the qualities of strength and endurance. Those in need of Oak tend to struggle on enduring all things long after others would have given up. They possess great strength and courage and like the mighty Oak tree itself often provide shelter and nourishment for others. However this is often done at great cost to themselves and can lead to the despairing feeling of being suddenly and completely lacking in the strength to carry on. Often their legs ache and a great weariness comes over them. Taken short term Oak will help to restore strength and fortitude so that they can carry on. Taken more long term it will help the Oak personality to find new balance so that they learn to conserve some energy and reserves for themselves.

OLIVE ... *Olea Europaea*

Keyword - **Physical vitality** Bach Group - **Uncertainty**

Olive helps those who feel that their reserves of energy are completely depleted and that they have nothing left to carry on with. This could be either at any level. In the acute state those in need of Olive often complain of being too tired to do another thing or feeling completely washed out. This is usually the result of situations where a great deal of energy has been used up - over working, a hard spell of digging in the garden or exhaustion related to a long term illness are all situations that can be helped with Olive.

PINE ... *Pinus Sylvestris*

Keyword - **Positive self-value** Bach Group - **Despair & Despondency**

Pine helps to restore a positive sense of inner self-value or self worth. Those in need of Pine suffer from feelings of guilt, shame, self-blame or self reproach and will often take responsibility for, or even apologize for, something that has nothing to do with them at all. They are never truly satisfied with themselves and tend to feel that others are better than they are. It is difficult for those in this state to find any real sense of achievement or joy in life.

RED CHESTNUT ... *Aesculus Carnea*

Keyword - **Optimism that all is well** Bach Group - **Fear**

Red Chestnut helps those who are fearful for the safety of others. Those in need of Red Chestnut worry for the safety of others, particularly those close to them. When things do not happen as anticipated they will immediately fear the worst, imagining that some harm has befallen their loved ones; 'they must have had an accident'. A mother who is afraid for her children when they are even a little late home is a good example of this kind of fear, a fear that will immediately vanish when the family members return unharmed. Red Chestnut helps to restore optimism and trust in the Divine Plan bringing the recognition that everyone has their own path and is divinely looked after no matter what happens to them.

ROCK ROSE ... *Helianthemum Nummularium*

Keyword - **Fearlessness** Bach Group - **Fear**

Rock Rose is helpful in any situation where there is the need to transmute the vibrations of extreme fear, panic or terror. In an acute state those in need of Rock Rose may become rigid, shaking or petrified by acute fear. They can be paralysed by fear or experience the kind of blind panic that creates the urge to run away to anywhere but where they currently are. The tendency to panic in emergencies or to have terrifying nightmares also indicates a need for Rock Rose.

ROCKWATER ... *Aqua Petra*

Keyword - **Freedom & flexibility** Bach Group - **Overcare & Concern**

Rock Water helps to restore the ability to be open minded and flexible in one's beliefs. Those in need of Rock Water set themselves very high standards and impose very strict disciplines upon themselves in an effort to adhere to their high minded, idealistic principles. They hope to set an example for others to follow by forcing themselves to be saints or martyrs. As a result they live a very rigid lifestyle, often denying themselves even the smallest luxury. This self-punishing attitude creates deeply suppressed physical & emotional needs. The phrase 'a sack cloth & ashes type' sums up the acute state of this remedy very well. Rock Water helps to dissolve these personality traits bringing the understanding that it is loving acceptance of all aspects of self and freedom from dogma that allows us to make real and lasting inner change.

SCLERANTHUS ... *Scleranthus Annuus*

Keyword - **Balance & Decisiveness** Bach Group - **Uncertainty**

Scleranthus helps to restore the qualities of balance and decisiveness in the personality. Those in need of Scleranthus can be gripped by crippling indecision when faced with a choice between two things. In this situation they will usually weigh things up and 'um & ah' for a long time. Emotionally they can swing from one extreme to another very easily and may become quickly tearful. Mentally they can have a tendency to respond to outside stimulus rather like a grasshopper,

making it hard for them to concentrate in the negative state. Scleranthus helps to restore one's inner point of balance creating a greater connection with the Soul and one's own inner direction.

STAR OF BETHLEHEM ... *Ornithogalum Umbellatum*

Keyword - **Transforming Shock** Bach Group - **Despair and Despondency**

Star of Bethlehem is helpful in any situation where shock or trauma of any kind has been experienced, whether immediate or in the past. If this essence is given immediately in situations of shock and trauma it will help to take away the numbing effect and assist the body to mobilise its self-healing abilities. This should obviously not replace medical assistance, but could enhance it. This remedy can be very beneficial for those who retain shock or trauma at some level from past situations and events. Situations such as bereavement, accident, sudden loss of job, divorce, 'bad' news etc are all situations that might call for the help of Star of Bethlehem.

SWEET CHESTNUT ... *Castanea Sativa*

Keyword - **The light at the end of the tunnel** Bach Group - **Despair & Despondency**

Sweet Chestnut's gift is its ability to restore our connection to our Soul's light and love. In the acute state those in need of Sweet Chestnut feel that they have reached the limits of their endurance and are at the end of the road. In this extreme state they feel an absolute and utter despair or hopelessness – a state of desolation in which they feel isolated from the rest of mankind. Often described as 'the dark night of the soul' this state can be experienced when the personality is faced with the challenge of confronting itself. The 'back to the wall' feeling is the result of the personality's resistance to make the inner change necessary to move to the next level of consciousness, so this uncomfortable state can sometimes precede a big movement forward. Sweet Chestnut brings back the light and joy to life, dissolving the darkness.

VERVAIN ... *Verbena Officinalis*

Keyword - **Realistic responsibility** Bach Group - **Overcare & Concern**

Vervain helps those who need to restore balance to the unconscious belief that it is their responsibility to take care of everything around them. Those in need of Vervain have very high principles and ideals that they seek to convert others to, by the sheer force of their will and enthusiasm. They are perfectionists who tend to overwork, driving themselves way past what is reasonable, often becoming wound up & highly strung as a result. In the acute state they can be fanatical, over zealous and incensed by injustice. Vervain restores balance to these states allowing the personality to take a more realistic perspective in its attitude to responsibility and to recognise the need for others to have the freedom to follow their own path in life.

VINE ... *Vitis Vinifera*

Keyword - **Positive leadership** Bach Group - **Overcare & Concern**

Vine helps to restore the principle of balanced leadership through the right use of power and will. Those in need of Vine have a tendency to be over bearing, dominating, certain that they are right and need to take control in every situation. They can find it very hard to hear another's point of view and will intimidate others weaker than themselves, often without realising what they are doing. Extreme examples of this personality type are the ruthless tyrant or bully. Vine helps to open the heart and to remind the personality that positive leadership is the result of a partnership between the heart and the mind.

WALNUT ... *Juglans Regia*

Keyword - **Adaptability & Protection** Bach Group - **Oversensitivity**

Walnut promotes adaptability, flexibility and protection during times of change. We all face the challenge of change many times in our lives and Walnut helps us to be open, flexible and adaptable at such times. This might be the physical changes that occur as we move through the various stages of life, or life style changes such as bereavement, divorce, new house or job. In such situations Walnut acts as a link breaker helping us to release the old and decisively embrace the new. It can also provide a cloak of protection for those over sensitive to their environment or to the influence of others.

WATER VIOLET ... *Hottonia Palustris*

Keyword - **Humility** Bach Group - **Loneliness**

Water Violet helps to restore the soul qualities of humility and wisdom. Those in need of Water Violet often have much valuable wisdom and insight to share but due to their gentle, sensitive natures find it hard to communicate this to others. They have a tendency to withdraw into their own space and can sometimes appear to be aloof and unapproachable or perhaps slightly superior or proud, all aspects of personality that contribute to their sense of isolation from others. Water Violet helps them to remember the oneness of all things and to dissolve the barriers around the heart that this state creates, promoting the ability to socialise easily and to share their integrity, wisdom and knowledge.

WHITE CHESTNUT ... *Aesculus Hippocastanum*

Keyword - **Tranquillity of mind** Bach Group - **Lack of Interest**

White Chestnut brings the gift of a calm, peaceful mind uncluttered by unnecessary thoughts. Those in need of White Chestnut suffer from a constantly busy mind in which there is no reprieve from revolving thoughts that circulate round and round like a hamster on a wheel. They often experience recurring internal mental arguments and conversations, all states that effectively cut them off from the present moment and can sometimes make it difficult to sleep. White Chestnut brings tranquillity and clarity of thought.

WILD OAT ... *Bromus Asper*

Keyword - **Clarity of Direction** Bach Group - **Uncertainty**

Wild Oat promotes an inner certainty about the vocational direction of one's life. Those in need of Wild Oat have not yet connected with the inner direction of their Soul that would give them clarity on the direction of their chosen life path. They are often strongly ambitious people with many talents and gifts but as they lack a strong inner sense of how to use them tend to end up flitting from one thing to another. A state of uncertainty that means they are endlessly searching in the outer world for the 'right' direction when the answer is actually within themselves. Wild Oat helps to strengthen their inner connection and promote clarity of direction.

WILD ROSE ... *Rosa Canina*

Keyword - **Enthusiasm** Bach Group - **Lack of Interest**

Wild Rose helps to restore the qualities of enthusiasm and joy in the process of life. Those in need of Wild Rose experience a state of apathetic resignation, which can bring with it feelings of boredom or tiredness. In an acute state they appear to have given up, completely lacking the motivation and enthusiasm necessary to function normally in life. Some people experience this during a long-term illness, having been told to resign themselves to the fact they may never be fully well again. Wild Rose helps to bring back the enthusiasm to find joy in life whatever the circumstances.

WILLOW ... *Salix Vitellina*

Keyword - **Forgiveness** Bach Group - **Despondency & Despair**

Willow restores the qualities of self-responsibility and forgiveness. Those in need of Willow have a tendency to feel a victim of circumstance and to blame others for their life situation. They may become easily bitter or resentful, bear grudges or feel that 'life's not fair' when things do not go their way. Willow helps to dissolve these difficult personality traits and to promote the recognition of the need for self-responsibility, forgiveness of self and others and to restore optimism in their ability to create the life they want.

REVIVAL REMEDY

- For Emergency Situations -

Revival Remedy is a combination of Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem. This combination is an original formulation of Dr Bach's for use in situations requiring 'emergency rescue'. It is a very swift emotional stabiliser in situations of great fear, panic, trauma, or severe stress such as serious accidents or unexpected bereavement. It is also very useful in other situations such as exams, driving tests, visits to the dentist, etc. In emergency situations take 4 drops on the tongue directly from the stock bottle, repeat until stabilised and calm. It can also be applied to pulse points or sipped in a small amount of water. Releasing the effects of shock, fear or trauma, enables the body's self-healing process to take effect quicker. Revival Remedy should not replace medical attention.



REVIVAL REMEDY CREAM

The five remedies used in Dr Bach's original 'emergency rescue' combination; Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem together with Crab Apple & Pine mixed into a natural cream base, make an excellent 'emergency' formula for external application. Beneficial and soothing, it is useful on scars, skin blemishes, pulled muscles etc. Revival Remedy Cream is not tested on animals.



What Dr Bach said about his remedies

"They are able, like beautiful music, or any gloriously uplifting thing which gives us inspiration, to raise our very natures, and bring us nearer to our Souls: and by that very act bring us peace and relieve our sufferings."

Dr. Edward Bach

Bach Flower Remedy Sets

In our experience, a set of Bach Flower Remedies is an invaluable resource whether you plan to use it professionally, as an individual or for your family, friends and relations. It was certainly Dr Bach's dream that every household would have a set of his Flower Remedies to help them through the ups & downs of life.

Crystal Herbs Bach Flower Remedy sets contain one of each Bach Flower Remedy, together with two bottles of our Revival Remedy combination; 40 bottles in total. Sets are available with 10ml or 25ml size bottles and are packaged in attractive wood or card boxes.



10ml Bach Flower Remedy Set in a wooden box.



25ml Bach Flower Remedy Set in a wooden box.



10ml Bach Flower Remedy Set in a card box.



25ml Bach Flower Remedy Set in a card box.



We also offer the following items to accompany the Bach Remedies

- Empty Mixer Bottles
- Poster - see right.
- Books - see page 51



How to Use

Choose the remedies that will help to bring balance to the issues that you identify; you can use a single remedy or up to 8 remedies together as a combination. You can dilute the stock bottles that we send you to make a treatment bottle.

Making a Combination

To do this you can put 2 drops* of each remedy required into a clean glass dropper bottle containing up to 30ml of spring or spa water, adding a teaspoon full of brandy or cider vinegar as a preservative. * 4 drops of Revival Remedy combination

Take your chosen combination of Bach Flower Remedies for two-four weeks before reviewing how you feel. After this time you may find that you need to change some of your original choices or that you need to continue with the same ones for longer.

Working in this way over a period of six months or so you will find that there has been a subtle but definite shift in the way you perceive your world.

If you find that you use many different remedies, or that you prescribe a lot for others, you might find that a complete set of Bach Flower Remedies would be more economical than buying lots of individual bottles.

Dosage

We recommend a dosage of 8 x a day for chronic states and every 30-60 minutes for acute states, reverting to the normal dosage when more balance has returned.

Bach Flower Remedies can be taken by everyone - babies, children, animals and plants included - safely and without side effects, overdosing or addiction. Please note however that as brandy is the traditional preservative in these remedies anyone with a sensitivity to alcohol should take care. Please contact us for information on how we can help where this is an issue.



Bach Flower Remedy Colour Poster

Crystal Herbs

Bach Flower Remedies

are hand made with love & care according to the original instructions of Dr. Edward Bach.

Preserved in organic brandy.





Karmic Flower Essences

The Karmic Essences are a powerful set of ten essences that can help to open the inner doorways and take you straight to the heart of an issue, promoting a swift release of any unconscious belief pattern that is holding you back. Simple and easy to use they link directly into the work of Dr Edward Bach, and the seven distinct personality groups into which he divided his 38 Flower Remedies. Each Karmic Essence provides a deep acting focus for release of the unconscious beliefs underpinning the surface personality issues of each of these groups.

Essence Key Points:-

A powerful set of ten essences promoting a swift release of any unconscious belief pattern that is holding you back.

White Bluebell ... *Hyacinthoides non-scripta*

Relates to Dr Bach's **Over Sensitivity Group** - Agrimony, Centaury, Holly & Walnut

All the remedies in this group express different ways in which the personality reacts to the feelings of vulnerability created by extreme sensitivity to the emotional and mental energies of others. Those in need of this essence are acutely and uncomfortably aware of the thoughts and emotions of others and are often unable to recognise that these are not their own. White Bluebell provides a cloak of protection which allows the personality to bring into awareness the unconscious reasons why it is unable to make healthy personal boundaries.

When to use -

- Unable to separate from the emotions & thoughts of others.
- Easily drained of energy when around other people.
- Solar Plexus chakra uncomfortable in crowds.
- A feeling of needing protection.

Pink Rose ... *Rosa 'Queen Elizabeth'*

Relates to Dr Bach's **Fear Group** - Aspen, Cherry Plum, Mimulus, Red Chestnut & Rock Rose.

Fearful and traumatic experiences have been a part of life on Earth for thousands of years and many people still have the emotional memory of these experiences locked away in their unconscious. Pink Rose will help to unlock these old memories and transform the crystallised energy that has collected around the issues. Once the root cause has been brought into the light of awareness, it is much easier for us to recognise the lesson attached to the original experience and to overcome the fear.

When to use -

- When it feels like you cannot get to the root of the fear.
- Phobias or fears with no apparent cause in this lifetime.
- Fear that has been present since birth.
- During healing, hypnotherapy or past life regression.

Wild Iris ... *Iris pseudacorus*

Relates to Dr Bach's **Over Care & Concern for Others Group** - Beech, Chicory, Rock Water, Vervain & Vine

Underlying all the remedy states in this group are deep unconscious feelings of responsibility for the welfare of others or the planet. These feelings are often the result of earlier lifetimes in which lessons relating to balanced authority and responsibility have not been fully learned. Unconsciously still locked into these old memories, the personality continues to try to 'fix' everything around them by subtly attempting to coerce, control or criticise others into doing what they consider right. Wild Iris helps to dissolve these old mind sets, allowing the personality to release the burden of unrealistic responsibility.

When to use -

- Where there are unresolved power issues.
- The need to change others or be in charge is very deep rooted.
- Feelings of deep responsibility like a heavy weight on the shoulders.

Wild Orchid ... *Orchis mascula*

Relates to Dr Bach's **Uncertainty Group** - Cerato, Gentian, Gorse, Hornbeam, Scleranthus & Wild Oat

Feelings of uncertainty originate from a belief in separation from Source and therefore from the higher aspects of ourselves. Without this connection we are unable to guide ourselves through life from an intuitive knowing of what is right for us, which can create situations where we experience great doubt and uncertainty at a personality level. Wild Orchid takes us deep into the origin of these uncomfortable states allowing them to transform and our consciousness to expand so that once again we are able to feel our connection with Source.

When to use -

- Where feelings of doubt and uncertainty are very deep rooted and are a recurring theme throughout all aspects of a person's life.
- Where there is a fear of trusting your intuition because of past 'mistakes'. In this case it might be helpful to alternate Wild Orchid with Pink Rose.

Water Lily ... *Nuphar lutea*

Relates to Dr Bach's **Loneliness Group** - Heather, Impatiens & Water Violet

Deep feelings of loneliness or isolation often originate from experiences in other lifetimes that have left deep emotional scars in the heart. These form barriers around the heart that the personality unconsciously sees as security against further

pain, without realising that the resulting feelings of isolation and loneliness are self-created. Water Lily helps to gently dissolve the barriers, and to release the old energy bringing understanding and the ability to reach out to others once again.

When to use -

- Deep feelings of isolation and loneliness.
- Unexplained feelings of great grief & sadness.
- Feeling that you do not belong here.
- Deep heart chakra blocks and barriers.

Valerian ... *Centranthus ruber*

Relates to Dr Bach's **Lack of Interest Group** - Clematis, Chestnut Bud, Honeysuckle, Mustard, Olive, White Chestnut & Wild Rose.

The issue underlying all the remedy states in this group is a deep reluctance to fully take part in life or to completely occupy the physical body due to past difficult experiences which, although long forgotten, continue to exert an unconscious influence on the personality. Some in need of this essence might choose to live in past 'happier' times, or in an imaginary future where life will be 'better' than the present, while others find themselves all too easily caught up in the whirling thoughts of an over active mind. Valerian helps us to uncover and transform the deep-seated beliefs that underpin these states at a personality level.

When to use -

- When there is a deep disconnection from the physical body.
- Always feeling ungrounded or spaced out.
- Inability to function fully in the world.
- Recurring feelings of not wanting to be here.

Yellow Rattle ... *Rhinanthus minor*

Relates to Dr Bach's **Despair & Despondency Group** - Elm, Larch, Pine, Star of Bethlehem, Sweet Chestnut & Willow

Those in need of this essence carry an innate sadness and melancholy from previous lifetimes that they are often unable to express, and which causes recurring and apparently unfounded feelings of hopelessness and despair to surface in their current lives. The intense sadness of this state is not easy to understand as the originating issue has been deeply buried in the unconscious. Yellow Rattle will gently open the inner doorways that will enable the old memories to be released and transformed.

When to use -

- When feelings of sadness, despair or despondency are very deep-rooted.

The Trinity Bridging Essences

These three essences provide a bridge of light linking the original '38' remedies of Dr Bach to the 7 Karmic Essences. They are particularly helpful where you feel there is a need to clear away blockages in the heart chakra that might prevent full access to the underlying karmic patterns related to the 7 Karmic Essences. There are no rules here, simply use your intuition.

Fuchsia ... *Fuchsia 'Riccartonii'*

Fuchsia helps to quickly release pent up emotions such as anger, fear & resentment from the heart chakra, giving us access to the higher perspective on a situation that will allow us to forgive and move on.

Geranium ... *Pelargonium*

Geranium helps those who recognise the need to contact their spiritual essence but cannot seem to find the doorway that will give them access to this part of themselves. This situation can create a feeling of being in the dark or a feeling of gloominess. Geranium helps to open the inner doorways so that we can more easily contact our own inner light.

Lily ... *Lilium 'Mont Blanc'*

This essence, made from a pure white lily, helps to keep us aligned with our spirituality, bringing greater peace, serenity & comfort. It is especially helpful for those experiencing feelings of spiritual insecurity – something that can happen to us all from time to time.



10ml Karmic Essence Set



How to Use

Take 4 drops 3 or 4 x a day directly from the stock bottle for as long as needed to create a shift in the energy of the pattern you are working with. The amount of time needed for this to happen can vary from a couple of days to a week or more depending on the circumstances. In our experience it is not unusual to finish a whole bottle before all possible transformation feels complete.

In addition any of the essences in this set can be taken short term to help promote a quick shift of energy in a pattern that you are working with. For instance a few drops of Pink Rose, either taken on the tongue or diffused into the auric field during a healing session, can be invaluable to help clear away old fears.

We do not recommend giving Karmic Essences to children under 12 years of age.

It is better to take essences at least ten minutes away from food.



Divine Harmony Essences

The Divine Harmony Essences are powerful deep acting combinations specifically designed to respond to the ever growing need for tools that can support our inner process during these exciting, but often challenging times of expanding consciousness. Divine harmony is a state of inner balance in which body, mind, emotions and spirit work together as an integrated whole. It is a state in which the whole is so much more than the sum of the individual parts since through its attainment new dimensions of wisdom and revelation become available to us.

The forty essences in this set are divided into four groups that reflect the most important areas of focus for us all as we seek to achieve this state of inner balance and wholeness:-

- **Transforming Core Emotions**
- **Transforming Belief Patterns**
- **Developing Positivity**
- **Integrating Spirit.**

■ **Set 1 - Transforming Core Emotions**

The combinations in this group will help to gently release and transform old crystallised emotional energies stored in the emotional body and other areas of your energy system. As your core emotions become more balanced and free flowing you will find yourself able to respond to life in each moment rather than unconsciously acting out old long forgotten scenarios. Stay tuned to yourself for the insights that will flow in as the essences do their work, particularly those related to any belief patterns that might be connected with the emotional issues that are being dissolved.

Feeling Worthy

Transforming Unworthiness

Indications - where there is a problem with self-nurturing, or deep feelings that one is not as good as others. Also for those who easily feel inferior, are very sensitive to criticism or perhaps have an unexplainable sense of incompleteness.

If we do not receive enough nurturing and a positive image of ourselves from our parents in childhood it can be difficult to recognize our own innate value and self worth for ourselves when we grow up. This leads to feelings of 'never being good enough', or not being OK in some way. The personality can develop defence mechanisms such as a need to be right or a need to feel 'better than' others in order to feel comfortable.

Forgiveness

Transforming Guilt

Indications - lack of self-love, inability to forgive oneself or others, self-condemnation or judgement. For those who feel guilt, perhaps carrying deep feelings of responsibility for past 'mistakes', or feeling to blame for something that cannot be consciously identified.

Guilt is the emotion created when we are unable to forgive ourselves for some past action or situation. Usually the original cause is long buried in our unconscious leaving us with a deep unexplained need to make repayment in some way. For some people this unconscious pattern is a driving force in their lives creating great inner tension and distress. When we are unable to forgive ourselves we may also find it difficult to forgive others. Understanding that we have chosen the events and situations of our lives to provide opportunities for soul growth makes it easier to forgive and move on. This combination helps to promote a greater sense of unconditional love for self and others, transforming feelings of guilt and separation and bringing a greater connection to Source.

Healing Bereavement

Transforming Grief

Indications - an excellent support for those consciously grieving the loss of a loved one. Also helpful to transform buried grief & loss, possibly manifesting as an unreasonable fear of loss or an inability to deal with another's grief.

Grief is a very powerful emotion and one that many people are unaware that they carry at an unconscious level. A deep loss, whether caused by death, divorce or in some other way, leaves a shock in our energetic system. When we are unable to release the accompanying very natural emotions of grief and sadness these feelings are gradually buried deeper and deeper into the unconscious. Buried grief can often be recognised as a sense of unexplained sadness in the heart or perhaps as a fear of making a real heart connection with someone in case the pain of loss is repeated. Sometimes when working with this emotion we can find that the root of the issue comes from our original feelings of grief at separation from our twin soul. As we release and transmute these old memories we are able to open our hearts and recognize that we have always been connected to the Whole.

Inner Calm

Transforming Fear

Indications - deep patterns of fearfulness, worry or insecurity possibly manifesting as unfounded feelings of panic or a deep dislike of something. Also difficulty facing particular situations in life or achieving ones full potential indicate underlying fears.

Fear is an emotion that is deeply buried in the human collective consciousness and as such affects us all to some extent. It is an emotion generated as a direct result of our loss of awareness of ourselves as an indivisible part of a Creation that has

love as its foundation. However hard we might try to convince ourselves of this truth most of us have had experiences that have lead us to believe that the reverse is the case, leaving us with deeply buried unconscious traumas that continue to be the source of our everyday fears until they are brought into awareness and the related energy transformed. Our fears are the weakest link in our personality and deeply affect our balance and well-being as well as our ability to reach our full potential as human beings.

Inner Certainty

Transforming Doubt

Indications - a need to restore the core emotions of faith & trust. Feelings of pessimism, cynicism or doubt in oneself or the universe.

Doubt is an emotion created by the loss of conscious understanding of our connection to the Whole. When our consciousness closes down we become isolated and marooned in the personality, without access to the greater picture of life. For some this very debilitating emotion comes to the fore when the events of life are apparently not going the way the personality feels they should, although from the perspective of the Soul everything is exactly as it should be. Doubt can also be one of the defence mechanisms used unconsciously by the personality to avoid the need for change. This combination will help transform doubt into inner certainty, helping you to see life from a wider perspective.

Inner Freedom

Transforming Judgement

Indications - for those with a strong 'inner critic', easily caught up in situations of judgment or criticism. Also those who fear the judgment of others or feel easily criticised.

The energy of tolerance in its unbalanced form carries the potential for us to be both judgmental and critical either of others or ourselves. Intolerance is a very common emotion today since we live in a society that strongly identifies with the polarities of 'right' & 'wrong'. For most of us this patterning was reinforced by our upbringing in childhood. However seen from a higher perspective judgment simply holds us in polarity consciousness and stifles our spiritual growth. Opening our heart and extending tolerance to ourselves allows us to remember that there is no right or wrong way to do things, simply a choice in each moment of how we express our own uniqueness. As we allow this freedom of expression within ourselves it becomes easier to extend it to others.

Inner Joy

Transforming Despair

Indications - helps to dissolve lower emotions like despair and hopelessness releasing the block to the natural flow of higher emotions like joy and happiness. Will support anyone who needs to create more inner joy & light.

Despair and despondency are emotions that are created when we are unable to connect with our own inner light. Deeply traumatic experiences that feel overwhelming to the personality can sometimes result in the choice to close parts of ourselves away. Often these experiences are long buried in previous incarnations but the wounds are still there, with the result that we feel separate and alone because we do not feel complete. Joy is the feeling that is generated when we are able to connect with and express our true selves. To reconnect with our own innate inner joy we must first release those feelings of despair and despondency that we carry at a deep unconscious level. These feelings can cover many states of mind & emotion ranging from a mild flat feeling to a big black hole of despair from which there seems no way out. This combination will help you to unravel and release the deep-seated patterns that contribute to these feelings.

Inner Peace

Transforming Anger

Indications - easily triggered feelings of anger and rage, inability to deal with anger in others, or a tendency to draw angry people into your life. Also when there is difficulty connecting with any emotions at all.

Anger is a very normal human emotion. It can also be one of the more difficult emotions for us to own and bring into balance. Often this stems from a childhood where it was considered 'bad' or inappropriate to express anger or rage. Lacking positive guidelines on how to deal with these very natural emotions, many people carry suppressed anger and rage, which they are either afraid to express, or are hardly aware of because they have buried it so deeply. This kind of buried anger can often act as a barrier to releasing other emotions that are more deeply layered.

Restoring Patience

Transforming Impatience

Indications - deep-rooted patterns of impatience, frustration and irritability that make it difficult to relate to others peacefully and with understanding. A tendency to 'blow a fuse' at the slightest provocation.

Impatience and frustration are very common emotions in today's fast moving world where it is easy to forget that there is a place and time for everything if only we would follow the promptings of our own inner voice rather than the demands of the personality. The energy of impatience keeps us from being fully in the moment and often acts as a defence against having to be still and face the emotional turmoil of our inner world. Those who have this pattern very strongly often find it difficult to relate to others and end up feeling isolated in their own world.

Self Responsibility

Transforming Resentment

Indications - for those who find it difficult to take full responsibility for themselves, perhaps preferring to blame others for their problems and difficulties in life. Also feelings of bitterness or a sense that 'life is unfair'.

Resentment is the emotion that builds up when we are unable to own and express feelings of anger, rage or hurt. It closes the heart chakra, effectively blocking our ability to forgive or to see the higher perspective of the events of our lives. Deeply buried feelings of resentment about past situations lead to a tendency to blame others for perceived misfortunes, feelings of bitterness and the often unconscious belief that we are a victim of circumstance. This combination will help to dissolve & transform conscious or unconscious feelings of resentment encouraging forgiveness and self-responsibility in all areas of life.

■ Set 2 - Transforming Belief Patterns

Belief patterns are created when emotion and thought are combined with a sufficient focus of intent. Powerful beliefs shape the reality we create in our lives both individually and collectively. Positive life enhancing beliefs are important to our well being so if this is compromised in some way it can be a signal to explore our unconscious beliefs, since often our most influential and active beliefs are those that are below the level of our everyday awareness. Deep acting combinations of essences are an excellent way of gently helping to bring old ingrained beliefs fully into awareness so that we can evaluate and amend them to reflect our real choices.

Auric Protection

Creating safe boundaries

Indications - over sensitivity, feeling at the mercy of others emotions or thoughts. Energetically drained around others, especially in crowds. Feeling attacked by others thought forms, or unable to distinguish own emotions from those of others. Weak energetic boundaries.

Over sensitivity is a big pattern for many of us and often relates to unconscious beliefs about our boundaries with others and the world around us. Many people have an unconscious patterning that tells them that it is safer if they do not create strong boundaries, while others have a distorted view of service that unconsciously prevents them from establishing healthy boundaries. This pattern can also relate to old experiences of abuse or situations where we have felt persecuted for standing in our own power. Taking responsibility for our own energy space is an important first step in working with this pattern. The Auric Protection essence has helped many people to recognise and define their own energy from that of others. Often this is the first time that they have been able to make this distinction and it comes as both a revelation and relief to know that they are allowed to have energetic space of their own. The auric field can also be weakened by shock, trauma, excessive use of alcohol and drugs, illness or excessive emotional neediness.

Being Present

Becoming grounded

Indications - easily 'spaced out', ungrounded, maybe drifting off into a dream world of 'what ifs' which make it difficult to stay present and focused. Also difficulty starting and or completing jobs.

A good connection with the earth – or good grounding - is required for us to be fully present and also for us to function efficiently in every day life. In a world dominated by left-brain mind orientated activities, it has been all too easy for us to build up patterns of living life either in the past or the future and to lose the ability to be focused and present in each moment. This means that we are often simply acting out old patterns in our lives rather than making new choices based on what is really happening in our world NOW. This is such an unconscious pattern for some people that they do not even notice that they are living their lives on 'automatic pilot'. This combination will help to transform the underlying patterns that prevent us from being fully in the present moment.

Feeling Safe

Trusting Life

Indications - for those who 'never feel safe', or perhaps have an unjustifiable sense of impending doom. There might also be difficulty coping with change or lack of trust that they will always be looked after.

The unconscious belief that 'the world is not safe' is a deep-rooted and debilitating pattern in many people. It effectively blocks our ability to recognise our connection with the universal flow and contributes to feelings of separation and vulnerability. Often this belief has its roots in experiences of sudden death or loss in previous incarnations that have left us with unprocessed fear, shock and trauma that now limits our ability to feel safe and to fully trust the flow of life in this incarnation. You might recognize this as a vague unjustifiable feeling that something dreadful is 'just around the corner'. This combination will gently help to release and dissolve these old memories leaving you free to see life from a new perspective.

Healing Abuse

Dissolving trauma

Indications - an excellent support for anyone consciously working with issues related to abuse. Also helpful to transform more unconscious patterning possibly manifesting as a cycle of abusive situations or relationships or a strong 'victim' mentality.

Deeply buried trauma from past situations of abuse can create an unconscious belief pattern that 'things happen to me' or 'I am a victim of circumstance'. Like all beliefs this can be a self-fulfilling prophecy that draws in further experiences of the same. Courage, compassion and forgiveness are required to release these old memories and change the patterns. In these days of rising awareness it is not an uncommon experience for previously suppressed childhood memories of abuse of one kind or another to begin to surface. For some these memories relate to past life experiences, in either case the Healing Abuse combination will help to gently release the old buried emotions and associated belief patterns leaving you free to make new choices.

Healing Relationships

Restoring intimacy & trust

Indications - for those who have difficulty sustaining intimate relationships – possibly feeling a lack of closeness or inability to trust in the relationship.

Everything in our lives is in some way a reflection of our own consciousness and our close relationships are no exception. This makes them both an opportunity for growth and a challenge since there is no escape from the reflection of our deepest patterns. Many of us carry deep heart wounds gathered from our experiences in past relationships that we carry forward unconsciously into our current relationships. These inevitably block our ability to sustain an intimate loving relationship because we are not able to give and receive love in a truly open hearted way. Defence patterns then build up in the relationship creating barriers to intimacy as each person projects their painful expectations onto the other. The following combination will help you to release these old patterns making it easier to bring more love and trust into your close relationships.

Inner Harmony

Relaxation

Indications - for those with an eternally busy mind, very activity orientated people who habitually overwork or find it difficult to 'switch off', rest or relax properly. Physical, emotional or mental tension.

True relaxation is a state in which inner harmony is created by a union between the heart chakra and the mind, a state of balance in which the knowing within the heart chakra is given equal status with that of the mind. In today's activity orientated society the recognition of the importance of this balance has been all but lost, with the result that many people over strive in the outer world and can no longer slow down enough to connect meaningfully with themselves at an inner level. This very common pattern often manifests as an emotional or mental 'tightness', an overactive mind or simply an inability to relax and 'switch off'. This combination will help promote a state of inner relaxation in which new perspectives become possible as the mind and heart chakra find balance.

Letting Go

Dissolving attachment

Indications - emotional pain caused by separation, divorce or bereavement. Too emotionally attached, clinging to old relationships, seeking love.

One of the most common patterns of all comes from a belief based on a misunderstanding about our relationship to love. There is a general misperception that love is an emotion that is generated by someone or something outside of ourselves, rather than an innate part of our being. It is a very deeply ingrained pattern held in place by many past experiences of separation, grief, fear & loss. At a personality level it leads to unhealthy emotional attachments to people and situations, often characterised by control games and co-dependant relationships. It leads us to hold on to old situations far too long either because it feels too emotionally painful to let go or because we do not wish to inflict pain upon another. The Letting Go combination will help to gently release old emotional pain leaving you stronger and more able to create truly loving relationships.

Open to Receive

Creating Abundance

Indications - for those seeking to create greater abundance – whether in the form of money, love, joy or spiritual connection. Transforming poverty consciousness.

The huge collective belief pattern that there is 'not enough' is at the root of many problems in our world today, most obviously the huge imbalance in how we share planetary resources. At an individual level this belief in 'poverty consciousness' can lead us to experience a lack of money, joy, love, friendship, work etc in our lives. From the higher perspective of the soul, true abundance is an integral part of our interconnection with Source and freely available. However many of us carry unconscious patterning that effectively blocks our ability to connect with this all-important Divine flow. Often lack of understanding of our part in the flow means that we are either not open to receive it, or do not understand how to use it and pass it on. This essence will help you to clear and transform the old patterning that prevents you from opening your heart chakra to connect with the flow of Divine Abundance in all its forms.

Sexuality

Remembering innocence

Indications - for anyone who has difficulty expressing their sexuality in an open, natural and balanced way.

Innocent and spontaneous expression of our love for another human being through sexual expression is a beautiful form of communication that we can only experience when we are in physical form. Sadly so many people find themselves unable to fully use their sexual energy due to the many restrictive and limiting belief patterns that have become a part of our collective consciousness down the ages. Blockages in the emotional & mental bodies relating to our sexuality result in an inability to be truly creative and make it difficult to relate to others in a natural & spontaneous way. Sexual energy is a powerful force which when combined with an open heart chakra can completely transform our ability to communicate in our inner and outer worlds. This combination will help to transform these old patterns bringing new balance and freedom.

Transforming Addiction

Dissolving dependency

Indications - for those who need support to transform addictive behaviour of all kinds.

The belief that something outside of ourselves can make us feel OK is a big pattern for many people today. It is a symptom of the loss of connection with our soul and a consequent over reliance on our mind as a means of living life. In this state our natural emotional flow becomes blocked and our mind constantly creates ways of diverting our attention away from our uncomfortable and often unconscious feelings of separation. For some people these are very deep family patterns that lead to the development of obsessional patterns of behaviour that are often distressing and destructive to all concerned. Some of the more commonly recognized forms of this are dependency on tobacco, recreational drugs, gambling, alcohol, or food. However there are almost unlimited ways in which we can experience this pattern – more subtle examples can be seen in an excessive need for television, music, exercise or even meditation when taken to extremes. This essence will help to work with the issues underlying this state bringing calmness and understanding.

■ Set 3 - Developing Positivity

Everything that we think and feel contributes to our energetic signature, which determines the quality of life we experience, as well as the ability of body, mind, emotions & spirit to function as an integrated whole. The more balance we can bring to the personality the greater our power to bring about positive change in both our inner and outer worlds. At a collective level we share a common consciousness to which we all contribute and from which our collective reality is created. As each one of us makes a conscious choice to make our contribution a positive and loving one the easier it will be for everyone to experience unity and balance. The following essences offer assistance with the development of positive personality qualities.

Clarity

Releasing confusion

Indications - for those easily prone to mental confusion, perhaps feeling unable to 'see the wood for the trees' or link issues together with clarity.

Clarity of thought and the ability to be objective are important qualities because they allow us access to the perspective of the higher mind and our soul. When emotions such as fear block the mental body we can sometimes find ourselves experiencing a state of confusion that does not allow us to see the larger perspective of events in our lives especially those that we perceive as challenging. In this state we are confined to the narrow perspective of the lower mind and can find ourselves experiencing a very uncomfortable state of confusion in which we are unable to get any positive perspective on our situation. Some in need of this combination have a tendency to lose their sense of humour in times of challenge while others might experience extreme emotional states or hysterical outbursts. This essence will help to clear confusion and restore clarity.

Concentration

Creating focus

Indications - for those whose attention is easily scattered making it difficult to concentrate or focus on one thing at a time. A great combination for students studying for exams where extra focus is required.

Concentration is a state of positive inner focus that requires a calm mind and balanced emotions to sustain. In today's world there are endless distractions that encourage us to focus our attention outside of ourselves, with the result that the positive qualities of inner focus and concentration are often not sufficiently developed as we grow up. This affects our ability to function in the outer world as well as in our inner world. This combination will promote the ability to focus and concentrate the mind, creating a greater feeling of inner centeredness.

Confidence

Restoring self assurance

Indications - for those who lack confidence in their own abilities, possibly affecting their ability to move forward in life or to try new things.

True inner confidence and self-assurance stem from a deep knowing of our connection with Source and an acceptance

of ourselves as multidimensional beings with unique gifts & talents at our disposal. Many of us consciously or unconsciously carry patterns that undermine our innate self-assurance blocking our ability to manifest our full potential in the world. Often the development of these qualities has not been sufficiently nurtured and encouraged in childhood leaving an underlying sense of inadequacy in later life. This essence will help to heal the related underlying issues & restore a state of positive self-confidence.

Creativity

Restoring individuality

Indications - helpful for those who have become withdrawn and seem unable to recognise their individuality or express their creativity.

True creativity comes from the flow of inspiration available from our soul when mind and emotions are balanced and our heart chakra is open to receive. Creativity is a quality of the feminine intuitive aspect of ourselves and easily becomes blocked when this is not respected and understood. To express our creativity fully we must also be prepared to recognize and value our own individuality and the gifts that we have to offer to the world. Lack of understanding of this and an education system that generally values logical learning over intuitive creativity has left many of us frustrated and disillusioned about our creative abilities. This combination will help to transform these old energies and free up your natural creativity.

Decisiveness

Empowering choice

Indications - for those who are unable to make firm decisions and stick to them. There might be a tendency to put off making important decisions or to seek the support of others to justify their choices.

The ability to make our own decisions and to act on them is clearly important in the development of positivity and self-empowerment. However many people have difficulty in this area because they were not encouraged to develop this quality during the early part of their lives. Too often children are discouraged from following through with their own choices and decisions because a parent or other influential person in their lives felt they knew better. Many people also carry unconscious memories of past life situations where they have perceived that a previous decision they made lead to difficulty or even disaster, making it hard for them to embrace this quality fully in this life. This essence will help to release the underlying issues and promote the positive quality of decisiveness.

Emotional Balance

Restoring emotional stability

Indications - for those who experience volatile emotions, excessive mood swings or difficulty remaining calm and balanced in emotionally charged situations.

The ability to stay emotionally balanced and calm no matter what the situation might be around us is an important element in developing positivity. If we are uncomfortable with the expression of our own emotions, especially those that we consider less than positive, they end up becoming buried, which can create imbalances in both the sacral chakra and solar plexus chakra. Common experiences of this problem are feelings of over sensitivity and vulnerability to other people's emotions or the general sense that you are always on an emotional roller coaster ride. This essence will help to promote a gentle release of buried emotions creating a foundation for greater emotional balance as well as a release of discomfort in the solar plexus chakra.

Inner Strength

Restoring inner resolve

Indications - for those who feel that they need to boost their will power or inner strength and determination to stand in their power or to face the issues of their life with positivity.

For most of us there are areas in our lives where we sometimes find it difficult to stand fully in our own power and in these situations it can be easy to feel that we lack the necessary inner strength and determination. Where we have a need to develop these positive qualities our soul will offer us opportunities in life that force us to confront the issue. It can feel most uncomfortable when we face up to the challenges presented to us in this way, but also very rewarding as we see our inner strength and determination grow with each new experience. This essence will help to strengthen and promote the qualities of inner resolve, strength, courage and determination.

Motivation

Developing inspiration

Indications - for those who feel they are lacking in positive motivation or inspiration in life.

Inner motivation is the force that we use to initiate action in our lives. When our body, mind, emotions & spirit work in harmony with each other, inspiration flowing through from our soul provides the impetus which fuels inner motivation. However, when this positive flow is reduced or cut off for some reason we can find ourselves experiencing feelings of stagnation, lethargy and inertia because we lack the motivation to take positive action in our lives. This is unfortunately a common experience for many because so often our childhood and educational experiences have not encouraged us to act on our individual creative inspiration. This essence will help to gently release and clear the blockages that lead to these feelings, bringing renewed inspiration and motivation.

Spontaneity

Freeing the Inner Child

Indications - for anyone seeking to reclaim the spontaneity and innocent joy of a child. Helpful for those consciously working on healing their inner child or needing help to get in touch with it.

When we have experiences in childhood that we perceive as emotionally difficult or even dangerous in some way, a part of us withdraws as a way of coping with the situation, and is then unable to grow into maturity. As an adult we can then feel incomplete or unable to function fully in some areas of our lives. Often this manifests as an inability to respond to life with positivity, spontaneity and joy. This combination will help you to reconnect with your inner child for healing and release of unresolved memories, emotional issues and fears from childhood. As the inner child is released to 'play' again so the adult also becomes free.

Thankfulness

Developing Gratitude

Indications - for those seeking to expand the positive qualities thankfulness & gratitude in their lives.

Thankfulness and gratitude are amongst the most life enhancing and positive attitudes available to us. When we are truly thankful for absolutely everything in our lives no matter what it is, then we are at the doorway to freedom because we have understood that we are responsible for the events and situations that we draw into our lives as well as our choice of response to them. Acknowledging and accepting our creations with thankfulness and gratitude also creates the opportunity for us to dissolve the old and reform it into something new and positive. Blessing everything within your life with thankfulness no matter what it is, is undoubtedly a challenge but it is also the gateway to self-mastery. This essence will help to promote the qualities of thankfulness and gratitude.

■ Set 4 - Integrating Spirit

Our spirit or soul is a very important aspect of our multi-dimensional self because it holds the vibrations of our true essence and is a vital link in our connection with Source. The blueprint for the optimum direction of our life is stored at soul level as well as our experiences, gifts & talents from other life times. Integrating spirit into our lives by consciously honouring the connection with our soul is vital if we are to enjoy true harmony, balance and wellbeing. It can take patience and dedication to strengthen the link between personality and soul that allows them to work as one. The personality is required to bring balance to the polarity consciousness in which it has lived and to open-heartedly accept the love and higher perspective of the soul as the guiding force in its life. Making and honouring this alignment opens up possibilities that are undreamt of by the personality on its own. All the combinations in this section are designed to help strengthen the personality/soul connection and to facilitate a greater degree of Divine Harmony.

Female Essence

Strengthening Feminine

Indications - strengthens & balances the inner feminine energy in both men & women. Dissolves old patterning that prevents the full use of feminine qualities such as creativity, intuition and nurturing.

This combination will help to clear away any barriers, prejudices or patterns that have formed in the personality around the perception of the feminine principle, preventing full acceptance and use of this energy in your life. This applies equally to men as it does to women. Feminine qualities tend to be those associated with the less logical side of our nature such as creativity, intuition, wisdom, open heartedness and sharing. The wounded feminine often makes herself known in the shape of a difficult relationship with the birth mother or mother figures in general. Resistance to fully honouring feminine qualities such as intuition, nurturing and creativity within yourself or others, together with a sense of injustice, anger or perhaps fear around the way women have been treated in the past might also be indications of damage to the inner feminine energy.

Healing Family

Resolving family issues

Indications - where there are unresolved emotional issues relating to current or past family situations. Promotes trust and open communication.

Our families are carefully chosen by us before incarnation to provide maximum opportunity for soul growth and karmic clearing, although usually we have forgotten this by the time we live the experience. If our family life provides situations that we perceive as emotionally challenging or painful in some way, such as bereavement or divorce, we can develop barriers to communication and trust, that unconsciously affect our willingness and ability to open the channel of communication with our soul or with those guides and teachers that can help us with our life journey. Use this essence to help clear and transmute these old memories.

Inner Focus

Enhancing Meditation

Indications - for those who need help to calm the mind and emotions so as to deepen their experience of meditation.

For most people some form of meditation or contemplation is an essential part of building a strong connection between

personality and soul. The common goal of all forms of meditation is to still the mind and calm the emotions in order to leave a space in which we can open-heartedly connect with the wisdom of our soul. It requires intention, focus and practice and it can be all too easy to allow the distractions of the outer world to draw you away from your inner focus. This combination will help you to find the inner pathways that will deepen your experience of meditation, bringing a greater sense of centeredness and alignment with your soul.

Inner Unity

Male/female integration

Indications - integrates and unites the inner masculine & feminine polarities creating greater soul communion. Helpful for anyone experiencing difficulty with balance in relationships, rejection or abandonment issues or lack of soul connection.

When the inner male and inner female energies are both honoured and used equally they compliment each other so that the power, strength and action of the masculine is balanced by the inspiration, creativity and wisdom of the feminine through the heart chakra. Integrating these two inner energies to work as a unified whole creates a profound shift in awareness that is the foundation for a much greater integration of soul energy into your everyday life. As more of us reach this state of inner unity it will allow the division between the masculine and feminine polarity that is the root of so many problems in our outer world to heal too. Lack of unity between these two energies can leave us searching for the rejected energy in our outer relationships, creating co-dependency, unhappiness or a sense of inner emptiness.

Inner Wisdom

Connecting heart & mind

Indications - helps to restore the link between heart and mind, promoting a greater connection with our soul and innate inner wisdom.

Stored in our soul memory is all the knowledge that we have previously acquired as well as the gifts and talents we have developed throughout our many incarnations. This personal data bank is the source of our inner wisdom but only becomes available to us as we allow the soul to become the guiding force in our lives. Most important in this respect is the ability to connect the mind with the soul through the heart chakra so that the mind serves the interests of the soul rather than vice versa. Until we openheartedly acknowledge the greater perspective of the soul we will always be limited in our perception of the world. This essence helps to forge a link between heart chakra, mind & soul, opening the doorways to the source of our inner wisdom.

Loving Communication

Honest self expression

Indications - for anyone who finds it difficult to express their true feelings in an open hearted way, especially in close relationships. Promotes the ability to feel free to be yourself.

From the perspective of the soul the personality is a vehicle for the expression of its love and light on the physical plane of existence as well as a means of gathering experience and knowledge. This requires that all channels of communication are fully functioning at a personality level, particularly the ability to allow openhearted communication with others. This essence will help to dissolve any blockages in the heart chakra or throat chakra that are preventing honest and loving self-expression, particularly in close relationships. Not only will this greatly enhance your ability to communicate with those with whom you share your life, it will also promote a greater degree of communion with your soul.

Male Essence

Strengthening Masculine

Indications - strengthens & balances the inner masculine energy in both women & men. Dissolves old patterning that prevents the full use of masculine qualities such as strength, logical thinking & initiating action.

This combination will help to clear away any barriers, prejudices or patterns that have formed in the personality around the perception of the masculine principle, preventing full acceptance and use of this energy in your life. This applies equally to women as it does to men. Masculine qualities tend to be those associated with the more logical side of our nature such as logical thinking, strength, power and the ability to manifest action in the world. A wounded inner masculine is often characterized by difficulties in life with authority or father figures. Fear and judgement stemming from perceptions of past misuse of power are often at the root of unconscious personality resistance to fully accept and use one's masculine polarity.

New Horizons

Supporting Change

Indications - for those who need help to initiate or support change in their lives. Perhaps experiencing a sense of stagnation or inability to see the bigger picture of life.

As the connection between soul and personality strengthens, new ideas, understandings and inspiration begin to flow more freely into our everyday awareness. Usually this is accompanied by a wave of change as old ideas and ways of living are replaced by new. Seen from the perspective of the soul change is an essential part of growth, however it can be something that the personality finds challenging, stressful and difficult because it can appear to threaten carefully acquired comfort zones. Our soul will present us with opportunities for change and then wait for us to take action. If the personality feels

challenged by these 'opportunities for growth' it can sometimes feel reluctant to step forward causing a stagnation in the natural flow of life. Use this essence to help you connect with the bigger picture of your life and to find the courage & strength to make change.

Self Acceptance

Restoring Unconditionality

Indications - for those who need help to establish greater self-acceptance & self-love. Gently dissolves judgment and opens the heart to receive love.

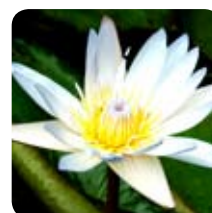
Our soul understands the language of the heart chakra, unconditional love. Communication between soul and personality therefore takes place through the heart chakra rather than the mind. Currently, unconditional love is not our 'default' setting for communication with each other or indeed ourselves. One of the greatest blocks to this stems from our inability to be non judgmental and unconditionally accepting of ourselves. When we deny that we are worthy of love we effectively block the love & light of the soul from reaching the personality. This essence gently helps to dissolve this lack of self-acceptance promoting a greater degree of unconditional love for self and opening the channel for greater soul communion.

Soul Connection

Enlightenment

Indications - promotes the absorption of love & light and the integration of spirit & matter, expanding consciousness and soul connection.

The more that we deepen our awareness and connection with spirit through our soul the greater the quantity of healing light and love that is able to flow through all levels of our being. As this light finally reaches deep into the cellular level of our physical body many profound changes take place as the cells and atoms of our body finally release the old patterns of density that have been formed over many incarnations. This is literally what enlightenment is. This essence helps to strengthen the connection with the soul and to remind our physical and energetic structures how to absorb and use greater & greater quantities of light and love.



Divine Harmony Essence Sets

All Divine Harmony Essences can be purchased as individual bottles or in sets as follows:-

- A complete set of all 40 essences.
- A set of all 10 essences in a particular group.
- 10ml or 25ml size.

Choosing the right Combination for you

Start with the combination that will help you to bring balance to the issue that feels the most difficult or the most important. As the old energies surrounding that particular issue are gently released and re-balanced the next layer that needs to be worked with will present itself.



How to Use

Take four drops on the tongue directly from your chosen bottle between two & four x a day. Usually you would need to finish the whole bottle then re-check to see if more of that particular combination or another is needed.

For best results take straight from the stock bottle sent, do not dilute. It is better to take essences at least ten minutes away from food.





Chakra Essences

This powerful set of combinations offers you the opportunity to work at a deep level with the issues and patterns of each of the chakras that most affect our mental and emotional well being. There are ten combinations in the set; one for each of the seven main chakras as well as one for the feet chakras, higher heart chakra and the higher chakras above the head. Each combination contains a carefully selected mixture of both flower and gem/crystal essences designed to open and balance each chakra as well as working with the issues that are most predominantly held within it.

Essence Key Points:-

Helping to open and re-balance the seven main chakras and three important minor chakra points.



Feet Chakras

The Feet Chakras ensure that we have a constant flow of communication and connection with the energy grids of the Earth.

When to Use: Disconnection from the Earth and the natural world. Fears relating to physical survival.

The Feet Chakras these minor points on the sole of each foot work in conjunction with the base chakra and other minor chakras in the legs to promote grounding and the creation of a stable energetic foundation.



Base Chakra

Red, Earth, Physicality, Etheric Body.

The issues of the Base chakra relate to our ability to function in the material world. Physical survival, grounding, connection with the Earth and our relationship with our body are all issues that relate to this chakra. When it is functioning well we feel grounded, safe, secure, abundant & filled with vibrant well-being.

When to Use: Fears and insecurities related to safety and survival, difficulties with 'grounding', staying present, disorientation, disorganization, indecision, lack of vitality, difficulty dealing with the pressures of life or fully manifesting creative ideas, problems in the lower etheric blueprint.

The Base Chakra is located at the base of the spine and together with the feet chakras and the earthstar chakra forms the basis for our energetic foundations.

Relates to - Red, Earth, Etheric Patterning, Etheric Body, Musical note C.



Sacral Chakra

Orange, Water, Emotional maturity, Emotional Body.

The issues related to the Sacral Chakra concern our relationship with others and the world around us, particularly our emotional identity and sexuality. When it is functioning well we experience life as a fluid flow in which we connect with others through our feelings and experience healthy and fulfilling sexual relationships.

When to Use: Anger, Frustration, Impatience. Blocked creativity. Difficulty expressing sexuality; sexual guilt. Out of balance emotions. Emotional extremes; violence. Unable to express or get in touch with emotional needs. Difficulty accepting change. Relationship difficulties. Wounded inner child.

Relates to: Orange, Water, Emotional maturity, Emotional Body, Musical note D.



Solar Plexus Chakra

Yellow, Fire, Self Definition, Lower Mental Body.

The issues of the Solar Plexus chakra relate to self-definition, personal power, will and positive emotional expression. When it is functioning well we experience healthy personal boundaries, balanced personal power, positive self-value and the constructive use of will power.

When to Use: Oversensitive; too open to others thoughts & feelings or negative psychic impressions. A sense of vulnerability. Feelings of unease in solar plexus chakra area. Lack of self worth. Lack of personal boundaries. Power issues. Emotional neediness & conditional love. Aggression, anger. An overly active mental body.

Relates to - Yellow, Fire, Self Definition, Lower Mental Body, Musical note E.



Heart Chakra

Green, Air, Unity, Higher Mental Body.

The level of consciousness associated with this chakra is that of unconditional love. Like the fulcrum point on a seesaw it is the centre of balance from which we begin to unite the polarities of the personality and integrate the physical & spiritual aspects of ourselves. When it is functioning well we are able to love without conditions and to feel compassion, peace and brotherhood.

When to Use: Loneliness and isolation from others through fear of being hurt. Fear of closeness. Lack of trust in self or Universe. Feeling unloved. Overly critical, possessive or jealous. Feelings of superiority. Unable to reach out to others. Indecision.

Relates to Green, Air, Unity, Higher Mental Body, musical note F.



Higher Heart Chakra

The Higher Heart Chakra works in conjunction with the Heart Chakra. The issues connected with this subtle energy centre particularly relate to the development of compassion and the ability to forgive both others and ourselves.

When to Use: A need to develop compassion. Feelings of not being able to love self or others. Lack of forgiveness for self or others.



Throat Chakra

Blue. Sound. Self Expression. Causal Body.

From the throat chakra we experience the world through the medium of sound, e.g. language. It relates to communication of all kinds including inner hearing and the expression of our creativity. Through this centre we connect with the higher mental plane to receive inspiration and guidance from our soul. The level of conscious associated with this chakra is the ability to express and enact divine will.

When to Use: Difficulty knowing or expressing your truth. Withdrawn personality. Puts on a 'brave face' rather than express turmoil inside. Suppressed emotions, needs or creativity. Problems in the throat chakra or with inner hearing.

Relates to - Blue. Sound. Self Expression. Causal Body. Musical note G.



Brow Chakra

Indigo. Light. Intuition. Soul Body.

The brow chakra resonates with the language of light or higher consciousness. It is the seat of our intuition and inner wisdom and when open and balanced allows us access to 'the bigger picture' of our lives. Inner vision or psychic sight is related to this chakra.

When to Use: Lack of faith in self and the universe. Feeling that 'I don't know'. Overly mental approach to life. Difficulty with intuition or inner knowing. No inner pictures. Unable to focus thoughts. Stuck in the small details of life.

Relates to - Indigo. Light. Intuition. Soul Body. Musical note A.



Crown Chakra

Violet. Pure Awareness. Spiritual Connection. Integrated Spiritual Body

The crown chakra opens us to the greater world beyond material existence and connects us with the timeless space of all knowing. The symbol of the lotus flower has long been related to this chakra and to the state of enlightenment that we can achieve through reaching the consciousness of pure awareness that it represents.

When to Use: An inability to see beyond this third dimensional existence. No spiritual awareness. A need for greater spiritual connection.

Relates to - Violet. Pure Awareness. Spiritual Connection. Integrated Spiritual Body. Musical note B.



Higher Chakras

In addition to the chakras most closely connected to our physical existence we have five important chakras situated one above the other in the auric field above the crown chakra. When these chakras are opened, balanced and aligned with all the other open main chakras we are able to connect with the Universe at all levels and dimensions of existence.

When to Use: Greater connection to Highest Divine Guidance and Higher Self. To connect with other planes of existence.

Choosing the right Chakra combination for you

Use the above list to look at the issues related to each chakra, and see which one most fits the issues that you are working with. For us to fully activate our spiritual connection through the upper chakras we must be grounded on the earth plane. This means that our lower chakras must be open, balanced & aligned. Until we are fully grounded we cannot do the work we have chosen to do during this lifetime. It is therefore best to work from the lower chakras upwards when clearing blockages. This activates the Kundalini or life force energy in a balanced way. It is important that not only the base chakra is opened but also the feet chakras which integrate & connect us with Mother Earth. This allows us to be a channel for healing energy to flow to & from the Earth.



How to Use

Take four drops on the tongue directly from the Chakra bottle between two & four x a day. Usually you would need to finish the whole bottle then re-check to see if more of that particular combination or another is needed. For best results take straight from the stock bottle sent, do not dilute. It is better to take essences at least ten minutes away from food.



Chakra Essence Sets

As well as buying the Chakra Essences individually, you can also buy them as a complete set of all 10 in an attractive presentation box. 10ml or 25ml size.



Angel Essences

Each of the essences in this set of twenty Angel Essences creates a bridge between your everyday world and that of the Angelic Realms, linking you into their web of light and higher consciousness. The Angels will work with you through their essence to help you bring the positive qualities that they embody deeper into your awareness, bringing transformation and higher awareness. Call on them for inspiration, illumination and guidance as you take these beautiful essences.

Essence Key Points:-

Twenty beautiful Angel Flower Essences creating a bridge between your everyday world and that of the Angelic Realms.

Angel of Abundance

The Angel of Abundance will gently support and guide you to see and release those beliefs that hold you in poverty consciousness, opening the door for new abundance of all kinds to enter your life. It will help you to remember consciously that you are a part of the flow of Divine universal energy.

Angel of Beauty

The Angel of Beauty reminds us that 'beauty is in the eye of the beholder' and helps us to open our awareness to recognise the inherent beauty in all things and all life forms including the beauty of your own inner being.

Angel of Compassion

The Angel of Compassion will help you to distinguish the difference between true compassion, which is impersonal love, and its lower frequency counterpart sympathy, which originates from a more emotional level. Call on the assistance of this Angel to help you radiate the frequency of Compassion to all people and situations in your life.

Angel Of Determination

The Angel of Determination will help and support you to find the inner determination and strength of will to stay focused on your own journey through life and not to be drawn away from what is important for your own growth, so that you can unfold the radiance of your true self.

Angel of Forgiveness

The Angel of Forgiveness brings forward the energy of Venus and touches your heart chakra with a love that is all encompassing and all forgiving. It gently guides and helps you to extend forgiveness to both yourself and others so that you can become whole again.

Angel of Glory

The Angel of Glory opens your heart and mind to a greater understanding of the Glory of God, the Creator or Universal Intelligence. It will help you to expand your own link with Source and guide you to a deeper understanding of the glory of your own soul.

Angel of Grace

The Angel of Grace brings us the gift of Divine assistance through the Law of Grace. Call on this Angel to help you to release old patterns, beliefs or emotional issues that hold up your growth. As soon as you accept the lessons of these old situations and forgive appropriately the Angels can assist in releasing the old energies with ease & grace when requested.

Angel of Harmony

The Angel of Harmony can help to restore balance to the emotions and bring comfort and understanding to the personality, especially in times of emotional difficulties.

Angel of Hope

The Angel of Hope will gently guide and support you to keep the light of hope alive within your heart chakra in times of difficulty or distress.

Angel of Joy

The Angel of Joy will help you to open your heart chakra and re-connect with the frequency of Joy, bringing a feeling of lightness and a renewed joy in living. It will gently guide you to experience life more from the perspective of an innocent child who sees joy in all aspects of life.

Angel of Love

The Angel of Love works with the frequencies of unconditional love and will gently help you to activate this energy within your own heart chakra. It will guide you to recognise the difference between this kind of love and its lower frequency counterpart based on emotional attachment. Ask for the help of this powerful Angel to see the places within yourself that are calling out for more unconditional loving acceptance.

Angel of Mercy

The Angels of Mercy work under the new Aquarian Age Law of Divine Mercy, which offers us all the opportunity to clear and release any karmic patterns that we have worked with sufficiently, through the merciful dispensation of our Cosmic Parents. Call on the Angel of Mercy to help you to release any karmic patterns that are currently holding you back.

Angel of Patience

The Angel of Patience will help you to feel and understand the frequency of patience. As you allow this energy to become a greater part of your personality you will find yourself more relaxed in mind and body and more able to be fully in the flow of life.

Angel of Peace

The Angel of Peace will gently guide and support you to find the place in your deepest being where there is always peace, and to chose to live your life from a centred place of calmness, peace and tranquillity. Call on this Angel to assist you to broadcast the frequency of Peace even in the midst of chaos and turmoil.

Angel of Purification

The Angel of Purification will assist you to release and transmute lower frequency energies from your subtle bodies and auric field. Call on this Angel when you need help to create a greater purity of thought and mind.

Angel of Strength

The Angel of Strength will come to your assistance when you ask for help to re-connect with your own inner strength. Call on the help of this Angel when you feel that you lack strength or energy to carry on, particularly in times of adversity.

Angel of Tranquillity

The Angel of Tranquillity will gently support and help you to reconnect with the qualities of calmness and tranquillity especially during times of disturbance or distress. Visualise yourself beside a still and beautiful lake with the Angel of Tranquillity at your side each time you take this essence.

Angel of Transmutation

The Angel of Transmutation will assist you to raise your vibrational frequency by helping to clear and transmute lower frequency energies into positive vibrations. Call on the assistance of this Angel at times of deep clearing and inner healing.

Angel of Truth

The Angel of Truth will gently support and guide you to discover your own inner truth and help you to express that truth with love, no matter what the circumstances. It will also help you to recognise that your truth is always relative to your current level of consciousness and so will change as your consciousness expands.

Angel of Wisdom

The Angel of Wisdom will help and support you to access your own innate inner wisdom by strengthening the connection between the heart chakra and brow chakra. It will guide you to remember that knowledge becomes wisdom when we allow the vision of the higher mind to interpret the knowledge we have gained from the perspective of the heart.



Angel Essence Sets

As well as buying the Angel Essences individually, you can also buy them as a self select set of any 10 or a complete set all 20 in an attractive presentation box. 10ml or 25ml sizes.



How To Use

The Angel Essences can be used in two ways; if you feel in need of inspiration take four drops and call on the help of the Angel you require - repeat as necessary. Alternatively take four drops four times a day, again asking for the Angel to be activated with each dose, until you feel a shift in consciousness.

For best results take straight from the stock bottle sent, do not dilute. It is better to take essences at least ten minutes away from food.





The Archangel & Ascended Master Essences

Each of the essences in this set of ten is vibrationally attuned to the consciousness of a particular Archangel or Ascended Master. Like doorways into a higher dimension these essences will help you to link more easily with the web of light and higher consciousness of the Spiritual Hierarchy. Use them as a point of focus to ask for inspiration, help and guidance to unfold your own spiritual journey.

Essence Key Points:-

A powerful set of ten essences helping you to connect to the energies of the Archangels & Ascended Masters.

The Archangel Essences

Archangel Michael

Invoke Archangel Michael for help with Courage, Strength and Protection. He carries the flaming blue Sword of Truth and will if requested use it to cut away any old ties, cords or misaligned energies that are holding you back. Ask for his help in any situation where you feel that you need to develop more willpower, initiative, strength & focus or where you feel in need of protection - whether physical or psychic.

Archangel Gabriel

Invoke Archangel Gabriel for help with Clarity, Purity, Order & Discipline. He works to create more Harmony, Beauty & Purity on the Earth. He will help you to develop your intuition & to find your true path. Call on his help if you feel in need of purification. Archangel Gabriel is also the Angel of Childbirth so invoke his blessings for all newborn souls.

Archangel Raphael

Invoke the help of Archangel Raphael for help with Healing, Creativity, Truth & Vision. Call on his help with any healing work and for help to dissolve the negative blockages that cause illness. He will also help you to develop Vision & Inner Knowing through the development of the sixth chakra.

Archangel Uriel

Invoke Archangel Uriel and his Angels of Peace in any situation where the energy of Divine Peace is needed. Ask for his help to dissolve your fears so that you can anchor the vibration of peace deep into your being. He will also help you to develop clarity, insight & vision.

Ascended Master Essences

Babaji

Known as the Yogi-Christ, Babaji is a Mahavatar or great Avatar. He is also known as the deathless avatar because throughout the many centuries since his ascension he has continued to manifest a human body and to work from his spiritual retreat in the Himalayas, providing a living example for humanity of our own potential. It is said that to speak his name with reverence will attract a blessing from him. Call on Babaji to help you find your passion and creativity.

Kuthumi

Kuthumi is the Master of the Second Ray which embodies the qualities of Love & Wisdom. He is currently World Teacher and he works to bring illumination through education. In previous incarnations Kuthumi was Pythagoras, John the Beloved, Shah Jahan who built the Taj Mahal and St Francis of Assisi. Call on his help to receive spiritual inspiration, higher knowledge, truth and wisdom.

Maitreya

Lord Maitreya is the Planetary Christ and head of the Spiritual Hierarchy and the Great White Brotherhood. He is the teacher of many of the Ascended Masters and overshadowed Jesus during the last few years of his life, thus allowing the Christ Consciousness to be seeded on the Earth Plane. Call on Lord Maitreya for help to bring more compassion and clarity into your life.

Sananda

Sananda is perhaps the most well known and loved of all the Ascended Masters through his incarnation as Jesus Christ. He is the Master of the Sixth Ray, which embodies the qualities of devotion and idealism. He is said to be one of twelve sons/daughters of God and his life as Jesus personified Godliness living in human form. He was/is the way shower for our own spiritual journey and ascension. In esoteric literature he is said to have had lives on earth as Adam, Enoch, Jeshua, Joshua, Elija & Joseph of Egypt. Call on Sananda for help to open your heart and to bring you a greater understanding of Divine Unconditional Love.

Divine Mother

The nurturing, compassionate energy of the Divine Feminine is personified in the west by Mother Mary and in the east by Quan Yin. It is only recently that the energy of Divine Feminine has been re-established on the Earth allowing balance to be restored between masculine and feminine. Call on the Divine Mother energy to help you to connect with and balance your own feminine energy. The energies of Divine Feminine & Divine Masculine must be balanced within each of us and within the Earth herself, before Peace & Harmony can be restored on Earth.

Violet Flame

The Violet Flame of Transmutation is a powerful ray of energy which is available to us all as a tool for purification and transmutation of negative energies. The Ascended Master St Germain brought the gift of the Violet Flame to humanity after the Harmonic Convergence in 1987. It was a dispensation from Source to help speed up our awakening. Call on the help of St Germain and the Violet Flame to help you purify negative thoughts and feelings. You can also hold a situation in the Violet Flame asking that it be resolved for the highest good of all concerned. Taking the essence as you do this will help to strengthen your connection.



Archangel & Ascended Master Essence Sets

As well as buying the Archangel & Ascended Master Essences individually, you can also buy them as a complete set of all 10 in an attractive presentation box. 10ml or 25ml sizes.



How To Use

The Archangels & Masters Essences can be used in two different ways: if you feel in need of inspiration take four drops and call on the help of your chosen Light Being - repeat as necessary. Alternatively take four drops four times a day again asking for help with each dose, until you feel a shift in consciousness. For best results take straight from the stock bottle sent, do not dilute. It is better to take essences at least ten minutes away from food.



Both Archangels & Ascended Masters belong to the Spiritual Hierarchy that have guided and directed the evolution of life on Earth from the beginning of time. From the great Centres of Light that exist in the higher dimensions of Earth they hold the vision of the Divine Plan for the unfoldment of life on Earth and with great love and dedication they work ceaselessly to ensure that this Plan unfolds within the greater perspective of the Universe to which we on Earth belong. Together they create a vast web of Light & Love around our planet that we can each connect with and contribute to when we focus with sincerity through our hearts.



The Pure Vibrations Spray Collection

Our Pure Vibrations Essence Sprays are designed specifically to provide the instant energetic support that can help you maintain positive vibrational alignment no matter what challenges you face in life. Essences sprayed into the auric field act very quickly and are especially helpful at those times when you feel temporarily out of balance or off centre. Spray liberally into the auric field for a quick and effective energetic realignment or use over a period of time to support more permanent transformation. You can also take these essence sprays internally in the same way as our other essence combinations if you wish. You can choose from either a Brandy preservative or a Brandy and Rose Water blend, which gives a beautiful scent to the combination.

Essence Key Points:-

A set of ten spray essences providing energetic support and positive vibrational alignment.

Angelic Gifts

Friends in high places

Inspiration, illumination and guidance for our life's path and the challenges we face on it are always available from the Angelic Realms when we remember to ask for it. The Angels can best help us when we align our vibration with theirs and listen for their gentle promptings with love and gratitude in our hearts. Use this spray to help bring you into greater vibrational alignment with the Angelic Realms and to be open to receive the gifts of their love, light and wisdom to assist you see the higher plan of your life.

Auric Protection

Safe boundaries

Auric Protection (Divine Harmony Essences) has been one of our most popular combinations over the years and we feel that many people will find it to be especially supportive in spray form, because of the immediacy of its action. Use this spray to help strengthen your aura and energy fields when you know that you will be facing situations that normally present you with an energetic challenge. You will find it particularly helpful if you tend to be over sensitive to others emotions or thoughts, or experience an 'energy drain' when around lots of people. Use it in emotionally charged situations to help separate your emotions from those of others.

Clarity & Perspective

Clearing confusion

This spray brings a 'breath of fresh air' to the mind. It is wonderful to use at those times when you find yourself going round and round in your mind about an issue or situation and just getting more and more confused and unable to 'see the wood for the trees'. It will quickly relax the mental body allowing 'mental blocks' to dissolve and the mind to expand so that you can connect with the greater clarity and perspective available from your soul through your higher mind. As Albert Einstein so aptly said 'the answer to a problem will never be found at the level at which it was created'.

Earth Connection

Strong foundations

This spray will very quickly help you to realign and rebalance when you are feeling ungrounded or disconnected from your body. Many of us carry unconscious patterns that discourage us from fully activating our energetic connection with the Earth. However the higher we reach spiritually the more we need the solid support of our earth connection and energetic foundations so it is important that we focus on strengthening these consciously. Our own internal cleansing process as well as the constant shifts now taking place within the Earth as a result of her own cleansing, can both leave us feeling temporarily ungrounded and unsettled. Use this spray to pull you firmly back into your body and help you to realign and stabilise your energetic foundations.

Energetic Alignment

Soul connection

When our energetic system is aligned through all the levels it is easier for us to release old patterns and issues as well as to receive guidance and help from the more expanded aspects of ourselves. Our lower energy bodies also need to be in balance and alignment so that we can act as a channel for our soul's light to flow through into the world. The more we use focus and intention to create this alignment the stronger it will grow. Use this spray regularly to help bring all of your subtle bodies, chakras and subtle energy points into greater alignment. This will powerfully assist any energy healing technique that you are using as well as enhancing your ability to meditate and to connect more fully with your soul and higher guidance.

Environmental Stress

Cleansing and strengthening

This is an excellent spray to assist you to keep your energy field clear and protected from the many environmental pollutants that our modern day world contains. Use when you feel that you are vulnerable to unwanted energies such as those from mobile phones, computers, radiation or other damaging energies.

Harmony & Tranquillity

Promoting balance

A peaceful mind and balanced emotions are essential ingredients if we are to experience true harmony and tranquillity in our lives. However we all know that these are states that can sometimes be very illusive as we deal with the triggers and challenges of everyday life. Use this spray to help restore balance to unruly thoughts or turbulent emotions and reconnect you with your own inner centre of harmony and tranquillity.

Heart Connection

Living in Love

When we live life from the perspective of the heart whole new realms of opportunity become available to us because we are in vibrational alignment with our true self and with the higher plan of our life. Denial of the love that we truly are is unfortunately still a deep unconscious pattern for many people and one that creates painful barriers around the heart that prevent us from living in love. Use this spray to promote a swift cleansing of old emotions that block you from fully opening your heart or simply to help you open your heart more deeply either to yourself or others.

Positive Vibrations

Cleansing negativity

Maintaining positive mental and emotional attitudes is as important as physical cleanliness to our overall health and well-being. Thoughts and feelings are all energetic frequencies and those that we choose to be predominate in our everyday reality will be the ones that set the universal law of attraction into motion to bring forward new life experiences. It is not only our personal energy field that is affected by the vibrational frequencies we choose to entertain. Those around us as well as the places in which we live and work will also be affected, positively or negatively, by our choices. Use this spray to cleanse and purify your personal energy field or use it as a space clearing spray for your living or workspace. Calling in the transformational Violet Flame when you use this spray will enhance its effectiveness.

Strength & Courage

Overcoming Fear

Fear is an energy that has been woven deeply into the human collective consciousness and we all carry patterning, often unconsciously, that can potentially pull us back into this vibrational frequency, especially when we find ourselves facing unexpected challenges. However, fear is a vibrational frequency that belongs to the illusion of separation and is therefore not 'real' from the perspective of our true self. Use this powerful spray to help you dissolve and transform vibrations of fear and remind you of your own innate strength and courage and the love that is your true self.



How To Use

Spray liberally into the auric field for a quick and effective energetic realignment or use over a period of time to support more permanent transformation. You can also take these essence sprays internally in the same way as our other essence combinations if you wish.



About Spray Essences

Essences sprayed into the auric field generally have a more instantaneous impact than a similar combination taken orally does so a Pure Vibrations spray is an excellent choice if you need help to quickly rebalance and realign your energy field. They have also proved particularly helpful for those who find it difficult to take deep acting combinations internally for any length of time.





Rose Collection Essences

The Rose Essences and Rose Combinations in this set have each been chosen for their ability to help us release all that is not love within our heart chakra and to inspire us to live our lives from the perspective of the heart. The consciousness of the heart is one of balance and unity and brings the gifts of inner peace, serenity, connection and unconditional love. The set contains four deep acting Rose Combinations and sixteen individual Rose Essences, each one offering you a unique opportunity to balance your heart chakra and to expand your ability to live in love.

Essence Key Points:-

Essences to awaken the heart

Blue Moon

This essence brings forward and helps to clear those issues of the heart chakra that have been relegated to the shadowy regions of consciousness. As these issues come into the light of awareness, the shadows melt away in the light of our love and the heart chakra is able to open more fully.

Compassion

This essence strengthens the link between the heart chakra and the higher mind creating a greater connection with our inner wisdom. It helps to promote feelings of peace, serenity and inner certainty.

De La Hay

This essence promotes a greater alignment between the heart chakra and the crown chakra which inspires the transformation of belief into inner knowing.

Deep Secret

This essence helps us to move from the consciousness of the solar plexus chakra into that of the heart chakra. It works in the lowest section of the heart chakra to clear away lower frequency energies that prevent us from moving fully into the heart chakra.

Green Rose

This essence works through the heart chakra to develop and enhance psychic abilities. It can be particularly helpful for those working with issues caused by repression or misperception of psychic gifts created in previous lives.

Handel

This essence promotes the qualities of strength, courage and positive self value. It is particularly helpful where there are issues stuck in the heart chakra that are creating feelings of low self-worth.

Iceberg

This essence helps to release and gently dissolve defence barriers that have built up around the heart chakra as a result of painful experiences from the past. It is a helpful essence for anyone who feels isolated from others or has difficulty being open to receive.

Irene of Denmark

This essence works through the heart chakra to clear away memories and fears relating to past persecution and attack. This is a very helpful essence for anyone who has suffered bullying or abuse either in this life or another.

Just Joey

This essence carries the vibrations of joy and playfulness. It works through the heart chakra to help those who need to expand the qualities of joy and creativity in their lives.

Peace

This essence helps us to establish the vibration of inner peace within our heart chakra, by transmuting any vibrations of fear that have become stuck in the heart chakra.

Perdita

This essence works through the heart chakra to promote the qualities of purity and unconditional love. It is a helpful essence for anyone who experiences feelings of shame that do not allow them to see the radiance of their true being.

Regensberg

This essence helps to align the heart chakra with all the other upper body chakras promoting a stronger connection with the soul and inner guidance.

Ruby Red

This essence connects with the Ruby Red Ray of forgiveness and helps us attune to Christ Consciousness. Its beautiful vibration will gently transmute old pain and sorrow held in the heart chakra leaving love and compassion in its place.

Sunblest

This essence works through the heart chakra to promote a greater sense of inner security. It is a helpful essence for those who feel they need to develop the qualities of inner strength and courage.

Sweetheart

This beautiful essence draws into our awareness a greater understanding of unconditional love, helping us to connect with this vibration deep within our heart chakra.

Webbiana

This essence works through the heart chakra to expand consciousness and psychic abilities. It can help you develop the ability to transfer energy to & from multidimensional levels so that greater contact with the spiritual realms is possible.

The Rose Combinations

Awakening the Heart

Just as the sun is invisible to us on a cloudy day so the love within our own hearts can become shrouded by past pain and sorrow until we have all but forgotten that it is there. This combination will gently help to dissolve these old issues and barriers so that the vibrations of love & joy can reawaken within the heart chakra.

Combination of -

Rosa Deep Secret, Rosa Blue Moon, Iceberg Rose & Sweetheart Rose.

Heartfelt Forgiveness

This combination carries the vibration of forgiveness deep into the heart chakra helping to bring into awareness any past events or situations that still require forgiveness, either of self or another, to allow the heart chakra to open fully. Call the Ruby Red Ray of Forgiveness into your heart while you take this combination to help you see the higher perspective of these old memories so that you can forgive and move on.

Combination of:-

Ruby Red Rose, Rosa de la Hay, Rosa Deep Secret & Peace Rose.

Purity of Heart

This combination focuses the vibrations of purity and peace deep within the heart chakra, helping to release and transmute buried feelings of unworthiness, shame, fear or anger held within. It is a particularly supportive combination for anyone who has suffered abuse either in this life or another.

Combination of:-

Irene of Denmark, Perdita, Peace & Handel.

Unconditional Love

This combination holds the vibrational frequency of unconditional love and will take you deep within your heart chakra to connect with the infinite source of love held within. Allow it to help you expand the spark of Divine Unconditional Love within your heart chakra and connect you more fully with the radiance of your true self.

Combination of:-

Compassion, Perdita, Sweetheart & Ruby Red.

Making your own combinations;

You could also mix your own selection of individual Rose Essences from this collection into a combination. Simply mix equal quantities of each chosen essence in a clean bottle. Alternatively you could order your chosen essences made into a stock level combination by us. (25ml size only).

NB: We do not recommend mixing more than 4 or 5 essences together in one bottle.



The Rose Collection Sets

As well as buying the Rose Collection Essences individually, you can also buy them as a self select set of any 10 or a complete set all 20 in an attractive presentation box. 10ml or 25ml sizes.



How To Use

Take four drops on the tongue 3 or 4 times a day from your chosen essence or combination continuing until the bottle is finished

For best results take straight from the stock bottle sent, do not dilute. It is better to take essences at least ten minutes away from food.



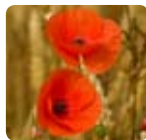


Individual Flower, Gem & Crystal Essences

On the following two pages you will find a list of 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, gem, crystal or mineral. They can be taken individually or mixed into combinations to provide more focused help. This extensive collection of individual essences is a wonderful resource for anyone who enjoys creating their own unique combinations.

Essence Key Points:-

Mix your own combinations or use individually.



The Individual Flower Essences

More information about the essences listed in this section can be found on our website or in the 'Individual Flower, Gem & Crystal Essence' booklet. Essences marked with an asterisk* are included in our Flower Essence Collection set, which has its own leaflet of expanded definitions.

Agapanthus	Celandine*	Evening Primrose	Knapweed
Ageratum	Centaurea	Feverfew	Ladies Bedstraw
Allamanda	Century Argave	Fig*	Lady of the Night
Almond	Chamomile	Flax	Larkspur
Aloe Vera	Cherianthus	Forget-Me-Not*	Lavender
Amaranthus	Chicory (white)	Forsythia	Lemon*
Amaryllis	Chionodoxa	Foxglove	Lewisia
Anemone	Chorisia Speciosa	Fremontedendron	Ligularia
Angelica	Chrysanthemum	French Marigold	Lilac
Apricot	Cinquefoil	Fuchsia - white	Lily (calla)
Artemesia	Cleaver	Galtonia	Lily (canna)
Aubergine	Clematis - nellie moser	Garlic*	Lily (peace)
Auricula	Clover Haresfoot	Gazania	Lily (star gazer)
Avocado	Clover Red	Geum	Lily of the Valley
Baby Blue Eyes	Columbine	Gladiolus	Lime
Banana	Comfrey	Goldenrod	Lobelia
Basil	Convolvulus	Groundsel	Loosestrife*
Begonia	Coral Bells	Guelder Rose	Lotus*
Bell Flower	Coreopsis	Halimium	Luffa
Bells of Ireland	Corn	Harebell	Lungwort
Bengal Trumpet Vine	Corn Cockle	Hawthorn	Lupin
Bignonia	Cosmos	Helianthus	Lychnis
Blackberry	Cowslip	Helleborus	Magnolia
Black-Eyed Susan	Cranesbill	Hempnettle	Mahonia
Blackthorn	Crocsmia	Hibiscus	Mallow*
Bleeding Heart*	Crown of Thorns	Himalayan Poppy	Mango
Bluebell	Curcuma	Honesty	Marpasso Grass
Borage*	Cyclamen	Hops	Marsh Campion
Bottlebrush (red)	Daffodil*	Hoya	Marsh Marigold
Bottlebrush (small purple)	Dahlia	Humming Birds Trumpet	Melilot
Brompton Stock	Daisy*	Hyacinth	Mitchella
Broom	Dandelion*	Hydrandea	Morning Glory
Buddleia	Datura	Hypericum Hidcote	Mugwort
Buttercup	Day Lily	Hyssop*	Mullein
Calendula	Dead-nettle	Iris Amethyst	Nasturtium
California Poppy	Delphinium	Iris Blue Beard	Nectarine
Camellia	Deutzia	Iris Purple	Nettle
Campanula	Diascia	Jacobina	Nicotiana
Campion	Dill	Jasmine pink	Oil Seed Rape
Canterbury Bell	Dipladenia Yellow	Jasmine white	Onion Flower
Carnation	Dutchmans Pipe	Jasmine yellow	Orange
Carob	Echinacea	Jonquil	Orchid - equestris
Castor Oil Plant	Eidelweiss	Judas Tree	Orchid - oncidium
Catmint	Elderflower	Kerria	Osteospermum
Ceanothus	Erthrina	Kidney Vetch	Pansy
Cedar	Eucalyptus	Kirengeshoma	Passionflower*

Peach	Queen Anne's Lace	Skullcap	Tulip
Pear	Ragged Robin	Snakeshead Fritillaria	Vetch
Pennyroyal	Rhododendron	Snapdragon	Violet (sweet)
Penstemon	Ribes	Snowdrop	Violet (white)
Periwinkle	Roses:-	Soapwort	Vipers Bugloss
Petunia	See Main Roses section on p.30	Solandra	Virginia Bluebells
Philadelphus	Plus Königin von Dänemark	Speedwell	Wallflower
Pimpernel (red)	Plus Maidens Blush	Squash*	Water Lily (blue)
Plum	Rose of Sharon	St John's Wort*	Water Lily (yellow)
Poinciana	Rosemary	Star Tulip	Watermelon
Pomegranate*	Rudbeckia	Sugar Beet	Weigela
Poppy (oriental)	Sage	Sunflower*	Wintersweet
Poppy (wild red)	Salipiglossis	Sweet Pea	Wisteria
Potato	Sandalwood	Thistle	Yarrow (pink/ white/ mixed)*
Potentilla	Scabious	Thrift	Yew
Prickly Pear Cactus	Self-Heal	Thyme	Zinnia
Primrose	Shamrock	Toadflax	
Primula	Sidalcea	Tradescantia	
Pulsatilla	Silver Birch	Trillium	



The Individual Gem & Crystal Essences

More information about the essences listed in this section can be found on our website or in the 'Individual Flower, Gem & Crystal Essence' booklet. Essences marked with an asterisk* are included in our Gem & Crystal Essence Collection set, which has its own leaflet of expanded definitions.

Abalone	Brochantite	Danburite*	Jamesonite
Actinolite	Bronze	Desert Rose	Jasper - Green
Agate - Blue Lace	Calcite - Amber	Diamond*	Jasper - Red
Agate - Brown	Calcite - Blue	Diopside	Jasper - Yellow
Agate - Crazy Lace	Calcite - Clear*	Dioptase	Jet
Agate - Fire	Calcite - Co Bo	Dumortierite	Kammerite
Agate - Moss	Calcite - Golden	Eilat Stone	Kunzite
Agate - Picture	Calcite - Green	Emerald*	Kyanite
Agate - Zebra	Calcite - Mangano	Epidot	Labradorite
Ajoite	Calcite - Stella Beam	Falcon's Eye (Erythrite)	Lapis Lazuli*
Alexandrite*	Campylite	Feldspar	Larimar*
Amazonite	Carbon Steel	Firestone	Lazulite
Amber	Carnelian	Flint	Lazurite
Ametrine	Carnelite	Fluorite	Lepidolite
Ammonite	Cavansite	Fluorspar	Limestone
Apache Tears	Celestite	Fuchsite	Loadstone
Apatite	Cerussite	Galena	Luvulite
Apophyllite	Chalcedony	Garnet (Sparssetine)	Magnetite
Aqua - Aura	Chalcopryrite	Gem Silica	Malachite
Aquamarine	Chalk	Geode	Marble
Aragonite	Charoite	Goethite	Merlinite
Argillite	Chrysocolla	Gold*	Mimetite
Asbestos	Chrysolite	Gold, Frankincense & Myrrh	Moldavite
Atacamite	Chrysoprase	Granite	Moonstone
Auricalcite	Cinnabar	Gypsum	Morganite
Aventurine	Clay	Halite	Nebula Stone
Azeztulite	Coal	Hematite	Nephrite
Azurite	Copper*	Hemimorphite	Obsidian - Arrowhead
Azurite/ Malachite	Coral - Blue	Herkimer Diamond	Obsidian - Black
Baryte	Coral - Fossil	Hickeryite	Obsidian - Blue
Beryl	Coral - Mixed	Howlite	Obsidian - Snowflake
Bismuth	Coral - Red	Iceland Spar	Okenite
Bloodstone	Coral - White Spiky	Idocrase	Onyx
Blue John	Covellite	Iolite	Opal - Dark
Boji Stone	Creosolite	Ivory	Opal - Light
Brass	Cuprite	Jade	Opal Jelly

Pearl Light or Dark*	Quartz - Solution	Silver*	Topaz - Blue
Peridot	Quartz - Spectre	Smithsonite	Topaz - Yellow
Petrified Wood	Quartz - Tourmalated	Soapstone (Talc)	Tourmaline - Black
Phenacite	Quartz - Yellow	Sodalite	Tourmaline - Blue
Pietersite	Quartzite	Sphalerite	Tourmaline - Green
Platinum	Rhodochrosite*	Sphene	Tourmaline - Water Melon
Pyrite	Rhodonite	Spinel	Turquoise*
Quartz - Amethyst*	Rosanita	Stagalite	Turquoise/ Amethyst
Quartz - Blue	Rubellite	Stalagmite	Ulexite
Quartz - Citrine*	Ruby in Zoisite	Staurolite	Vanadanite
Quartz - Clear*	Ruby*	Steafalite	Variscite
Quartz - Cloudy	Rutile	Stibnite	Vyanite
Quartz - Dendritic	Ryolite	Sugilite	Wulfenite
Quartz - Elestial	Sandstone	Sulphur	Zircon
Quartz - Glycerine	Sapphire - Blue*	Tanzanite	Zoisite
Quartz - Phantom	Sapphire - Pink	Tektite	
Quartz - Rainbow	Sapphire - Watermelon	Temple Stone	
Quartz - Red	Sardonyx	Theosolite	
Quartz - Rose*	Satin Spar	Thulite	
Quartz - Rutilated	Scarab	Tiffany Stone	
Quartz - Smoky*	Selenite - green	Tiger's Eye	
Quartz - Snowcap	Serpentine	Titanium	
Quartz - Snowy	Shattakite	Toadstone	

How many individual Flower, Gem & Crystal 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 five or possibly six 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 below.

Children:- as a general rule, start giving children essences from this section from age seven upwards. It is best to start with single essences (see page 46 for more details).



How to Use

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. It is better to take essences at least ten minutes away from food.

How to combine Essences

To make a combination from the essences that you have chosen from this section, 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 - please ask for more details.

NB: Please remember that Crystal Herbs Chakra Essences, Divine Harmony Essences, Rose Collection Combinations, Pure Vibration Collection Essences, Rainbow Light Body Essences & Inner Child Essences already contain 5, or in some cases 6 essences, and should therefore not be combined as described above. We also do not recommend that you mix Karmic Essences into combinations.





Wellbeing Combinations & Platonic Solid Essences

The Wellbeing Combinations

The five deep acting essence combinations in this group each offer support with issues that are important for our overall wellbeing and which can affect the quality of life we experience.

You can also find information about our Platonic Solid Essences and Combinations on this page.

Wellbeing Combinations

Environmental Stress

Cleansing & strengthening

Living in the environment created by current modern day life places an increasing strain on our subtle energy system and etheric blueprint. This combination helps to clear and release accumulated impurities of all kinds from the energetic blueprint.

Graceful Change

Feminine maturity

This combination is specifically designed to help women move gracefully and naturally through the cycle of change that occurs at all levels as they reach maturity. It will help to release old emotional and mental programming, allowing greater acceptance and understanding of this very important phase in a women's life, promoting a natural harmony & balance.

Learning Easily

Free flow & connection

The ability to assimilate information requires a synthesis between logic and intuition. This combination helps to strengthen and support this process by stimulating the connections between higher and lower mind and promoting a free flow of energy through the subtle bodies and etheric blueprint.

Sleep

Natural rest

Natural restful sleep is important for us all, especially whilst we are undergoing periods of change and growth. During our sleep time we are able to gain valuable insights from our guides and teachers on the other levels as well as clearing and balancing our subtle energy systems. This combination will help to promote this process.

Strength & Well-being

Restoring well being

A strong and vital energetic blueprint and fully functioning subtle energy system are an important factor in our well-being. This combination helps to strengthen and support these important areas as well as expelling any old patterns or energetic impurities.

Platonic Solid Essences

Platonic Solid Single Essences

Hexahedron / Cube

Element - Earth

Keywords - foundations, structure.

Dodecahedron

Element - Ether

Keywords - connection to the whole.

Icosahedron

Element - Water

Keywords; flow of life force, emotions.

Octahedron

Element - Air

Keywords - thoughts, connection to the higher mind.

Tetrahedron

Element - Fire

Keywords - Divine spark of life.

Platonic Solid Combinations

Metatron's Blend

Fire, Air, Earth, Water & Ether

A Combination of all five Platonic Solid shapes.

Inner Light

Opening to the Light

A combination of Platonic solids & other essences.

About the Platonic Solids

In the ancient mystery schools the study of sacred geometry was considered an indispensable requirement for gaining a greater understanding of life. It was known and understood that the five platonic solid shapes are a part of the building blocks of life. Together with the sphere these five shapes are the component parts of Metatrone's Cube which itself is a part of the Flower of Life pattern from which all forms of life are created. According to ancient tradition each of the platonic solids has a connection with a particular elemental energy. The Platonic Solid Essences are therefore powerful reminders to the body of its original matrix or blueprint. Working at a subtle level they can encourage restoration of order and balance according to the current blueprint for the expansion of human consciousness.

We suggest that you intuit or dows the essence that will most help you, and then take it in a similar way to any other single flower or gem essence.



Inner Child Essences

Created by Shimara Kumara

Healing the inner child helps us develop a more positive personality, balanced emotions and greater spiritual connection, as well as creating powerful soul growth. Shimara has created these 36 beautiful flower & gem essence combinations to facilitate the healing of your Inner Child and to help you return to the radiance of your pure, true self. There is also a set of Divination cards to accompany this set.

Essence Key Points:-

Balancing aspects of your Inner Child

Acceptance

Keynotes - For self denial, resentment, possibly 'victim consciousness'.

As we learn to accept the life we have chosen, the circumstances, place and family, we also come to terms with ourselves now. Through loving acceptance we can appreciate all we have learned and experienced in this life and the Inner Child can begin to grow. As we go on through life this acceptance will create all that is needed for our soul growth and further transformation.

Balance

Keynotes - Can be universally applied for balance at all levels, especially emotional.

This Essence helps restore balance to those whose personality is very up and down. One day they are in harmony, the next day they are not at peace with themselves at all. This state is often characterised by indecision or restlessness, with the mind going from one extreme to another. These are all symptoms of an unbalanced Solar Plexus chakra, indicative of emotional problems in childhood. This essence will help you to become more aware of any material changes you need to make to bring more balance into your life as well as promoting greater emotional and mental harmony.

Be Here Now

Keynotes - Can be universally applied for grounding.

When it is difficult to consciously work on Inner Child issues because of the desire to escape and leave the body when the going gets tough, this is the time to take this essence. It helps us to be here NOW, to be fully present and awake, so that our transformation may continue, ensuring that nothing is missed and that we see everything as an opportunity for the Inner Child to grow.

Birth

Keynotes - Can be universally applied for releasing birth trauma

Held in the consciousness of every Inner Child is the memory of birthing into a physical body. For most of us our birth was one of the most traumatic events of our life. Leaving the safety and warmth of our mother's womb to enter a cold world, often to be confronted with slaps, surgery and a clinical antiseptic hospital atmosphere, was a great shock. This combination helps to release birth trauma of all kinds.

Courage

Keynotes - Can be universally applied for releasing and clearing fears, including karmic fears.

The courage of a child can be seen clearly in the fearlessness with which children climb trees many times their own size. However, each time a child is told that something is dangerous or harmful, fear gradually becomes a part of that child's reality. Fears can also be developed through ill treatment, and a direct relationship can often be found between the terror of a child who is beaten or abused and a general lack of well being later in life. Buried fear can also be the underlying energy behind many other patterns such as anger and guilt. This combination will help to transform fears and anxieties developed in childhood very gently, layer by layer allowing the innate natural courage which we all hold within our hearts to expand.

Decisive

Keynotes - Blocked intuition. Lacking trust in ones own judgement.

Indecision develops when we are unable to trust our intuition to guide us to the right decision. If we practise listening to it as well as feeling it, our intuition will grow stronger until we know which decision to make in any given circumstances. Decision making can be as simple as following what feels right in the heart, as long as one is humble and puts the ego to one side. Try to detach emotionally from the outcome of any decision, always asking for the highest divine good in any situation. It is important to be in our own calm space uninfluenced by others, especially when making important decisions. This essence helps us become more naturally decisive

Delight

Keynotes - Releases and transforms over seriousness or despondency.

A young child has the ability to delight in the simple pleasures of life, a playfulness and joy that are completely unselfconscious and full of natural aliveness. This essence brings with it the qualities of playfulness, joy and simple delight in all life experiences, and will help to dissolve some of the seriousness of the "responsible grown-up", bringing renewed delight in life.

Faith

Keynotes - Lacking faith and trust that things will always work out for the best.

Children are naturally open hearted and will instinctively know who and what to trust. However this trust often becomes lost as the child grows up and experiences painful incidents and circumstances. Perhaps a parent leaves, either through death or divorce, or is simply unable to be there for the child, so that subconsciously the child begins to build subtle layers of protection

around it's heart chakra to avoid feeling hurt again. These patterns and many others are then carried into adulthood, held unknowingly in the subconscious mind, where they will affect all future relationships. This essence will help to restore the sacred faith and trust in our hearts.

Family

Keynotes - Helps to clear & release oppressive negative influences from inherited family patterns

This essence helps to release and transform the 'negative' patterning of ones ancestors, changing our consciousness and healing the Inner Child. The blood bond is continuous; it forms a time-line of energy that helps create the pattern and consciousness of us. The hatred, guilt, anger, judgement and karmic burden of a past ancestor will carry on down through the family, influencing the behaviour of future generations. All ancestral memories are held within the DNA and contribute to the body, cells and subconscious of our Inner Child. This essence helps to release this patterning, thus healing not just the self, but also the whole ancestral bloodline and the spirit of the past through the power of love.

Father

Keynotes - Father issues and or patterns relating to men. Male issues.

This essence helps to release any difficult patterns or emotions related to the father or father figure. Helps develop more love, understanding and forgiveness in the relationship and brings balance to ones own masculine nature, women need this too!

Forgiveness

Keynotes - Opens the heart to more love and forgiveness, also towards oneself.

For-give means that our love is for-giving. Forgiveness is a place within our hearts where there is no judgement of others or ourselves. When we judge another we become resentful of that person and forgiveness becomes impossible. By releasing our judgement of situations or people in childhood we are more able to access that closed off portion of our hearts and to bring true forgiveness, love and healing to situations & relationships of the past. This combination of essences works by helping us to release judgement, so that love and forgiveness may take its place.

Freedom

Keynotes - Helps to release and clear any controlling aspects of ones personality.

This essence helps us to regain the freedom of our true self by releasing controlling aspects of our personality. The need to emotionally or mentally control others often stems from a childhood in which either or both parents were role models for these patterns. The outward need to control others is often characterised by a need to be right and is the reflection of a harsh inner life, where continual criticism & self-judgement has become externalised. Underneath these negative patterns is always a deep sense of fear and insecurity. True freedom comes from recognising that real power comes from an open heart. Those we free can then become their true selves and our relationships become much stronger in this new freedom.

Goodwill

Keynotes - To release and transmute deep rooted recent or suppressed anger.

During childhood it is normal to feel anger of one kind or another. However, children are often taught that to be a "good" person, "worthy" of the love and approval of their parents or teachers, they must not express feelings of anger. In adulthood they are then unable to fully express this perfectly natural emotion. Eventually this leads to blocked energy in the sacral and throat chakras, which are then unable to function fully. This essence helps to release and transmute this blocked energy, particularly when perpetuated in childhood. Anger expressed honestly through an open and loving heart releases a powerful, creative energy from within us, which can be used to empower ourselves and help transform our environment into a more honest and creative place.

Gratitude

Keynotes - To transform any feelings of ungratefulness or resentment.

When we give thanks for the great gift of this sacred life and the endless opportunities available for us, we become a part of the living stream of consciousness called creation. In this stream we are one with all life forms, all possibilities and the sacredness of being here. It is through gratefulness that we can access our Divine Abundance, as this is part of this flow, this oneness. As we learn to recognise that our childhood was a unique situation, which gave us opportunities for soul and personality growth we can look back with gratitude and our Inner Child becomes healed. Gratitude is the key.

Grief

Keynotes - For transmuting deep rooted or recent grief and emotional loss.

This essence works powerfully at an emotional level to release and transmute grief in all its forms. While it will work on the grief of a recent loss this essence also has the unique ability to work at deeper levels. When we lose someone very close to us in childhood, especially a mother or father, the severe emotional impact of this, profoundly affects the whole of our life. If the grief we feel at such a loss is unexpressed at the time it will gradually be suppressed until it becomes a dull ache in the heart and the source of much subconscious fear. It is important that we acknowledge and release our grief, so that we can open our hearts and truly know that the love that exists between us and a loved one can never die and that they will always live on, both in the higher planes of existence and also in our heart.

Guardian Angel

Keynotes - Helps one to connect more with ones Guardian Angel, Higher Self and the Divine Realms.

Each of us is assigned a guardian angel to help us link into our inherent spiritual nature and connection with our divine

light. This angelic being draws close to us at our birth, and stays with us throughout our life as it has through many other incarnations. As we realise the need to incorporate our spiritual nature into our physical life we begin to reach out to the Angelic Realms for help and support. As we bring more stillness, silence and meditation into our everyday life, we can learn to feel the presence of our guardian angel helping us to achieve this. The Guardian Angel Essence helps to strengthen this connection so that we may more consciously connect to the divine.

Humility

Keynotes - To transform inner or subconscious feelings of pride, superiority & separation.

True humility shows a deep inner knowing of the Oneness of all life. It is a reflection of knowing from the heart, not just the head that all mankind are in fact one and that all the energies, positive or negative that we see in others, are simply a reflection of a part of our own consciousness. Therefore no one is better or more superior than another, we just have different life experiences or knowledge. A humble person will share their help, skills, knowledge, love and light with others, without seeming to come from a more advanced or better level. This Essence helps to change our consciousness that we may become more like them.

Innocence

Keynotes - Transforms feelings of guilt and uncleanness.

A child is pure and naturally unselfconscious in thoughts and actions and there is no part of its mind or body that is not an innocent expression of the Divine. However if the child is taught that its own body, natural bodily functions or sexuality are something to be ashamed of, a subconscious pattern of guilt and uncleanness will develop. This not only hinders the development of truly loving and balanced sexual relationships with future partners but will also lead to a damaging lack of self-love. The Innocence essence helps release these issues, promoting a return to the purity and innocence of our true Divine nature.

Intimacy

Keynotes - Helps develop a warmer, more loving and affectionate nature.

If we grow up in a family where there is difficulty in expressing the emotion of love, either through words or actions, then we will assume that this is a natural way to be and grow up unable to experience true intimacy with another person. Barriers form around the heart chakra that always keep others some distance away, leaving a silent and cold space within and a yearning for really deep and close contact with another. Even in marriage or close relationships there will be an inability to express love and share deep feelings. This combination will help to release & transmute those barriers so that deep & loving intimacy can develop.

Love

Keynotes - To develop more unconditional or divine love.

Our natural state of Unconditional Love for all can be seen in the actions of a small child who simply loves everyone and everything. The child feels love for all God's creations and sees no difference between people, animals, flowers, stones or even the very soil of Mother Earth. However most of humanity is currently operating from a base of fear, which suppresses this purest and highest form of heart energy and creates a distortion in the way we experience love as we grow up. This lower, distorted form of love usually has many unconscious conditions attached to it, and is a slave to the negative ego aspects of fear, greed and control. This essence works to gently expand the Divine Love already held within the heart of our inner child, waiting patiently until such time as we are willing and able to feel and experience Unconditional Love again.

Mother

Keynotes - Mother issues and or difficulties related to women, intuition, sensitivity or creativity.

This essence helps to release any difficult patterns or emotions related to the mother or mother figure. Helps develop more love, understanding & forgiveness in the relationship and also helps one feel more at ease with ones own feminine aspects, men need this too!

Mother Earth

Keynotes - Ungroundedness through fears related to being here on Earth.

Memories of being involved in earthquakes, tidal waves, erupting volcanoes, wars and bombings are just some of the energies released and transmuted by this essence. Memories such as these are stored in the memory of the Inner Child and create fear of being on Mother Earth and the belief that it is unsafe to be in a physical body. It is most important that we feel safe in our body, knowing it to be our chosen vehicle to help bring love and light to Mother Earth to heal ourselves.

Moving Forward

Keynotes - For feelings of being stuck in a rut, unable to move on.

As we work to consciously release the patterns that no longer serve our Highest Divine Good, we begin to feel happier and to experience more joy in life. This process of working on ourselves moves in cycles – for a time we experience a period of peace as we assimilate the changes and enjoy the expanded consciousness that they bring, before our higher-self once again releases old or subconscious patterns for us to work on. This period of peace is like a plateau, or levelling out point and it is often at this time that we start to feel stuck, especially when old patterns start to rear their heads again. At other times we may just get a feeling that it is time for change, time to move on to something new in some area of our life. Moving Forward is the essence of choice for these often difficult periods in life.

Obsessions

Keynotes - To transform obsessive or compulsive behaviour patterns.

Obsessions and addictive tendencies can cause much sorrow and many problems in life. Obsessional patterns are usually karmic in origin, and when they are a problem we will often have chosen parents who will amplify or trigger these energies,

so that we can work with them. The father who goes out to drink most nights may pass on the idea to the child that this is accepted behaviour, giving them alcoholic tendencies when they grow up. The same applies to smoking, excessive or unhealthy food intake, drugs or sexual issues as well as all the more subtle forms of this pattern. Most of us have obsessions and addictions of one kind or another, for instance we can be addicted to always being right, to diets, travelling or any of a thousand other things that keep the mind focussed away from the present moment. This essence will help to release trapped thoughts & emotional energies, encouraging us to become a more balanced and happy person.

Peace

Keynotes - To gently release and transform all types of shock and trauma.

Any kind of trauma experienced during our early years will cause a ripple in our unconscious that will continue to affect us until it is released. Besides the more obvious situations such as death of a parent or close friend, cruel treatment, sexual abuse or involvement in wars, there can be other issues, which although seemingly insignificant when viewed from the adult perspective, can also have a very strong effect on the young mind. If a child's natural emotional responses to perceived traumatic situations are suppressed at the time, subconscious patterns will build up around the suppressed emotions, which will later disturb the adult's inner peace until they are transformed. This essence will help to do just that creating deep healing for the inner child on all levels.

Prosperity

Keynotes - To transform 'poverty consciousness' into Divine Abundance.

Prosperity means to 'have plenty of' - a state of Divine Abundance. To experience this we need to release poverty consciousness and the thoughts that tell us that we do not deserve or will never have enough. Often these patterns have been developed in childhood, perhaps where the child has chosen a family in which money is scarce. In our natural, connected state we know that Mother/Father God wants us have everything we need, as a pure expression of the Divine on Earth. It is our own thoughts & feelings that block this channel of energy. This essence will help to break up negative thought and emotional patterns so that more abundance can flow into our lives.

Protected

Keynotes - For over-sensitivity to the environment and energies of others.

This essence is for those who feel vulnerable to both the energies of others and the environment around them. Also those who experience heightened sensitivity like healers or psychics will find this essence helpful. It will help to develop a stronger and more balanced solar-plexus chakra, creating a shield of protection around this vulnerable emotional centre, & build a stronger auric field so that any "negative" energies or thought patterns encountered simply bounce off the subtle bodies, & no longer penetrate the emotional senses. This gives you the space to open your heart more, for when this is fully open the Unconditional Love within it allows you to feel your vulnerability without fear.

Relate

Keynotes - Helps one communicate with others in a more open, honest way.

This combination of essences brings a greater understanding of the unconscious emotional re-actions developed as childhood survival mechanisms. For example, the child denied a father's love might react by trying to please him to win his love. As that child grows up they will unconsciously project this pattern onto all men and so will always be trying to win approval. This leaves them open to draw in relationships with men who abuse or bully them, thus subjugating their own needs. Until that is, the pattern is recognised, worked on and healed. This is just one example of the many re-actions and emotional responses we develop in childhood, which later need transforming.

Release - Cutting Ties

Keynotes - Helps to 'let go' of emotional cords, attachments and neediness.

This essence works to release emotional neediness and the energies that generate that state, a pattern that affects almost all of humanity. As we raise the energy of what is commonly known as 'love', from the Solar Plexus to the Heart Chakra, we will create the higher frequency of Unconditional Love in which emotional neediness does not exist. Archetypes calling for this essence are the 'needy child' and 'needy mother', although it is helpful for all of us to release emotional ties with others. Letting go of emotional neediness & attachments, even to those closest to us creates deep Inner Child healing and is one of the most powerful things we can do. As we develop more emotional detachment we can stand in our own energy in a more balanced and unconditionally loving way.

Self Worth

Keynotes - For loving and valuing ourselves unconditionally.

When we truly value our existence and our unique individual qualities, we become an expression of the Divine here on Mother Earth. When we feel worthy and good enough there is no need to strive for success in any form, as it will come easily and quite naturally from our ability to be emotionally honest about who we really are and from the unconditional love that we hold for our TRUE SELF. We will also know that we can achieve anything we feel guided from the heart to do. This essence will help us to develop more Self-Worth, helping us to become more of who we really are, easily & effortlessly.

Simplicity

Keynotes - To transform an overly logical and complicated mind.

In today's society a child is taught at school that it is best to become intellectual and there is a strong focus on the need to be able to achieve academically. Not only is this pressure very stressful, it can also make us too mental in our approach to life as well as

encouraging us to loose our connection to the natural world, instincts, feelings and intuition. When this happens, the masculine/yang, rational, intellectual side of ourselves becomes too stimulated and overloaded, often resulting in feelings of being 'over-wound' and unable to relax. Ideally, we need to have a perfect complimentary balance between our yang and yin natures in order to experience harmony and flow in life. This essence helps us to return, in all humility, to the uncomplicated child that we once were.

Soul Gifts

Keynotes - Helps to infuse more Divine Soul qualities into one's daily life.

This essence helps us to remember the Soul gifts or Divine Attributes that we carry within our akashic record, or Soul memory. During previous lifetimes we have all developed many and varied talents as a result of our own particular soul journey. In our own way we are all learning about Unconditional Love through overcoming fear, guilt and other ego patterns. As these are overcome we develop joy, peace, balance and many more wonderful qualities. Most of us have not even begun to access these treasures held in the secret recesses of our soul. Use this essence in conjunction with meditation to help bring your Divine gifts into consciousness so that you can use them for the joy and benefit of all.

Soul Retrieval

Keynotes - Helps to re-integrate 'lost' aspects of ones personality that may have splintered off during times of shock, emotional problems & trauma.

If we experience difficult times in life, especially when there is shock or trauma involved, it is easy to become ungrounded. In this state the personality will often reject or deny some of the issues involved, not wanting to acknowledge or feel the related emotional pain. During this process of rejection, parts of the personality can splinter off leaving a feeling of incompleteness or not being totally "together". The painful memories then become buried deeply in the subconscious, until they are recalled for transformation – a process that is called Soul Retrieval. This essence helps to return the sparks of consciousness that have been lost and complete the inner child.

Stillness

Keynotes - Helps to release irritation and develop more patience.

In this hurrying world it is easy to feel that there is no time to do the things we would like to do, or to feel pressurised to pack as much as possible into each day. In this state we have forgotten that time is a man-made invention that has enslaved us. Impatience creates an uncomfortable inner tension and rigidity as well as an angry or snappy nature. As we become more patient, our minds & bodies become relaxed & our pace of life seems to slow down. Making 'time' to meditate each day helps our mind to stop racing & more of our spiritual nature to develop. The Stillness Essence will help us develop more patience with ourselves and with those around us.

Truth

Keynotes - Helps one to express oneself clearly, from the heart.

A child will often speak pure, unadulterated truth, sometimes at the expense of others feelings, simply because it is pure, innocent and has nothing to hide, having not yet developed ulterior motives, hidden agendas, guile or the ability to lie. A child usually loses the power of plain, straight talking when it starts to recognise that it is not the way to gain people's approval or love. This essence will help us to speak our truth from an open heart once again. Spoken in this way with honesty and integrity, truth is harmful to none and helps everyone to know exactly how we feel, bringing us closer to our true, child-like self.

Vision

Keynotes - Helps to develop inner knowing, inner seeing, and intuition. Helps one to see the bigger picture.

Many of us came into this incarnation with the natural spiritual gifts of clairvoyance, clairsentience or clairaudience only to lose them through being misunderstood in childhood. More and more children are now being born with these gifts to help take the world into the new golden age of spiritual truth. Unfortunately, in today's society these children are still labelled strange or disturbed creating great discomfort. All children should be encouraged to talk about their secret friend, who may be a guide helping on the higher dimensions or to learn to trust in the delightful vision of fairies unfurling flower petals in the garden. This essence helps to gently restore our inner vision and rekindle the memory of our sacred purpose and Divine Mission.



The Inner Child Essence Sets

As well as buying the Inner Child Essences individually, you can also buy a self select set of any 12, any 24 or a complete set of all 36 in an attractive card presentation box. 15ml size only.



Inner Child Essence Divination Cards

A boxed set of beautifully illustrated, full colour Inner Child Divination Cards to complement the Inner Child Essences. The cards may be used as a healing tool in their own right, for any Inner Child or deep emotional healing work, however they work extremely well when used in conjunction with the Inner Child Essences.



How To Use

Take 4 - 7 drops on the tongue from the chosen bottle, between 2 -4 times a day, especially first thing in the morning and before bed. Try 4 times a day at first. For those who are very sensitive start with twice a day.

Monitor your thoughts and feelings and make notes of any changes you may feel. For best results take straight from the stock bottle sent, do not dilute. It is better to take essences at least ten minutes away from food.



Rainbow Light Body Essences

Created by Shimara Kumara

The Rainbow Light Body Essences are very high frequency, finely tuned clearing and activation tools designed to assist in the development of our Light Body or Mer Ka Ba. Each of the essences in this set was created by a unique process that included the use of grid layouts of special crystals programmed with light body information by the Sirians at the fall of Atlantis, together with channelled Rays of energy from the Ascended Masters. The result is a set of twelve very powerful essences that provide exactly the support we need now as we seek to assimilate higher & higher frequencies of Light into our energetic systems.

Essence Key Points:-

Very high frequency, finely tuned clearing and activation tools.

The 12 Rainbow Light Body Essences

Etheric Body

The Etheric Body is our energetic blueprint so it is essential for our well being that this subtle body is strong and vibrant. The etheric body can be adversely affected by shock, trauma or drugs as well as unclear energies filtering down from other subtle bodies. This essence will help to strengthen, clear and stabilise this very important subtle body.

Attuned to: Saint Germain

Emotional Body

This essence will promote a fast clearance of buried emotional patterns. Emotional energy is a powerful creative force - literally energy in motion. Our emotional responses to life can be based on unconscious negative belief patterns that continue to fuel our emotional response until they are released and cleared. Many people are afraid of their emotions, particularly those that they consider 'negative' and unconsciously suppress them creating a build up of stuck energy that blocks the subtle energy system and chakra points.

Attuned to: Archangel Gabriel

Mental Body

This essence helps to clear negative thought patterns and core beliefs held in the lower mental body. As the lower mental body becomes more balanced and open we are able to receive spiritual inspiration, guidance & ideas from the higher mental body.

Attuned to: Hilarion

Causal Body

The Causal Body vibrates at one of the highest frequencies of all our subtle bodies and holds the 'blueprint' for our life-plan on the higher levels. It also contains any previous incarnational energies or qualities needed to help, guide or be worked on in a particular lifetime. The Causal Body Essence helps to align and integrate all the other subtle bodies, bringing forward more spiritual and personality growth through the activation of this portal to higher consciousness. It will help with development of psychic awareness, clairvoyance, telepathy and possible memories of previous incarnations. This essence will promote feelings of peace, stability and inner security, thus helping us to move forward into a higher vibrational frequency.

Attuned to: Helios & Vesta

Earthstar

This subtle energy point is about 9" below the feet in a direct line with the Base Chakra and Hara. Activating the Earth Star is important as it is our alignment point with Mother Earth and the magnetic grid and allows us to effectively ground and focus energy. Being properly grounded in this way is essential for us to attune fully with our Higher-Selves, Ascended Masters, Heaven and other star systems. AS ABOVE, SO BELOW!

Attuned to: Thoth

Soul Star

This subtle energy point is above the higher chakras over the crown. When activated it is aligned with the soul, all 'higher' energies, star systems and the universe, allowing a greater amount of soul energy, guidance and healing to reach the mind and body. It is often good to take this essence just before going to bed as it can activate dream recall and conscious remembrance of contact with spirits or guides while sleeping.

Attuned to: Lady Nada

Hara Activation

The Hara is a subtle energy centre just below the navel (not the sacral chakra!). Activating this centre creates a focus on the need to be Divine Will in action. We cannot complete our Soul purpose or activate our Light Body when this centre is weak or inoperative. Hara Activation promotes a sense of true purpose & fulfilment as well as a greater sense being centred in the physical body. This energy point resonates with the spleen chakra.

Attuned to: El Morya

Thymus Energy Point

The thymus subtle energy point must be fully functioning for us to activate our Light Body. The ancient spiritually attuned civilizations all had this energy point fully functioning and recognised its true purpose as the 'Higher Heart' centre or chakra point. Divine Love and Compassion for all sentient beings comes from the development of this centre.

Attuned to: Sananda

Integration

This essence helps to integrate and balance the inner masculine and inner feminine energies. It is essential that the intuitive feminine aspect of us functions as an equal partner with the logical masculine aspect.

Attuned to: Lao Tzu

Crystalline Ray

This essence will stimulate the crystalline properties of the etheric blueprint and help to awaken soul memories of the Crystalline Light Body, bringing more conscious awareness.

Attuned to: Hathors

I Am Presence

This essence helps to bring a more conscious connection to our I AM Presence, or Higher Self, opening the way for us to learn to hear, feel, see or know our own inner guidance and wisdom in a more profound way. Our soul is then more able to guide us to make choices that are for our Highest Divine Good thus bringing us more peace and joy. This essence will also help to promote deeper, more powerfully profound meditation experiences, making it easier for us to slip into that deep space where we become One with Mother-Father God and all Creation.

Attuned to: Sanat Kumara & LAdy Venus Kumara

Mer-Ka-Ba

The Mer-Ka-Ba is the spiritualised auric field merged with the higher self, and can only be activated when the heart chakra is fully open. Mer-Ka-Ba activation allows us to dematerialise or teleport the physical body from one location to another; a process used by advanced beings, Ascended Masters etc. The Me-Ka-Ba essence can only re-awaken and activate the Light Body when all the issues covered by the other essences in the set have been worked with.

Attuned to: Archangel Metatron



The Rainbow Light Body Essence Sets

As well as buying the Rainbow Light Body Essences individually, you can also buy them as a complete set of all 12 in an attractive card presentation box. 15ml size only.



How To Use

Try 4 drops on tongue once per day of one essence only. See the effects. If guided try it twice per day. It is advised not to use more than 2 doses per day unless specifically guided. These essences activate very quick and powerful clearings through all the dimensions.

For best results take straight from the stock bottle sent, do not dilute. It is better to take essences at least ten minutes away from food.





Find out more about Flower, Gem & Crystal Essences



How to Use Essences

Essences are normally taken orally on or under the tongue. Allow the essence to mix with the saliva in the mouth for a few moments before swallowing. Ensure when taking essences that the glass dropper does not touch the tongue or the essence may become contaminated. It is better to take essences at least ten minutes away from food.

Try to combine with a natural way of living, a healthy diet and meditation for best effect. Another positive step is to say a healing affirmation each time a dose is taken. This can help to reprogram the mind and affirms your intent.

Try: "I feel peace and joy, more and more or My body is full of healing light and energy. ALWAYS affirm in the present tense!"

How many Essences can I use at one time?

Bach Flower Remedies – We recommend that you use these remedies made up into combinations of 7 or 8 individual remedies. It is better not to include essences from other groups in these combinations. However a well-chosen combination of Crystal Herbs Bach Flower Remedies can often be very helpful when taken alongside one of our deeper acting combinations.

Single Flower Essences & Gem/Crystal Essences – you can take up to 5/ 6 of these essences together either separately or in a combination. To make a combination mix equal quantities of each chosen essence in a clean bottle. You could also order your chosen essences made into a combination by us. We don't recommend that you take any essences other than the Bach Remedies at the same time as this type of combination.

Karmic Essences – Take these separately from each other (and other essences except Bach Flower Remedies). Follow the dosage instructions carefully for these.

Angel Essences – You can take these separately or mix 2 or 3 together, although it is often more powerful to work with each Angel separately.

Divine Harmony Essences, Chakra Essences, Rose Collection Combinations, Inner Child Essences and Light Body Essences – each of these is a powerful combination of at least 4 - 6 different essences so we recommend that you take these one at a time and do not take any essences other than Bach Flower Remedies at the same time.

Pure Vibrations Sprays - These sprays are all deep acting combinations of 5 or 6 essences and can be used as an alternative to any of our other combinations mentioned above. Used on an occasional basis they could also provide extra support alongside another combination if required.

For specific dosage instructions, please see the relevant Essence section of the catalogue where you will be able to find the dosage guidelines for each essence group.

Please Note:- While essences are not intended to replace medical treatment where necessary, they can be used in conjunction with, and as a complement to, any other form of treatment.

Getting Some Help & Advice

We are always happy to offer help and advice on choosing and using our range of Bach Flower Remedies and Flower, Gem & Crystal Essences. So if you would like further assistance, please do contact us and one of our team would be pleased to help:-

Call us on - 01379 608032

or from outside the U.K. you can call us on:-

++44 01379 608032 from Europe | 011 44 1379 608032 from the U.S.A. & Canada

You can also find out more on the web. Our website has a wealth of information about our Essences, and there you can find information on how to choose and use essences, along with our online 'Self Help Essence Selector' which will help you to choose an appropriate essence. There is also a 'Frequently Asked Questions' section and of course our blogs, together with a lot more to explore.

Visit our Website - www.crystalherbs.com





Help with Choosing An Essence

Choosing an essence either for yourself or someone else is an easy and simple process. Keep in mind that you are dealing with the underlying issues rather than symptoms, and that generally it is best to work with the issues that are the most obvious first, recognizing that other issues will be revealed as you do this.

Essences can be chosen rationally or intuitively or by a combination of both methods - experiment to find out what works best for you.

Choosing rationally

When you have decided which issues you wish to treat, you can either read through the essence sections of the catalogue and see which essences would be most helpful or use our 'Quick Guide Self Selection' opposite to see which essences or combinations have a particular focus on those issues.

Choosing intuitively

Using your intuition / inner knowing, dowsing or muscle testing can all be powerful ways of choosing essences to work with or to check a selection that you have made rationally. Before working in this way always allow yourself a quiet space to focus within and to ask for the help of your Higher Self.

Expectant or nursing mothers

As a nursing or expectant mother Crystal Herbs Bach Flower Remedies would be your best choice for self diagnosis.

Getting Help from Crystal Herbs

General advice and information is freely available from us at Crystal Herbs, simply call one of our team who will be happy to help. For those who would like more in-depth personal help we offer the following options:-

■ Intuitive Diagnosis

This service is particularly useful if you have a very specific problem that you would like help with and are unsure which essences to use. Using our intuitive guidance we can create a combination with a unique personal focus or recommend an appropriate pre-made combination. There is a fee for this service (please call or see website for details).

■ Personal Essence Consultation

A Personal Essence Consultation offers the opportunity to get greater clarity and guidance on the issues that you are experiencing together with suggestions for the most appropriate essences to help you with those issues. There is a fee for this service (please call or see website for details).

To book an Intuitive Diagnosis or an Personal Essence Consultation please call us on:-

01379 407543

If you have a Skype account you could also Skype Catherine absolutely free on **Catherine.Keattch51**



Choosing Essences For Children

Children respond very quickly to vibrational essences so it is important to choose the most appropriate type of essence when using them with children, particularly babies or very young children. Here are some general guidelines and suggestions divided into different age groups.

0 – 7 years

For this age range we recommend that you only use Crystal Herbs Bach Flower Remedies. A well-chosen combination of not more than 4 or 5 remedies will very quickly help to re balance young children. Most children enjoy taking their drops directly onto their tongues, however they can also be added to drinks or used in a spray. 4 drops 4 x a day is normally enough at this age. For babies remedies can be added to bath water or sprayed onto pulse points or into the auric field.

8 – 12 years

Bach Flower Remedies are also very effective with this age group, however we suggest that you increase the frequency of the dosage to 4 drops 6 x a day. You could also introduce some of our individual flower and gem essences at this age. Start with one at a time perhaps 4 drops 2 x a day – this will probably be enough for most children. Towards the top of this age range you could mix up to 3 individual essences into a combination – maximum dosage 4 drops 3 x a day.

Age 12 onwards

After the age of twelve you can start to introduce the Divine Harmony Essences, Chakra Essences, Pure Vibrations Collection, Rose Collection Combinations and Inner Child Essences, however reduce the dose to 4 drops 2 or 3 x a day.

NB:- We do not recommend that you give Crystal Herbs Karmic Essences to children under 12 years old or Light Body Essences to children under 16 years old.

NB: Using vibrational essences is not a substitute for qualified medical attention.

A Quick Guide to Self Selection

Use this Quick Guide to help you to find the essences/ combinations that provide a focus for the following issues.

Abundance

Open To Receive - DHE
Angel Of Abundance - AL
Prosperity - IC

Abuse

Healing Abuse – DHE
Peace - IC

Acceptance

Self Acceptance – DHE
Acceptance - IC
Purity of Heart - RC

Addictions

Transforming Addiction - DHE
Obsessions - IC

Anger

Inner Peace - DHE
Goodwill - IC

Auric Protection/ Over sensitivity

Auric Protection – DHE
Feeling Protected - IC
White Bluebell – KM
Solar Plexus Chakra - CH
Auric Protection - PV

Authority Issues

Male Essence - IC
Father - IC

Bereavement/Grief

Healing Bereavement - DHE
Letting Go – DHE
Grief - IC

Boundary issues

Solar Plexus Chakra– CH,
Letting Go – DHE
Auric Protection – DHE,
Auric Protection – PV
Freedom – IC,
Relate – IC

Change

New Horizons - DHE
Moving Forward - IC

Change of Life (women)

Graceful Change - WB

Cleansing/Transmutation

Positive Vibrations – PV
Violet Flame – AA,
Angel of Transmutation - AL
Innocence -IC

Concentration

Concentration - DHE

Confidence

Confidence - DHE

Communication/ Self Expression

Throat Chakra - CH
Loving Communication - DHE
Truth - IC
Relate - IC

Creativity

Creativity - DHE
Sacral Chakra - CH
Soul Gifts - IC

Despair/Despondency

Inner Joy - DHE
Delight - IC
Yellow Rattle - KM
Angel of Joy - AL
Angel of Hope - AL

Determination/ Strength

Inner Strength - DHE
Angel of Determination - AL
Angel of Strength - AL

Doubt/ Uncertainty

Inner Certainty - DHE
Faith - IC
Wild Orchid - KM
Geranium - KM
Lily - KM
Heart Chakra- CH

Emotional Balance

Emotional Balance - DHE
Solar Plexus Chakra - CH
Balance - IC
Emotional Body - LB
Harmony & Tranquillity - PV

Emotional Pain

Letting Go - DHE
Fuchsia - KMS
Freedom - IC
Release - IC
Heart Connection - PV

Environmental Issues

Environmental Stress - WB
Environmental Stress - PV
Angel of Purification - AL

Family Issues

Healing Family – DHE
Family – IC
Spontaneity - DHE

Fear

Inner Calm - DHE
Courage - IC
Pink Rose - KM
Strength & Courage - PV

Forgiveness/ Guilt

Forgiveness - DHE
Forgiveness - IC
Heartfelt Forgiveness - RC
Higher Heart Chakra - CH

Grounding

Being Present - DHE
Be Here Now - IC
Base Chakra - CH
Earth Star - LB
Valerian - KM
Mother Earth - IC
Earth Connection - PV

Heart Chakra Issues

Heart Chakra – CH,
Open to Receive – DHE
Heart Connection – PV,
Love – IC,
Intimacy – IC
Letting Go - DHE

Impatience

Restoring Patience - DHE
Restoring Stillness - IC

Indecision

Decisiveness - DHE
Decisive - IC
Wild Orchid - KM

Inspiration

Soul Connection - DHE,
Angelic Gifts - PV
Soul Gifts - IC,
Vision - IC

Intolerance

Inner Freedom - DHE

Letting Go

Letting Go - DHE
Freedom - IC
Release - IC

Lifestyle Stresses

Inner Harmony – DHE
Stillness - IC

Loneliness

Open to Receive - DHE
Heart Chakra - CH
Love - IC
Water Lily - KM
Awakening the Heart- RC
Heart Connection - PV

Love

Unconditional Love - RC
Open to Receive - DHE
Heart Chakra- CH
Love - IC
Water Lily - KM

Masculine/Feminine balance / issues

Male Essence - DHE
Father - IC
Female Essence – DHE
Mother IC
Inner Unity - DHE
Integration - LB

Meditation

Inner Focus - DHE
Simplicity - IC
Guardian Angel - IC
Crown Chakra - CH
Energetic Alignment – PV,
Angelic Gifts - PV

Mental Clarity

Clarity - DHE
Simplicity - IC
Clarity & Perspective – PV,
Mental Body -LB

Motivation

Motivation - DHE
Moving Forward - IC

Relationships

Healing Relationships - DHE
Relate - IC
Intimacy - IC
Humility - IC

Resentment

Self Responsibility - DHE
Inner Peace - DHE
Goodwill - IC
Gratitude - IC

Self Esteem

Feeling Worthy - DHE
Self Worth - IC

Sexuality

Sexuality - DHE
Sacral Chakra - CH
Creativity - DHE
Innocence - IC

Sleep

Sleep - WB

Soul Integration

Soul Connection – DHE
Inner Wisdom – DHE
Energetic Alignment – PV,
Soul Star – IC
Causal Body - LB
Soul Gifts – IC
I Am Presence – LB,
Mer-ka-ba – LB

Thankfulness

Thankfulness – DHE
Gratitude - IC

Trauma/Shock

Feeling Safe - DHE
Soul Retrieval,
Peace - IC
Mother Earth - IC
Birth - IC

Well Being

Strength & Wellbeing - WB
Thymus Chakra – LB
Etheric Body - LB

Will Power

Inner Strength - DHE
Angel of Strength - AL
Hara Activation - LB

Key to Essence Types

DHE – Divine Harmony Essences - p.15
CH – Chakra Essences - p.24
IC - Inner Child Essences - p.38
AL - Angel Essences - p.26

KM – Karmic Essences - p.13
WB – Wellbeing Combinations - p.37
RC – Rose Collection - p.32
PV – Pure Vibrations Collection - p.30

Whats New at Crystal Herbs

Our New Home

As some of you may have been aware we had been looking for a new home for Crystal Herbs for a number of years. Well, at the end of 2012 we found what we were looking for and finally we made the move to our new home in June 2013! It provides us with a lovely new space to work from and offers plenty of space for expansion, including a new workshop space which should hopefully be completed in 2014.



Our new premises in Pulham Market - a lovely old farm building and although it dates back many years, we're the first human occupants!



A view from the rear of the building on a lovely sunny Norfolk morning.



A view down the wooded drive towards Pulham Hall - on whose estate we are now based.

Regular Updates

For our latest news, please see the latest news section of our website - www.crystalherbs.com/whats_new.asp

You can also find our latest news, special offers and other items on our Facebook, Twitter or Google+ Accounts:-

We're on Facebook  and we're on Twitter  and we're on Google+ 



Special Offers

We do a range of special offers each month on both sets, combinations and individual essences, so please contact us to see what our latest special offers are.

www.crystalherbs.com/specialoffers.asp | 01379 608059



New Box Labels

We have a lovely range of new labels for our 10ml card boxes, which were introduced last year.

The picture on the left is of a 'Core Emotions' set from the Divine Harmony Essences (see page 23).



All About Flower, Gem & Crystal Essences

Flower, Gem & Crystal Essences can offer an up to the minute solution for those seeking holistic answers to the challenges presented by our rapidly changing world. Interest in the use of vibrational essences is currently growing enormously as more and more people reach a level of awareness that leads them to look for natural ways to create greater unity and wholeness in their lives.

Each essence contains the life force or energy imprint of a particular flower, tree, gem, crystal or mineral. These beautiful energies provide a positive balancing force, which in a natural gentle way help to release the energetic patterning of old thoughts, attitudes and emotional issues that no longer serve us. This simple system of re-patterning effects change at a causal level offering us the powerful opportunity to bring harmony and balance to body, emotions, mind, & spirit.

Using energies in this way is by no means a new way of working - down the ages man has traditionally turned to nature when in need of help, knowing instinctively that within the beauty and simplicity of nature he would find the memory of his own blueprint for harmony, balance and wholeness. The use of natural energies made into essences is part of this ancient tradition, which today we call Vibrational Medicine.

The 38 Flower Remedies that Dr Edward Bach developed during the 1930's are a well-known modern day example of the use of flower energies. Dr Bach is often considered to be the father of flower essences. He was certainly a way-shower – someone with a vision and an important message for us all. This message is revealed in the books & writings that he left to accompany his 38 Remedies. In a simple & direct way he provides us with the understandings that we need to create balance & wholeness in our lives. These truths are just as appropriate now as they were during Dr Bach's time & they form the basis for using all Vibrational Essences today.

How Flower, Gem & Crystal Essences can help us

In the 1930's Dr. Edward Bach writing about his own flower remedies tells us that:-

"The action of these remedies is to raise our vibrations and open up our channels for the reception of our Spiritual Self, to flood our natures with the particular virtue we need, and wash out from us the fault which is causing harm. They are able, like beautiful music, or any gloriously uplifting thing which gives us inspiration, to raise our very natures, and bring us nearer to our Souls: and by that very act bring us peace and relieve our sufferings. They cure, not by attacking disease, but by flooding our bodies with the beautiful vibrations of our Higher Nature, in the presence of which disease melts as snow in the sunshine."

Using vibrational essences will help us to gently feel and release the old layers of buried emotions and thought patterns that unconsciously create who we are and how we react to situations and people in our lives - patterns that we are often not consciously aware of at all. This is a most important process since it offers us the self-empowerment for creating real and lasting change in our lives together with the expansion of consciousness necessary for us to embrace our Spirit.

We can see from this that it is the causes of a problem that we are seeking to address with the use of essences rather than the symptoms that the problem has created. By treating the issues of the personality with appropriate vibrational frequencies we can encourage a process that will ultimately create profound and lasting change.

Understanding the different Essence types

At Crystal Herbs we have developed a large range of different flower, gem & crystal essences all designed to help facilitate this all-important process of inner change, ranging from gentle acting Bach Flower Remedies through to powerful, deep-acting combinations of essences designed to focus on specific issues or potentials.

All essences carry consciousness and a unique energetic patterning that can help to realign the energetic blueprint from which we are created. The energy that makes up the etheric blueprint flows from the Soul through the emotional and mental



bodies. Distortion in the etheric patterning occurs when crystallizations of energy collect in the emotional and mental bodies. At a personality level we experience these crystallizations as non-positive beliefs or low vibrating emotions like fear or anger. These belief patterns and their accompanying emotional states usually have their origin in events in our past that we have judged to be painful or traumatic at the time, whether in this life or another. Essences have the ability to help us to release and transform old crystallized energy, allowing it to be recycled for use in a more positive and life enhancing format. As we get into this process of release we can often find ourselves working with several different layers of an issue at once so it can be helpful to know how the different types of essence available from Crystal Herbs can best help you.

Bach Flower Remedies

Bach Flower Remedies work best when used to bring balance to the surface layers of a pattern. They are a wonderful resource to provide everyday balance but will not easily take you deep into the crystallized energy that has created the pattern that you are experiencing. They work best when mixed into combinations of 6-8 remedies and taken often. They work very quickly on children and are often the only essences that young children need to return them to balance. For adults a combination of Bach Flower remedies can be very helpful to take alongside a combination of deeper acting essences – see below.

Deeper Acting Essences

Crystal Herbs Karmic Essences can be a very good way to start working at a deeper level with a pattern or issue especially for anyone who has worked with the Bach Flower Remedies for a while. More information on these can be found on page 13.

Deeper acting Flower Essences - Flowers carry a high level of consciousness and are able to remind us of our own innate wholeness – who we really are. Many of the newer flower essences are very deep acting and have the ability to dig into an old pattern of crystallized energy (thoughts, emotions etc) helping to release it layer by layer until we get to the root of an issue. Crystal Herbs Individual Flower Essences (page 34), Rose Collection Essences, (page 32) Angel Essences, (page 26) & Archangel & Ascended Master Essences (page 28) all come into this category.

Gem, Crystal & Mineral Essences - Essences made from gems, crystals and minerals will also work deeply into a pattern. Amongst this group we can find essences that carry an energetic resonance that will remind our etheric patterning how to be in balance and healthy. There are also many essences in this group that have the unique ability to trigger the etheric memory of our energetic blueprints to remember how to use light. Currently many people's energy systems struggle to hold enough light and this is one of the major reasons why re-balancing can take a long time.

Although it is perfectly possible to gain benefit from taking a single deep acting essence from either of the above groups, in our experience using a specifically focused combination of deep acting flower, gem, crystal or mineral essences is the most effective way of working on a deep-seated issue. More on Crystal Herbs Individual Gem, Crystal & Mineral Essences can be found here. Crystal Herbs Individual Gem, Crystal & Mineral Essences can be found on page 34.

Deep acting essence combinations - The Divine Harmony Essences (page 15), Chakra Combinations (page 24), Pure Vibrations Spray Collection (page 30), Rainbow Light Body Essences (page 43) & Inner Child Essences (page 38) are all combinations of deep acting flower, gem, crystal or mineral essences specifically chosen for their ability to focus powerfully on a particular issue, pattern or positive potential. They make an excellent resource for those who want to work seriously with an issue. You could also select 4, 5 or 6 deep acting individual essences for yourself and create your own combination (see page 36)

Pure Vibrations Sprays

Essences sprayed into the auric field generally have a more instantaneous impact than a similar combination taken orally does so a Pure Vibrations spray is an excellent choice if you need help to quickly re balance and realign your energy field. They have also proved particularly helpful for those who find it difficult to take deep acting combinations internally for any length of time.

How we make our essences

Making the Mother Tincture

Each Flower, Gem, Crystal or Mineral is placed in pure water in a thin glass bowl and left in full morning sunshine for three hours. Using the natural power of the four elements - Earth, Air, Fire & Water - the life-force or energy of the flower or mineral used is transferred to the water*. This unique positive energy is then preserved in brandy or vodka, creating a mother tincture, which is then amplified using crystals, pyramids and the natural elements under guidance. No physical part of the flower or mineral is used in the mother tincture - it is purely the vibrational frequency or energy.

*All our mother tinctures are made in this way with the exception of 18 of the Bach Flower Remedies - mother tinctures for these are made by the boiling method as instructed by Dr. Bach.

Making a stock bottle

The mother tinctures are used to make stock bottles, which are all hand bottled and



Books

Find out more about Flower, Gem & Crystal Essences with our wonderful range of books.



The Twelve Healers & Other Remedies by Dr Edward Bach

The Twelve Healers & Other Remedies provides an overview of Dr Bach's completed work. Beautifully simple, the book gives an introduction to his remedies, and an understanding of how each of the 38 Bach Flower Remedies works. This book is a facsimile edition of the original book by Dr Edward Bach. Please note that 'The Twelve Healers & Other Remedies' is included in the Collected Writings of Edward Bach.

31 Pages | [Remedy Descriptions](#)



Handbook of the Bach Flower Remedies - by Philip Chancellor

This attractive illustrated guide provides an in-depth and detailed description of each of the 38 remedies. It also includes case histories to show how the remedies may be put into practice. Philip Chancellor created this fascinating book out of the descriptions and case studies used by Nora Weeks in her Bach Remedy Newsletters and it is ideal for beginners and more experienced users of Bach Remedies.

250 Pages | [Colour Illustrations](#) | [Remedy Descriptions](#) | [Case Studies](#)



Heal Thyself - by Dr Edward Bach

Original work from Dr Edward Bach himself, giving information on his understanding of the real causes of illness and disease. A valuable insight into how and why flower essences work in the way that they do, and the philosophy behind them. NB - This book is also included in the Collected Writings of Edward Bach.

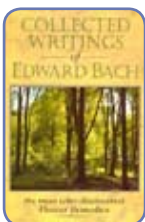
60 Pages



The Medical Discoveries of Edward Bach Physician - by Nora Weeks

Nora Weeks worked with Dr Bach for many years, and this book gives a wonderful account of his life and his work, through the eyes of someone who knew him. A must for anyone wanting to find out more about Dr Bach and his life and work.

142 Pages



The Collected Writings of Edward Bach - Edited by Julian Barnard

The Collected Writings of Edward Bach brings together in one volume all of his writings on flower remedies, including several lectures and letters. Included are 'Heal Thyself', 'The Twelve Healers & Other Remedies' and 'Free Thyself', along with many other works.

224 Pages

We also recommend the following two excellent books, which are currently out of print, but can usually be found on the second hand market:-



Flower Essences & Vibrational Healing - by Gurudas

An in-depth guide to Flower Essences and their uses. The work of Gurudas provides a wealth of information about the uses of around 112 Flower Essences, and how they can help us at all levels of our being. There is also a wide range of information related to Vibrational Medicine.



Gem Elixirs & Vibrational Healing Vol 1 - by Gurudas

An in-depth guide to Gem & Crystal Essences and their uses. The work of Gurudas provides a wealth of information about the uses of many Gem & Crystal Essences, and how they can help us at all levels of our being. There is also a wide range of information related to Vibrational Medicine.

Essences - A Catalyst for Personal & Spiritual Growth

The use of vibrational essences is rooted in a tradition that recognises unity as a fundamental truth of life, thus their systematic use encourages a process of inner growth and transformation that can gradually awaken us to a new reality. As this inner journey expands our awareness it gradually turns our perspective of ourselves upside down and inside out, until we perceive ourselves as part of an interconnected stream of life and recognise that we are spiritual beings in the midst of a physical experience on Earth.

To be able to live this truth consistently in our everyday reality however, we must allow our spirit to be the guiding force in our lives, so that body, mind, emotions and spirit can function as an integrated whole. Currently we are all at different stages in the process of creating this inner integration of spirit and matter. To be successful we must raise the vibrational level of our personality (mind & emotions) to a level that blends harmoniously with that of our spirit. Then by the Law of Attraction we will draw the higher vibrations of our spirit into our everyday lives - as above, so below.

No matter where we might be on our journey to greater integration, essences can be an invaluable tool to assist us since the positive natural vibrations that they contain, gently transform the lower frequency energies that keep us stuck in old patterns and ways of behaviour.

Understanding the signals

If we experience a lack of balance or disharmony in some area of our lives it is simply a signal to us that our personality (mind & emotions) is somehow out of harmony with our spirit. Understanding that this is what is happening gives us the empowering opportunity to make the necessary changes simply by focusing on the parts of our personality that have become stuck in old thoughts & beliefs or where we are entertaining less than positive emotions. Sometimes this is easy and we can see without difficulty those aspects of ourselves that have become stuck and need help. Often however it is more difficult because the root cause of the issue is buried in some long forgotten experience or old trauma that needs release and transformation.



The Law of Attraction



When we are having difficulty uncovering the parts of ourselves that have become stuck we can often gain valuable help and insight from simply observing what we are attracting into our lives, particularly those things, events or people that trigger us off in some way. The mirror of the universe is always exact and will mirror back to us those parts of ourselves that we prefer not to acknowledge through the Law of Attraction. The Universal Law of Attraction states that like attracts like and therefore ensures that we draw towards us those that carry similar patterns to ourselves.

For this reason it can be very enlightening to review the issues that are reflected to us from the family that we chose to incarnate into. Our choice of family patterns is often one designed to bring our attention to deeply held beliefs within ourselves that we have been unable to see in previous lifetimes.

Taking a little time to review the relationship between ourselves and our parents & siblings, as well as the interactions between one parent and the other or between our family unit and the outside world, will often provide us with valuable insights about ourselves. Sometimes we are only able to accept certain parts of our personalities, while rejecting others perhaps as unsafe or painful. It is by looking at those we have chosen as companions that we are able to see and heal these rejected parts. This process requires courage, humility and forgiveness and can be one of the most difficult on our inner journey. However, it is also very rewarding for those prepared to look behind seemingly difficult and often painful circumstances.

Accepting and Moving On

Once we can see the issues that need to be addressed within ourselves clearly, the first step in the process of transformation is always that of acceptance, or ownership of the issue. From that space, using the appropriate vibrational essences to help transform the old energy will normally instigate a quick process of change that will leave us feeling more balanced and in harmony with our true self.

Finding Out More

You can find out more on our web site in the 'An Holistic Perspective' section, on our Flower Essence blog or Holistic Viewpoint blog and through our E-Light Newsletter.

www.crystalherbs.com



Holistic Viewpoint

Here are some thoughts from us on the importance of Vibrational Essences in a changing world.

As we write this we are just a few weeks into 2014. Many things in the world are either in a process of change or teetering on the brink of an even greater change and there is a clear recognition that this process of change is set to expand further over the coming months.

The trigger point for this acceleration was the successful anchoring of a new template for life on December 21st 2012, amid much speculation about what that would mean for us all. It took some time for this change to begin to manifest obviously in our physical reality, so 2013 appeared comparatively quiet as the required integration and consolidation took place at an energetic level. Now as we move into 2014 the effects of this change are beginning to manifest more and more obviously at a physical level, as the necessary reorganisation and adjustment takes place.

Over the next few years it will be especially important that those of us that are awake keep our focus on the higher perspective of why those changes are taking place, recognising our responsibility to help co create and ground this new reality. The ability to hold our consciousness steady in the light of our soul will be important because we can jointly provide the stability necessary for humanity as a whole to move into the new vibrational template, as gracefully as possible. This new template is now pushing us all to remember who we truly are, to acknowledge our spiritual nature and to align with our true Self. It is also ruthlessly exposing anything and everything that is not in resonance with its vibration, both within us as individuals and within the structures and institutions of our everyday world.

Clearly then it is important that as awake individuals we fully align with the new energetic template, allowing all that no longer resonates with it to be cleared and transformed from every level of our being. This is currently an ongoing process for most of us, albeit one that has become quicker and easier in the new energetic patterning provided that we do not unconsciously resist the process. However, despite our best intentions many of us still encounter an uncomfortable resistance to fully releasing old patterning that still holds them captive.

In our experience Vibrational Essences are exactly the tools we need now to help us release resistance and support us through this coming period of intense transformation. They are like keys that can help unlock the inner doorways and assist us to access those aspects of self that have become frozen and lost in the energies of old, long forgotten stories. Applying the correct vibrational frequencies encourages this old crystallised energy to break up and dissolve so that it can be recycled into a more positive and life-enhancing format. Essences are also powerful tools to help expand consciousness and reveal new perspectives, as well as encouraging the absorption and use of the higher, finer vibrational frequencies of light that are now readily available to us.

Blogs, Newsletters and More

at www.crystalherbs.com

Together with the information in our catalogue and on the main part of our website you can also find a large range of articles, information and help on our blogs and in our newsletters.

The Flower Essence Blog offers a wide range of ideas and information related to essences and how they can be used for your personal and spiritual growth. It covers both the Bach Flower Remedies and the deeper acting Essences, and also reviews and the latest news from the Flower Essence world.

Our **Holistic Viewpoint Blog** is a place to discover more about personal & spiritual growth. You can explore our articles, comments, thoughts and ideas and share your own.

Our monthly **E-Light Email Newsletter** offers you insights, inspiration, help and guidance on how to use Flower Essences for your personal & spiritual growth. It also contains occasional special offers for readers.

Our Essences for Sharing Newsletter contains Essence reviews, and help and information on Bach Flower Remedies and Flower, Gem & Crystal Essences. There are also regular monthly special offers, and latest news from Crystal Herbs and the Essence Community.

To join our email newsletters, either visit our website or contact us with your email address.

You can also follow our latest news and offers on our **Facebook**, **Twitter** or **Google+** accounts.

We are also on:-



Facebook



Twitter



Google+

Some comments from our E-Light Newsletter readers

"Oh you're soooo right! Thank goodness for your newsletter. I'm right in one of those situations at the moment! I was walking the dog this morning - and "we" were talking it through as "we" sniffed the grass and pavements. The word TRUTH and being true to yourself came through and I understood the lesson behind my current situation. Then hey-ho this afternoon your e-mail comes through confirming it all."

"Thank you for a lovely newsletter. I hope you are all doing well. I can relate to all of the essences and corresponding emotions, all feel equally strong, particularly being here in Germany has triggered a powerful wave of them."

About Us

Core Values

Crystal Herbs began back in the late 1980's as a small business dedicated to providing people with both the information and the tools that would enable them to create a more meaningful and empowered life for themselves. Over twenty years on we have grown in size and now produce a very much wider range of essences than we did in those early days, but our core values remain the same; to help people reconnect with the essence of who they truly are through self-empowerment and spiritual growth.

To this end we have created a wonderful range of high quality Flower, Gem & Crystal Essences over the years, which we continue to make by hand with love and consciousness. Alongside this, it remains our focus to provide the help, information and knowledge that is required for everyone to understand how to use vibrational essences to their best advantage.

From the beginning, our work at Crystal Herbs has been guided by wonderful channelled information from the Ascended Master Kuthumi. All of our essences are a co-creation with the Ascended Realms, Devas, Nature Spirits, the Angelic Kingdom and our own Higher Selves.

Our dedicated team

Our small but dedicated team at Crystal Herbs are all trained essence practitioners and healers in their own right and very much committed to their own personal & spiritual growth. It is with great joy that we have seen the interest in vibrational essences increase enormously in recent years and it still gives us a thrill to be able to send large packages of essences to far flung areas of the world, knowing that they carry within them the seeds of new growth and understanding for the future.

The inspiration of Dr Bach



Dr Edward Bach and his work has been an enduring source of inspiration for us over the years that we have been developing and producing our essences. In his books and writings he offers a vision of a new world yet to come in which the physician of the future will be able to provide both the wisdom and the natural remedies that will help his patients to heal through a greater understanding of

themselves. This is also our vision of true healing and is therefore the service that we aim to provide in our own way for as many people as we can, because we recognise that it is only through the work that each of us does to raise our own level of consciousness that humanity as a whole will be able to evolve enough to create that new reality.

Crystal Herbs Essences

- Handmade with Love & Care
- Preserved in Organic Brandy
- A wonderful range of high quality essences to assist your personal growth.
- Over 20 years of experience making and developing Flower & Gem Essences.
- Help, advice & support, leaflets available.



Here are a few comments that people have made about our work

"This is just to say thank you for the amazingly quick service! I ordered Monday lunch time, and they arrived Tuesday morning standard delivery! Also, the emergency essence (Revival Remedy) I ordered is definitely far more powerful than the stuff you get in shops."

"I really cannot thank you enough for all your care and kindness, you have done so much to help me."

"Thank you for the remedies. Its fascinating to follow the journey of what I'm given.... there are huge energetic and psychic changes taking place and I really value the remedies for easing the transition at this time.

"Thanks for a fantastic service, ordered yesterday, received today!! Brilliant!!"

The British Association of Flower Essence Producers

Crystal Herbs is a member of the British Association of Flower Essence Producers (BAFEP). BAFEP is the trade association for producers of Bach Flower Remedies and other types of Essences, both in the UK/EU and beyond. It advises on the standards of production, labelling and advertising in accordance with the guidelines as laid down in law by various UK governmental agencies. You can find out more about the BAFEP on their website - www.bafep.com



British Flower & Vibrational Essences Association - We are also a friend of the British Flower & Vibrational Essences Association, a professional organisation which sets the highest standards of competence & performance for therapists in the essence field - www.bfvea.com

Ordering from Crystal Herbs

How to Order

You can place your order by phone, online or by post.

Order by Phone...

U.K. Tel - 01379 608059

Calling from Europe Tel:- ++44 1379 608059

Calling from U.S. or Canada Tel:- 011 44 1379 608059

Order Online...

www.crystalherbs.com

You can order online through our website which has our complete range of essences on, together with our latest prices and special offers. You can pay securely by Worldpay Secure Payment Gateway or by Paypal - giving you peace of mind that your card transactions are secure. You can also choose the currency that the site displays.

Order by Post...

You can post your order & payment to us at:-

Crystal Herbs Ltd, 16 Hall Farm, Station Road, Pulham Market, Norfolk. IP21 4XF. U.K

We accept all major credit cards and also U.K. debit cards, cheques drawn on U.K. bank accounts, UK Postal Orders and payments by Paypal (please note that we do not currently accept American Express or Diners Club cards).

Prices

You can find all of our current prices on our [order form](#) or on our website - www.crystalherbs.com or you can call us on 01379 608059 to check a price or special offer.

Sending out your orders

We aim to get all orders in the post for you within one or two working days of receiving them.

"Thank you for your quick response, it is lovely to know that someone out there understands and cares - I am already taking the drops and feel much better."



Practitioner Accounts

Our Practitioner Accounts offer qualified practitioners and therapists a range of discounts on our Bach Flower Remedies and Flower, Gem & Crystal Essences.

- 20% discount on individual bottles of Bach Flower Remedies and Flower, Gem & Crystal Essences - this includes single and combination essences.
- 10% discount on orders for sets of essences.
- We also offer Direct Client Mailing and Free Help & Advice

If you are a qualified practitioner or therapist you can apply for a Practitioner Account by calling us, applying online or by sending us a business card and details of your qualifications in the post. Once your account has been approved you can order by any of the above means.



Wholesale

If you have a shop, retail outlet or web shop and you would like to join our team of wholesalers, please either call us to find out more, or visit our dedicated wholesale website where you will be able to find our wholesale information and apply for a wholesale account.

www.wholesaleessences.com



Crystal Herbs Ltd
Flower, Gem & Crystal Essences

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Your Flower Essence Shop and Resource

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