

Guidelines for Use

GREEN MAN ESSENCES are handmade using traditional methods. The energy signatures are held in water and preserved in 23%ABV.

All our essences are provided at "stock" level which allows you to dilute 3-7 drops in a dosage bottle containing a water or a 60/40 mix of alcohol (23%ABV).

Flower and vibrational essences have traditionally been taken by mouth, that is, a few drops placed in a small glass of water or in a small dropper bottle full of water. A few drops can be placed under the tongue

Some people find the following useful:

- Putting a drop on the pulse points (wrists, throat, neck, forehead, soles of the feet)
- Putting a few drops on your hands, rub them together and then sweep around the body, a few centimetres above the skin or clothes
- Rub a drop of essence between your palms and then cup your hands near your nose and breathe in the essence as it evaporates
- Put a few drops into an atomiser or sprayer containing water. Spray around the body or room
- Add a few drops to some massage oil
- Add drops to your bathwater
- An essence can be very effective when placed upon a specific chakra or meridian point.

A good guideline for using essences is 3 or 4 times a day, or you can determine the frequency or method by dowsing or muscle-testing.

If you wish, any of the essences can be provided as small sugar pillules, please ask.

Individual experiences with essences will vary. Sometimes there may be strong reaction, emotional or other. If this is uncomfortable, reduce or stop for a while. Remember, these essences help you to change yourself - they do not create change by themselves.

Although **Green Man Essences & Sovereignty Essences** may help to remove underlying imbalances and increase self-healing, they do not replace medical attention. If you have a health concern see a qualified medical practitioner.



Green Man Essences and Sovereignty Essences are members of The British Association of Flower Essence Producers - the trade association for producers of all types of essences. It advises on the standards of production, labelling and advertising in accordance with the guidelines laid down by various UK governmental agencies.

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Green Man Essences

Catalogue No 25

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Keys to Transformation

This is a set of 8 environmental essences made in Iceland during December 2011.

The energies of this island and the attitudes of its people have much to offer in these challenging times. The power of the Land to create and destroy brings an acceptance of change outside of any personal control.

It shows how to find the best in situations that are not of our own choosing and how to deal with constant movement from one state to another. Lying on the junction of two tectonic plates, the Land also represents a bridge between two places, two extremes and how to find security in any situation when there is no obvious source or guidance.

Key I. Eyjafjallajökull— The energy this essence represents is one of semi-dormant power; awareness of one's action; far-reaching effects; primal force of creation.

Useful for observing the effects of actions of oneself and others; knowing when to act and when to stay still; needing enthusiasm or impetus to 'pull one's finger out', to get moving.

Key II. Seljalandsfoss The energy represented by this essence is linked to flow; result of change; letting go; beauty in the process.

Useful when there are feelings of stagnation; being at a loss as a result of change; finding enjoyment in life's journey; not in the final accomplishments.

Key III. Sejalandsfoss leicle. The energy represented by this essence is that everything is possible; a need pause for reflection; there is beauty within imperfection.

Useful when there are doubts, lack of self-worth or value in what has been achieved.

Key IV. Aurora Borealis. The energy of this essence represents clarity; patience in waiting for progress; appreciation of beauty.

Useful when frustration strikes; when the way forward is confused or the way out of a situation is unclear; appreciation of where you are.

Key V. Mt Katla & Vik. The energy represented by the essence is linked to memories from the past that need to be transformed; blending of opposites; acceptance of the natural flux and flow.

Useful when the past is holding you back; when there are difficulties dealing with stops and starts; when trapped between options with no clear way forward.

Key VI. Mt Hekla and River Ranga. The energy represented by this essence is one of fast, relentless movement; old wisdom and power; knowing what needs to be let go of.

Useful for dealing with events that are speeding outside of your control or awareness; when you need to find out what to let go of but are fearful of making mistakes.

Key VII. Westmann Islands. This energy of this essence represents new horizons; creation of new places to go. Useful when there seems to be no hope of change or progress; being stuck; inability to see what is possible.

Key VIII. Hafnir and Reykjanes (tectonic plate juncture) The energy of this essence represents a bridge between possibilities; expansion away from rigid ideas; a meeting place of divergent energies.

Useful when feeling pulled between two or more choices; needing to broaden outlook on events



Tree Essences

As the image of the Green Man is an interweaving of human features with leaves and tendrils, so is the interaction and interdependence of humankind with the plant kingdom.

One cannot be separated from the other. GREEN MAN TREE ESSENCES are a reaffirmation of the link between Man and Nature, acknowledging the healing power of life and the ancient wisdom of the peaceful trees.

Trees take their nutrients directly from the sun and earth. Their forms are an expression of harmony and balance in each environment. Trees are amongst the longest lived organisms on this planet, some living for thousands of years. They are the protectors and regulators of their surroundings, offering food and shelter to many other forms of life.

For centuries, trees have been known to have healing properties, and whilst being a major resource for mankind, they were also revered and cared for as sacred and magical beings. Today we know that mankind owes its existence on this planet to the great forests and woods that produce oxygen, support millions of species, control weather systems and enrich soil.

This listing is alphabetical, but keeps the numbering of the old lists. For full descriptions of each tree see:

'Tree: Essence of Healing' (Published by Capall Bann 1997) and 'Tree Seer' also from Capall Bann (Feb 2004)

Each tree is shown with its visual key, key phrase/word, main colour and chakra links
For Colour and Chakra information—please see 'Light Essences'



ALDER (1) (Alnus glutinosa): "release".

Reduces nervousness and anxiety. Brings clarity of mind and eases stress. Increases prana/chi.

Red, Orange/Chakra 2



APPLE (2) (Malus domestica): "detoxification".

Helps the elimination of toxins on all levels of being and brings in spiritual energies. Transforms negative emotions.

Orange /Chakras 2, 4



ASH (3) (Fraxinus excelsior): "strength".

Harmony with your surroundings. Feeling in tune. Flexibility and security.

Green/Chakra 4



ASPEN (81) (Populus tremula): "delight".

Intuition and intellect; balances over-analysis; fears calmed; broader perspective; amusement; wise laughter.

Yellow/Chakras 2, 3



ATLAS CEDAR (82) (Cedrus atlantica): "resilience".

Removal of out-of-date patterns; achieving a personal Path: resilience to cope with change and adversity.

Green/Chakra 4



BAY (4) (Laurus nobilis): "energy".

Deep-rooted vitality. Blocked and suppressed emotions released. Spiritualises physically.

Dark Red/Earth Star, Chakra 1



BEECH (49) (Fagus sylvatica): "easy-going".

Confidence and hope in oneself and one's life. Relaxation and release of held-in trauma. Confidence in self-expression and speaking out clearly.

Orange/Chakra 2



BIRD CHERRY (50) (Prunus padus): "sensuality".

Unblocking deep emotional wounds. For those who have become over-defensive of emotional attachments. Helpful where there are sexual difficulties, mental rigidity and being over-critical or uncomfortable with physicality.

Pink/Chakra 4



BLACK POPLAR (5) (Populus nigra): "nurture".

Creates a powerful peacefulness. A sense of security and inner clarity. Very comforting. Blends all energies.

Indigo/Chakra 6



BLACKTHORN (6) (Prunus spinosa): "circulation".

Helps absorption of energies necessary for life. Stabilises emotions. Brings hope and joy. Stimulating.

Red/Chakra 1

NO WHERE NEARER The Isles of the Blessed



LARCH (37) (*Larix decidua*):
 "will to express". Orange, Blue/ Chakras 2, 5
 Helps the communication of personal wisdom from new levels of peace and healing. Inspiration.
 Enhances physical and sexual energy. Creativity. Balances heart and mind. Will and Desire.

Mandala Essences

A mandala is a map or diagram of a particular spiritual state. Each element in the design leads to the central point of Realisation. Each essence was made at a recognised sacred site in and around Kathmandu, Nepal. This Himalayan Kingdom has always been an important crossroads for trade and also for religious and philosophical ideas. Many of the places regarded as holy pilgrimage sites have remained in continuous use for thousands of years, establishing a continuity of human spiritual aspiration and practice from people of many cultures, religions and ways of life.

1. Throne—The hills of Pharping, south-west of the Kathmandu valley

- seeing clearly and then acting in a practical way: penetrating discernment
- feeling secure we are able to act spontaneously with openness, honesty and compassion.
- there is the ability to understand the consequence of our actions across time and space.
- seeing the true nature of reality we are able to act effectively in all situations without doubts and so be of maximum benefit to all around us.

2. Omphalos—Swayambunath, stupa west of Kathmandu

- joy and exuberance as a true link to the energy of Earth is made.
- the strength of life energy invigorating all actions in balance with Nature
- communication skills, relating honestly and powerfully with others
- fully grounded and present
- increased depth of perception that bridges all aspects of the physical and spiritual

3. Weave—Milarepa's cave

- ability to let go of the past, to change, to transform
- pleasure in being part of nature, happy to follow one's own ideas
- integrates past and future creating security and balance
- a flow of balanced internal communication allowing us to discover our true wishes
- false personality structures dissolve

4. Flow—Yholmo, a small temple and chörten

- creativity and its tangible expression
- working with natural and cosmic law to mould a harmonious environment
- awareness of the inter-relation and reciprocity of all things in creation
- discovering valid, practical ways to remove obstacles
- easy combination of passionate emotions to develop a creative, inventive and uniquely practical art of living
- the ability to interact with our surroundings in a vital manner
- depth of perception, to see the flow of interaction in all aspects of where one is

5. Breakthrough—The high Himalayan forest on the upper slopes of Yholmo

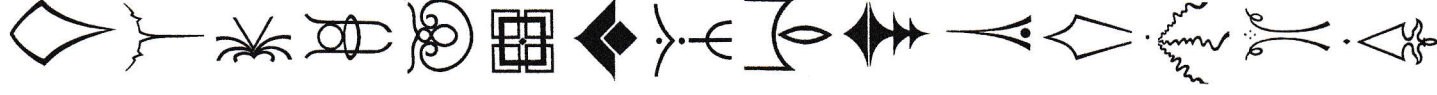
- dynamic motivation that arises from the core of one's being infusing every aspect of life
- breaks down false restrictions and limitations
- manipulation of creative power to remove obstacles
- everything is possible (the "impossible" becomes a real option)
- synchronisation of personal power at all levels
- broadening of imagination and perception

6. Immanence—Stupa at Boudhanath

- energising at every level, supporting the individual's life force
- allows the absorption of those qualities that are needed to become balanced
- increases wisdom, calms emotions and integrates the self
- protection from all types of disruptive or harmful energies
- allows the vastness of creation and the immanence of the Divine to be felt as a personal support
- access to the compassionate energy of all enlightened beings, everywhere

7. Web—The Himalayan forests

- integration of information from different systems within the whole
- understanding the energetic quality of the environment, the ecology, within which one exists
- understanding how patterns are mirrored through the macrocosm and microcosm; internal and external
- comprehending one's place in the ebb and flow of life, giving a new sense of freedom and perspective



NORWAY SPRUCE (89) (Picea abies):
Understanding change; lightness; open to experience; seeing clearly; axis; beacon.

"trust"

Orange, Blue/Chakras 2, 5

OAK (43) (Quercus robur):

"manifestation"

Red/Chakra 1

Absorption and integration of very deep, hidden energy underlying this reality. The desire for stability whilst experiencing the polarities of existence. Ability to manifest one's goals. Channelling energy.

OLIVE (96) (Olea europea):

"valour"

Red, Gold/Chakras 1, 3

Warmth; solar energy; truthfulness; motivation; passionate clarity.

OSIER (59) (Salix viminalis):

"spiritual void"

Gold/Chakras 2, 3

To contact Higher Self. Energy to adapt, change and grow. Useful when everything seems empty and useless. Energy and understanding.

PEAR (60) (Pyrus communis):

"serenity"

Yellow/Chakra 3

Happy to be who you are. Clarity, simplicity, confidence. Reduction of stress in subtle bodies. Increased enthusiasm, drive and energy. Deep peace.

PERSIAN IRONWOOD (61) (Parrotia persica):

"alienation"

Red/Chakra 1

Energy, emotional strength, drive, enthusiasm. Grounds spiritual energy into the physical body.

Activates deep-level healing. Connectedness to the highest level of planetary consciousness. Strong sense of connectedness, belonging and joy. For feelings of alienation and weakness.

PITTIOSPORA (63) (Pittosporum tenuifolium):

"in two minds"

Yellow, Violet/Chakra 3

Helps to clarify how one truly feels. Useful when loyalties are divided. Helps find solutions to mental worries and conflicts. Increases perspective and sense of humour.

PLANE TREE (62) (Platanus x acerifolia):

"fine judgement"

Yellow/Chakra 3

Ability to discriminate subtle levels of the truth. Helps prevent introspection, melancholy and over-analysis. Broadens viewpoints and gives a peaceful space to meditate.

PLUM (44) (Prunus domestica):

"empowerment"

Magenta/Chakras 1, 4

Helps the highest spiritual energy enter into the material world. Practical solution to problems. Increased awareness of surroundings and effective use of personal power. Self-worth, self-motivation

PRIVET (45) (Ligustrum vulgare):

"old wounds"

Orange/Chakra 2

Works with subtle bodies to repair distress and blocks. Creates harmonious vibration that helps to heal on fine levels. Increases life force to allow letting go of old wounds.

RED CHESTNUT (64) (Aesculus x carnea):

"fear for others"

Red, Violet/Chakra 1

A feeling of serenity and protection at a deep level of being, both for oneself and others. This reduces fear and anxieties and brings a peace and detachment from the worries of what may, (but probably won't), be. Helps create a clear, positive, unselfish link with others. Fears and phobias ease.

RED OAK (65) (Quercus rubra):

"practical support"

Red, Violet/Chakra 1

Energises the body's structural systems. Growing conviction of one's place and purpose in the world. Clearing of self-doubt and false views. Very practical searching for the Spirit.

ROBINIA (90) Black Locust (Robinia pseudoacacia):

"awakening"

White/Chakra 5

Calm mind; dissolving "glamour" and obsession; optimism; clearing emotional and mental clutter

ROWAN (17) (Sorbus aucuparia):

"nature"

Green, Violet/Chakra 7

Attunement to the energies of nature, particularly wood and earth. Enlarges perspectives to a cosmic level, allowing deep understanding of the universe.

SCOTS PINE (18) (Pinus sylvestris):

"insight"

Green, Indigo/Chakra 6

Helps activate third eye and development of subtle awareness in a balanced way. Brings penetrating insight and increases tenacity and patience. Broadens one's outlook

Sovereignty Essences

The Goddess of the Land, or Sovereignty, is one of the major archetypes of British and Irish tradition. Threads through many other cultures also tell of the Power in the Land that Man must be blessed by in order to maintain a balance with Nature.

Meeting the challenge of Sovereignty is to expose our compassion, our sense of natural justice and our loyalty to the Land and its People. In this process we reach out for our own Grail. Our progress is absorbed into the collective effort to heal our planet.

These essences can be seen as links or stepping stones towards reconnecting with the Land. They can also help us to deal with the challenges of living at this time of rapid inner and outer change.

These eight essences, made on the quarter days of the year, relate to eight of the nine faces of the Goddess of Celtic mythology. The ninth, sometimes referred to as the Protector, the Initiator, the preserver of ancient traditions, the **Lady of the Lake**, is implicit within the other eight and focused in the 'Earth Goddess' essence.

Samhain Goddess~ Morgan, Queen of the Wheel

This essence gives the opportunity to create intense healing and integration at a fundamental level of being.

Encouraging better contact with the Earth, it aids grounding and the ability to draw on deep levels of personal power. Imagination and inspiration can be used in everyday, practical ways. It can help to understand deep emotions without the need to share them with others.

{Spindle, Sweet Mace, Amethyst Deceiver, in the presence of Mandrake during Samhain, Scorpio Lunar Eclipse and Mahalakshmi}

Winter Solstice Goddess~ Ragnell, Dame of the Riddles

Meeting the challenge of dealing with emotions is highlighted by this essence. Whilst keeping a dynamic and outgoing outer energy, the hidden world of ethics, morals and beliefs that control our lives, is made available for us to reassess and create healing for ourselves where necessary. This can be especially useful when working in group situations.

{Holly, Ivy, Yew, Pansy, Viburnum tinus in the presence of Mandrake during the Winter Solstice, Capricorn Sun squared Libran Moon}

Imbolc Goddess~ Dindraine, Queen of the Wasteland

Bringing forward a commitment to learn from mistakes and releasing energy to focus on new growth. This focus helps readjust ideals from dreams into practice, stopping the dissipation of vital energy. It creates an innate understanding that projects and change are sometimes slower than we would like, but progress will be secure and lasting.

{Hazel, Oriental Hellebore, Wallflower, over Mandrake with amber during Imbolc, Mahasaraswati}

Spring Equinox Goddess~ Kundry, Dark Woman of Knowledge

Helps to create a practical focus for imagination and inspiration. Calming the mind allows for perception and intuition to highlight worn out behaviour and emotional patterns. This, in turn, brings the subconscious drives to the surface for transformation. Expansion of feelings, freedom of expression both bring added strength to stand out in the crowd with new confidence.

{Moonstone and Salvia divinorum, over Sodalite and Mandrake, charged with Lapis Lazuli during the Spring Equinox}

Beltane Goddess ~ Guinevere, Flower Queen

In the flow of love and beauty, the turning of the year creates a unique doorway to explore how extremes affect the relationships in our lives. Deep healing removes the dross that stops our creativity and growth. This also helps to release the visionary skills of the fertile artist to bring the finest levels of energy into physical manifestation for all to admire.

{Rubellite, Plum, Forget-me-Not, over Magenta Light and Mandrake, during Beltane, Adi Shankaracharya Jayanti}

Summer Solstice Goddess ~ Enid, Lady of Joy

This helps the perception of and response to the needs of others, especially allowing them space for their own development. We can only do this from a point of inner security and stability that encompasses the awareness that we need to be flexible to our own growth and transformation. It encourages a mutual enjoyment of life firing the desire for inner wisdom and allowing the flow of love and inspiration to touch all those around us.

{Red and blue Geranium, Topaz over Blue Light, during the Summer Solstice on the Mary Line in Cornwall, charged by celebratory mantra.}



WAYFARING TREE (79) (Viburnum lantana) "far memory". Green, Violet/Chakras 4, 6
Recognition of similarities of circumstance and patterns in the present relating to the past. Re-establishing personal boundaries and independence, creates a protective space.

WEeping WILLOW (71) (Salix x chrysocoma): "ego". Gold/Chakra 3
Proper use of personal power and energy. Useful for those who get annoyed by others' views and attitudes. Tolerance of others and acceptance of one's own shortcomings. Energising, motivating in a wise, balanced way.

WESTERN HEMLOCK (98) (Tsuga heterophylla): "open grace". White/Chakras 6, 7
Cleansing, clearing, quietening, focusing; serenity; new beginnings; acceptance.

WESTERN RED CEDAR (93) (Thuja plicata): "constancy". Blue/Chakras 5, 6
Underlying peace; play of emotions; belief in oneself; screening harmful influences; subtle tides of consciousness; steadiness.

WHITE POPLAR (72) (Populus alba): "starting again". Pink/Chakra 4
Increase of wisdom, joy and contentment. Healing of mind and emotions. Energy and courage to recover from emotional setbacks.

WHITE WILLOW (73) (Salix alba): "True Self". Violet/Chakras 3, 7
The perception of the self is put in the context of its universal existence. This clarity brings a truer balance within oneself. Ego is cleansed and filled with a sense of bliss and love welling up. Spiritual cleansing.

WHITEBEAM (23) (Sorbus aria): "Otherworld". Indigo/Chakras 6, 7
Stimulates finer levels of perception. Understanding of the animal and plant kingdoms. Opens heart and mind to finer levels of creation.

WILD SERVICE TREE (99) (Sorbus torminalis): "unfoldment". Indigo/Chakra 6
Expansion of awareness; understanding motives; past life healing, self-definition; hidden currents.

WILLOW LEAVED PEAR (100) (Pyrus salicifolia): "dance of life". Red, Orange/Chakra 2
Security within the self; dance of joy; healing; personal power and vitality; creative living; enjoyment.

WYCH ELM (80) (Ulmus glabra) "attainment". Yellow, Violet/Chakras 3, 7
The mind is brought to clarity. There is a more positive, life-affirming outlook. Confidence in personal strengths and abilities. Peaceful awareness, no matter what state. Meditation touches many subtle realms.

YELLOW BUCKEYE (74) (Aesculus flava): "devas". Indigo/Chakra 7
A way to link to devas, elementals and nature spirits in all environments. Modifies personal energy patterns in order to understand different sorts of communication.

YEW (24) (Taxus baccata): "protection". Dark Red/Chakra Earth Star, 1
Protects from harm by activating the highest spiritual values of survival and protection. Aids the memory and ability to discriminate.



8. Fear Restricts Emotional Expression (FREE)

Emergency Use: For fear and its effects, no matter what the cause.

General Use: When fear stops us from being who we want to be, what we want to do or where we want to go.
Contains: Mimosa to increase internal awareness, peace, intuition—Holly to ease agitation, lack of self-worth, bringing balance, love—Apple, to eliminate unwanted emotions—Catalpa to stabilise emotions and reduce anxiety.

9. Energy Goes Overboard (EGO)

Emergency Use: Hyperactivity, inability to relax or calm down.

General Use: When excess enthusiasm or worry creates loss of perspective, or for feelings of being out of control.

Contains: Holly for agitation, lack of self-worth and bringing balance—Saxifrage for peace, detachment, practical use of inspiration—Camphor to help re-establish a natural balance.

10. Clear And Logical Mind (CALM)

Emergency Use: To ease confusion.

General Use: To create clarity when we are confused and upset.

Contains: Cherry Plum for inner security, release of tension and rigidity—Dandelion bringing effortless energy, relaxation—Blue Light for communication, detachment, ability to express, quietening.

Gem Essences

Preseli Bluestone (unspotted), Preseli Bluestone (spotted), Preseli Bluestone and Equinox Spring Flowers (Preseli Bower)

All colours of tourmaline, plus a rainbow combination essence.

Quartz Buckyball, Shungite, Copper, Covellite, Dark Opal, Diamond, Eudialite, Gold, Meteorite, Violet Scapolite, Silver

Plus:

Abalone, Albite, Amazonite, Amber, Ametrine, Amethyst, Ammonite, Angelite, Apache Tears, Apatite, Apophyllite, Aquamarine, Aragonite, Aventurine (Blue), Aventurine (Green), Azestulite, Azurite, Malachite, Basalt, Bloodstone, Blue Lace Agate, Brazilianite, Bronzite, Calcite (Blue, Green, Orange, Honey, Clear, Red), Carnelian, Celestite, Chalcedony, Chalcophyllite, Charoite, Chiasolite, Chrysoberyl, Chrysocolla, Chrysoprase, Citrine, Coral, Danburite, Desert Rose, Dropside, Diopside, Dravite, Dumortierite, Emerald, Epidote, Flint, Fluorite, Galena (Lead Sulphide) Garnet, Green Zoisite, Halite, Hawk's Eye, Heliodor, Hematite, Hemimorphite, Herkimer Diamond, Hiddenite, Jade, Jaspers (various), Jet, Iolite, Kunzite, Kyanite, Labradorite, Lapis Lazuli, Larimar, Lepidolite, Limonite, Lodestone, Magnetite, Malachite, Mangano-calcite, Milky Quartz, Moldavite, Mookaite, Moonstone, Morganite, Moss Agate, Nephrite, Obsidian (Mahogany, Rainbow, Black), Onyx, Opal (Andean, Cherry, Fire, Jelly), Pearl, Peridot, Phenacite, Pietersite, Prehnite, Petrified Wood, Purpurite, Pyrite, Clear Quartz, Rhodocrosite, Rhodonite, Rose Quartz, Ruby, Rutilated Quartz, apophyllite, Sardonyx, Seraphinite, Serpentine, Shattuckite, Smithsonite, Smoky Quartz, Sodolite, Spectrolite, Sphene, Strawberry Quartz, Sugilite, Tekite, Thulite, Tiger's Eye, Topaz (Blue, Clear), Topaz (Golden), Tourmalinated Quartz, Tree Agate, Tugtupite, Turquoise (Tibetan and American), Ulexite, Unakite, Yellow Sapphire, Zincte, Zircon, Zoisite and more—please ask

57. MANDRAKE (*Mandragora officinarum*). Most effective when placed on top of the head. It creates a very strong link with the levels of awareness that interface human and plant worlds. Strong transformation, practical change. Clarifies reasons for emotional outbursts. Visionary flow, creative ideas. Increase in dynamism and energy application (Indigo/ Chakras 6,7)

58. MISTLETOE (*Viscum album*). Brings a balance to the mind where old patterns can be released. Positive inspiration. Body awareness increases: lessening confusion and nervousness. Better self-image, ability to cope with emotions and strong feelings. Quietens emotions to allow creative imagination to flourish. (Gold, Green/ Chakras 3,4)

59. MUGWORT (*Artemisia vulgaris*)

Expansion of personal power with balance. Increase in joy and serenity, emotional blocks freed. Ability to keep one's boundaries secure. Stimulates new ideas and new methods. Flexibility and potential. Very strong links to underlying universal flows of energy. (Green/ Chakra 4)

17. NETTLE (*Urtica dioica*). Eases all stress associated with a broken home. For problems with sibling relationships. Assimilation of energies necessary for life. Creates calm in emotional and etheric bodies. (Orange, White/Chakras 3,4)

18. ORIENTAL HELLBORE (*Helleborus orientalis*). Major healing of the chakra system. Reduces tension and over-excitability in chakra functioning and the emotions. Increases self-assurance, reduces shyness. (Violet, Magenta/Chakras 3,4)

19. PANSY (*Viola tricolor*). Helps to combat all types of invasive energy. Increases intuitive faculties and strengthens mental functioning. (Green, Violet/Chakras 3,6)

20. PASSIONFLOWER (*Passiflora incarnata*). Attunement to compassionate awareness. Stabilises spiritual focus. Opens heart and throat chakras and eases tensions in the dream state. Works upon the spiritual body. (Violet/Chakras 4,5)

21. PENNYROYAL (*Hedeoma pulegioides*). Strength and clarity of thought, mental integrity and positivity. Protection where there are negative thoughts absorbed from others, when there is psychic contamination. (Green, Indigo/Chakra 4)

60. PETUNIA (*Petunia* spp) Works primarily on the heart chakra and can help to activate and energeise the area of this chakra. The Heart meridian is rebalanced where there is insecurity related to new experiences that break or re-define old boundaries. Suppressed feelings release smoothly, increasing peacefulness. Brings a deep insight into finer levels of spiritual states. (Green/ Chakra 4)

22. QUINCE (*Cydonia oblonga*). Loving strength, active femininity balanced with inner masculine. For those unable to reconcile feelings of strength and power with essential qualities of the feminine self. (Orange, Pink/Chakra 2)

23. RUE (*Ruta graveolens*). Energises and strengthens emotions and sensitivity. Gives energy to one's true desires and acceptance of oneself. Enhances appreciation of the body. (Orange/ Chakra 2)

24. SAGE (*Salvia officinalis*). Ability to draw wisdom from life experience. To review and survey life processes from a higher perspective. Reduces the tendency to see life experience as ill-fated or undeserved. (Gold, Violet/Chakras 6,7)

26. SCABIOUS (*Scabiosa caucasica*). Enthusiasm to reach for new possibilities. Communication from and on subtle levels. Opening to higher learning. Finding other ways of doing things, exploring other worlds. (Green, Blue/Chakras 4,6)

27. SCARLET PIMPERNEL (*Anagallis arvensis*). Eases the passage of kundalini when it has been awakened. Harmony in dream state: recurring nightmares and other dreams can be understood and assimilated. (Red, Indigo/Chakra 6)

40. SKULLCAP (*Scutellaria galericulata*) Balancing of thoughts, inspiration to increase the letting go of worn out patterns. (Orange, Blue/Chakra 6)

29. SNOWDROP (*Galanthus nivalis*). Spiritual confidence. A clearer direction in life. Increases the ability to plan practically. Brings insight, imagination, discernment and healing wisdom. (Gold, Indigo/Chakras 6,7)

30. SNOWFLAKE (*Leucojum vernum*). A positive space within which the Self can flourish. Clarity of purpose, one-pointedness, and confidence. Calms and quietens the emotions to experience deep silence. (Green, Indigo/Chakras 4,6)

31. STITCHWORT (*Stellaria holostea*). Brings a joy and lightness to the emotions and releases cares and worries. Increase of calming, quiet energy, resting in relaxed alertness. Releases excess energy. (Orange, White/Chakras 2,3)

7. ASSUREDNESS:

Encourages confidence, inner direction, peace and harmony, countering panic, restlessness, impatience, frustration and sexual indecision and insecurity. Can also be useful for facing fears and phobias. (Linked to Kidney and Bladder Meridians)

[Contains: *Oster, Red Oak, Violet Light Essence, Golden Crocus*]

8. SELF-WORTH:

Encourages self-worth, humility, tolerance and modesty. When we are sure of our own "right to exist" it becomes much easier to release the negative patterns of guilt, disdain, contempt, pride, intolerance and prejudice. For feelings of being "bad, dirty and useless". (Linked to the Large Intestine (Colon) and Lung Meridians)

[Contains: *Silver Maple, Lilac, Lawson Cypress, Blue Light Essence, White Light Essence*]

9. TRANQUILITY:

When there are anxieties about the future this combination will increase confidence and a true sense of security and tranquility. Contentment and assurance replace the "black hole" feelings of disappointment, bitterness, greed, disgust and sense of emptiness. (Linked to Stomach and Spleen Meridians)

[Contains: *Whitebeam, Glastonbury Thorn, Magenta Light Essence, Flowering Currant*]

10. RELAXATION:

Helps to release us from the failures of the past. The total of our perceived inadequacies summed up by feelings of regret, remorse, jealousy, sexual tension, stubbornness, depression, despair, hopelessness, grief, loneliness and solitude - are gently replaced with a sense of relaxation on all levels, generosity, hope, feelings of elation and lightness. (Linked to Triple Warmer/Heater and Heart Protector/Circulation-Sex Meridians)

[Contains: *Gean, Sycamore, Whitebeam, Snowflake*]

11. JOY:

Helps to counter anger, sadness and sorrow by encouraging love, forgiveness and joy. Increases the ability to appreciate and to be appreciated. (Linked to Heart and Small Intestine Meridians)

[Contains: *Horse Chestnut, Ivy, Pear, Orange Light Essence*]

Shield Essences

Shield 1



A combination of Green Man and Sovereignty essences to help to deal with invasive environmental energies - both man-made and naturally occurring.

Energy signatures of: Quartz Buckyball, Shungite, Preseli Bluestone, Galena, Mandala 14, Linear Water, The Merlin

Shield 2



A combination of gem essences to help to create an emotional shield.

Tried and tested in situations covered by the psychological pattern 'Karpman Drama Triangle' or 'The Deadly Drama Triangle' this combination helps to gain insight into the never-ending emotional games played in all sorts of situations.

Insight helps to stop the game of role-reversals and drama, bringing a more balanced perspective in relationships of all sorts.

Green Zoisite, Rhodocrosite, Sugilite

Light Essences

Light Essences have proved to be one of the most effective healing tools, cutting through disharmonious energy states to restore clarity and brilliance. All our **Light Essences** are created by exposing pure water to sunlight through specific frequencies of colour. Each essence is further anchored and grounded by unique visual patterning. They are also available as sprays

1. RED

Physical

Emotional

Mental

Spiritual

CHAKRA:

MERIDIANS:

keyword: **energy**

—activating, energising, heating, circulation, prana, blood, practicality

—assertiveness, passion, anger

—initiative, daring, penetrating

—grounding, protecting, manifestation of spiritual energies in the world

Root (Base) (Western system), Solar Plexus (Vedic system)

Triple Warmer (Triple Heater); Circulation/Sex, Pericardium (Heart Protector); Heart.

2. ORANGE

Physical

Emotional

Mental

Spiritual

CHAKRA:

MERIDIANS:

keyword: **recovery**

—for shock or trauma at any level, stagnant energies, detoxification, creativity

—fun, sense of play, pleasure, sensuality

—artistry, creativity

—repairs the etheric template, centres energy, brings energy into the present

Sacral (Second)

Large Intestine; Gall Bladder

3. YELLOW

Physical

Emotional

Mental

Spiritual

CHAKRA:

MERIDIANS:

keyword: **discrimination**

—ability to recognise and identify what is of use to the body and what is not.

—joy, contentment, happiness

—clarity, memory, study, intellect

—wisdom, Self-knowledge

Solar plexus (Western system) Root (Vedic system)

Stomach, Spleen; Kidney, Bladder, Small Intestine.

13. GOLD

Physical

Emotional

Mental

Spiritual

CHAKRA:

MERIDIANS:

keyword: **wisdom**

—relaxation

—openness

—leadership,

—wisdom

Solar plexus (Western system) Root (Vedic system)

Stomach, Spleen

14. PALE GREEN

keyword: **balance**

—balance between head and heart

—breaking patterns

—new ideas, directions

—new directions

—Anandakanda, 'Wish-fulfilling Well'

Lung, Large Intestine, Liver

4. GREEN

Physical

Emotional

Mental

Spiritual

CHAKRA:

MERIDIANS:

keyword: **calm**

—attunement to Nature, growth, expansion and contraction

—love, balance, caring, sharing

—independence, space, freedom

—personal direction or Path

Heart

Lung, Large Intestine, Liver

12. TURQUOISE

keyword: **empowerment**

Physical

Emotional

Mental

Spiritual

CHAKRA:

MERIDIANS:

—integrating, protecting

—centred, balanced

—communication of the heart

—being who you are

Thymus

Conception Vessel, Kidney



BOX (7) (*Buxus sempervirens*):
Strengthens the mind and will. Clears the head. Eases irrationality and confusion. Links you with your Higher Self.



CATALPA (25) (*Catalpa x erubescens*):
Stabilisation of emotions, helps find peace of mind. Reduces anxiety, increases self-confidence in what one can achieve. Joy.



CEDAR OF LEBANON (75) (*Cedrus libani*):
Physically a cleansing, a breath of fresh air. Where there is suffering this essence lessens the resistance to needed change. Clearer messages from the deep mind and universe regarding appropriate actions. Increases peaceful flow, reduces turmoil.



CHERRY LAUREL (7) (*Prunus laurocerasus*):
All problems with the mind and head. Imagination and inspiration used practically. Helps maintain deep subtle patterning. Subtle perceptions accessed. High level protection and support.



CHERRY PLUM (27) (*Prunus cerasifera*):
Wisdom and security of the inner self helps remove fears. Tension and rigid mental concepts are eased. Opening up on emotional levels. Helps shyness.



COPPER BEECH (51) (*Fagus sylvatica* var. *pur*):
Brings a deep, enlivening sense of peace and detachment from worries. Energises emotions in a positive, non-aggressive way.



CRACK WILLOW (8) (*Salix fragilis*):
Letting go, allowing things to happen. Sense of oneness with the world. Communications with the Higher Self, the planet and the energies of the sun.



DOUGLAS FIR (83) (*Pseudotsuga menziesii*):
Relatedness; finding one's place; parts of a whole; spontaneous energy; freedom to be oneself



ELDER (9) (*Sambucus nigra*):
Calms aggression, brings stability, love and forgiveness. Balances self-image. For times of transformation and change. Good for fretful children.



ENGLISH ELM (28) (*Ulmus procera*):
Desire to progress, move on. Re-energises the mind when fatigued and balances the heart when feeling drained or over-emotional. Clarity for decision-making and study.



EUCALYPTUS (84) (*Cider Gum*) (*Eucalyptus gunnii*):
Opportunity; restoration of energy; smooth integration of energy; correct relationship and flow.



FIELD MAPLE (52) (*Acer campestre*):
A balance to those hearts reaching for love. Understanding and contentment when overwhelmed by a sense of responsibility or remorse for mistakes, accidents etc. Heart chakra aligned to higher love.



FIG TREE (85) (*Ficus carica*):
Expression of needs; soul food; feelings of emptiness resolved; letting go; dancing; energy to achieve.



FOXGLOVE TREE (86) (*Paulownia tomentosa*):
Ending of turbulence; strengthens aura and life-force; happiness, relaxation, smooth waters.



GEAN, WILD CHERRY (10) (*Prunus avium*):
Focuses energy in the physical and stimulates self-healing. Calms the heart and mind. Creates a smooth flow of energy. Useful where there is emotional pain.



GIANT REDWOOD (29) (*Sequoiadendron giganteum*):
For those who are too hard on themselves or on others. A sense of balanced responsibility, tolerance and relaxation that allows wisdom the space to develop. Releases energy blocks in lower chakras.

Keys to the Green Kingdoms

are environmental essences linked to:

Pass over:
Sunlight,
On the mounds of the dead,
Dancing
With the eternal dancers.

Key 7

Cap of invisibility
Cap of indivisibility.
From whence do the elements separate?
From the instant of central balance.

From what flows the certainty of form?
From the heartbeat between what was
And what will be.
At the corner of sight
Eyeblink or distant lightning?
What you know will blind you.

The oldest foundations are no longer in sight.

The ancestors watch this world, all have names,
Sing their genealogy, have woven you.
Sink into the weave
The world wears you,
Wear yourself lightly
Leaving no footprints.

Key 8

The heart beats
Then it stops
Then it starts again.
How strange!

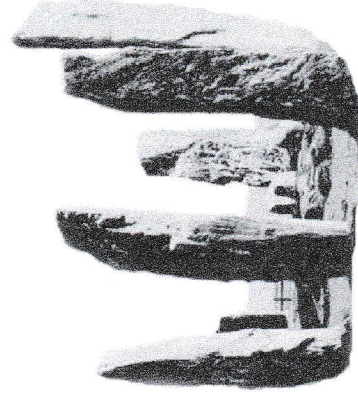
The eye that is
The organ of understanding
Is the well
From which fall tears.
Stormclouds rush in,
Salt on the air.
Amongst the leaves
A thrush singing:
Listen, listen, listen to me.
Beauty, beauty, beauty.

No heart can overtake
The long passages of time.
Beauty dissolves, kings,
Saints, seasons, tides
All vanish, vanish
Into the hollow hills.

The hollow hills
Will vanish into the sea
And sunset.
The eye
Forever bathed in tears,
The heart that
Starts and stops -
The thrushes song,
The clouds

Words by Simon Lilly

Forest of Caledon, (Key 1),
Lewis: Calanais I, II, III, IV and V (Key 2),
Lewis and Harris, North and South Uist,
Benbecula: St Brendan's Chapel (Key 3),
St Columba's Well (Key 4),
Beinn Sguraval, (Key 5),
Sheaval (Key 6),
Faerie Travellers (Key 7),
Iona (Key 8),
Undines (Key 9),
Mull: Ard Ri n'a Sith, (Key 10)





LAWSON CYPRESS (38) (Chamaecyparis lawsoniana): "the Path". Green/Chakra 4
Helps identify correct action and one's true needs. Initiates change in the right direction. Increased communication between mind and body. Discipline to attain one's goals and spiritual direction.



LEYLAND CYPRESS (15) (Cupressocyparis leylandii): "freedom". Green/Chakra 4
Helps ease hidden fears and anxieties, increases positive attitudes and sense of humour allowing a sense of freedom to grow and feel comfortable in. For those who dislike being by themselves.



LILAC (16) (Syringa vulgaris): "spine". Violet/Chakra 7
Eases all energies of the spinal axis. Activates all chakras. Eases tension. Lilac is closely aligned with many different types of nature spirit.



LIME (39) (Tilia x europaea): "development". Yellow, Green/Chakras 3, 4
Shifting levels of consciousness without disorientation. Calms anxiety where related to practical use of one's psychic and healing potential. Doubts and fears ease. Past programming is lessened



LIQUIDAMBER (95) (Sweet Gum) (Liquidambar styraciflua): "sweet tongue". Orange, Blue/Chakras 2, 5
Self-aware dynamic energy; personal energy integrity; care for self and others; calm mind; communication skills.



LOMBARDY POPLAR (88) (Populus nigra 'italica'): "aspiration". Indigo/Chakras 3, 6
Discrimination; acts of unique creativity; understanding deep drives; inspiration to aspire.



LUCOMBE OAK (55) (Quercus hispanica "lucombeana"): "creative energy". Orange, Violet/Chakras 2, 7
Life-supporting creativity, inspiration, ideas. Increased mental focus. Commitment to act and bring change. Wisdom and compassion.



MAGNOLIA (56) (Magnolia x soulangeana): "restlessness". Green/Chakra 4
Eases restlessness and lack of clarity. Helps to maintain balance when difficult changes have to be made. Increases sense of freedom and relaxation. Learning from past experiences, a clearer idea of one's true identity.



MANNA ASH (57) (Fraxinus ornus): "happy with oneself". Pink/Chakra 4
Heads the heart and emotions. Being honest with oneself about how one feels. Unresolved emotional issues. Increases understanding and access to creative levels of consciousness.



MEDLAR (76) (Mespilus germanicus): "boundless". Red, Gold/Chakra 3
Energy to core personal patterns. Motivation, enthusiasm and drive. Boundless energy to achieve goals. Increase in joy and happiness. Total security. Strength, humour, brightness and creative intelligence.



MIDLAND HAWTHORN (77) (Crataegus laevigata): "expansion". Red, Green/Chakra 4
Energises aspects of the heart chakra and its relationship with personal growth and spiritual awareness. Enthusiasm to enjoy and explore life.



MIMOSA (40) (Acacia dealbata): "sensitivity". Yellow, Blue/Chakras 3, 6
Increased awareness of what is going on inside self. Intuition is better understood. Ability to stand up and express oneself. A sense of peace



MONKEY PUZZLE TREE (78) (Araucaria araucana): "fierce compassion". Red, Pink/Chakras 1, 4
Calms aggression but allows creative, forceful action. Strongly energising, earthing, protecting. Perception of cycles of time and space, expanded awareness of continuity and change on this planet.



MONTEREY PINE (41) (Pinus radiata): "connectedness". Red, Violet/Chakra 7
Helps remove very deep trauma. Artistic blocks eased. Balances emotions, calms anxieties. A deep connectedness to everything. At ease in one's body, physical well-being. Past life information



MULBERRY (58) (Morus nigra): "wrath". Dark Red, Magenta/Chakra 1
Powerful emotions released constructively Freedom from remorse and past pain. For those hurt by the world and who react with anger and cynicism.



NORWAY MAPLE (42) (Acer platanoides): "healing love". Gold, Pink/Chakras 2, 3
Love and acceptance, healing, nurturing energy for emotional shock and trauma. Lightness, happiness, relaxation. Taking back control of life and power for oneself.

8. Readjustment—Shesh Narayana—the energy of water and rock and the “nagas” - earth and water spirits

- teaches us the source of our strengths, where our abundance arises, where our life-energy comes from
- establishes a sense of physical solidity, stability, strength and security
- allows the development of clearer perceptions of oneself and one's goals
- ability to withstand inappropriate, damaging pressures from outside
- standing up for oneself as an equal part of creation

9. Respite—Bhaskarka, small village and temple in Yholmo

- awareness of being surrounded by the contented richness of nature
- happiness within oneself, relaxation and generosity of spirit
- experience of peace, access and awareness of the means to develop personal power
- understanding the purpose and function of knowledge and ideas that arise inside you
- knowing what spiritual practices are most appropriate for you at any given time

10. Haven—Godavari, a spring on the far edge of the Kathmandu valley

- understanding what it is to be human
- relaxing and soothing the mind and emotions
- expansion of the ability to share with others
- room to breathe
- healing on deep levels, purifying negativity from the self-image

11. Guidance—The shrine at Pharping, containing a small self-arising Tara

- balancing moods with an increase in sense of warmth and comfort: relaxation
- mental sharpness and clarity increase with the ability to apply discrimination to all aspects of wisdom and will
- perception of where one's personal path is leading: a sense of direction; guidance
- ability to see levels of Truth and Reality that help clarify one's determination to succeed

12. Threshold—Pushpatinath, on the banks of the River Bagmati

- accepting and understanding the cycles of time and the inevitability of beginnings and endings
- understanding the continuity of existence
- ability to comfortably move between different states of consciousness and realities
- strengthening of personal life-energy and life-force to be able to let go of certainties
- courage to let go and start again

13. Expanse—High Himalayas

- clarity and unlimited breadth of perception
- seeing things in a new light
- an expansion of the feeling of connectedness
- freedom, clarity, sense of direction and growth
- a feeling of protection and the strength to balance polarities





SEA BUCKTHORN (97) (Hippophae rhamnoides): "pioneer"; Indigo/Chakra 6
Fresh perspectives; un-involvement; protection from harmful influences; understanding emotions.



SEQUOIA (101) (Sequoia sempervirens): "anchor"; Green/Chakra 4
Creates space to deal with energy blocks, stabilising our anchor to the planet and opening to the universe. Eases difficult emotions giving clarity of thought.



SILVER BIRCH (19) (Betula pendula): "beauty"; Pink/Chakra 4
Ability to experience beauty and calmness. Tolerance of self and others. For those who find it difficult to express themselves.



SILVER FIR (91) (Abies alba): "enthroned"; Violet/Chakra 7
Empowering; going with the flow; transformation; open crown; brightness; flow of healing, creativity.



SILVER MAPLE (20) (Acer saccharinum): "moods"; Blue, Pink/Chakras 2, 4
Helps balance the flow of energy through the body and regulates mood swings. Realigns the meridians, so useful for acupuncture.



SPINDLE (66) (Euonymus europaeus): "self-integration"; White, Gold/Chakra 7
Understanding one's true nature and needs. Increased sense of security, reducing the need to compare oneself to others. For feelings of superiority / inferiority. Energises soul, accesses energies of the Shadow-self in an integrated, positive way.



STAGS HORN SUMACH (46) (Rhus typhina): "meditation"; Violet /Chakra 7
Brow chakra energised. Flow of information. Balances energies for meditation. Stills mental and emotional processes while allowing clear intuition and communication at deep levels.



STRAWBERRY TREE (47) (Arbutus unedo): "quietude"; Indigo, White/Chakra 6
Quietens and clears the mind of all unnecessary thought. Brings stillness and silence, which allows change to occur on deep levels. Energises crown chakra. Good for healers and meditation.



SWEET CHESTNUT (67) (Castanea sativa): "The Now"; Pink/Chakra 4
Focusing and centring in the present moment. Release of guilt, particularly alienation with physical world. Creates detachment and understanding to regain wider perspective. Finding ways out of difficult situations.



SYCAMORE (21) (Acer pseudoplatanus): "lightening up"; Yellow/Chakra 3
Energy levels increase, so helps with lethargy. Awareness of the sweetness of life, harmony and relaxation. Lifts heavy moods.



TAMARISK (68) (Tamarix gallica): "fire of transformation"; White/Chakras 2, 3
Finding spiritual direction, freeing up energies for personal expansion and growth. Deeply cleansing and uplifting, cleanses age-old dross for the true self to emerge.



TREE OF HEAVEN (69) (Ailanthus altissima): "heaven on earth"; Red, Violet/Chakras 2, 7
Dynamic, energising, spiritual energies. Maintains integrity of self whilst removing barriers and allowing growth of new levels of awareness. Practical spirituality, practical wisdom.



TREE OF LIFE (22) (Usnea subfloridana): "wisdom"; Violet, White/Chakras 3, 4
Accesses past knowledge and ancient wisdom. Brings a sense of independence and detachment without isolation. Letting go of things no longer needed, in order to grow.



TULIP TREE (70) (Liriodendron tulipifera): "spiritual nourishment"; Yellow, Blue/Chakra 2
Nourishing on spiritual levels, particularly for those feeling restless and dissatisfied or those with addictive tendencies. Finding positive outlets for energy and expression. Artistic. Balance for meditation



VIBURNUM (48) (Viburnum tinus): "reassurance"; Pink/Chakra 4
Support and reassurance. For those who feel unsettled, vulnerable or unhappy. Helps to establish identity and direction, particularly after life-threatening situations.



WALNUT (92) (Juglans regia): "liberation"; Green /Chakras 4, 5
Purification, cleansing; sturdiness; removal of all sorts of intrusions and influences; personal power and integrity; security.

Lammas Goddess ~ Igraine, Hallows Queen

This essence can help with the conception, gestation and birth of any project - whether it be physical, emotional, mental or spiritual. It activates the transformation of sexual energy into creativity in all its aspects. It can shed light on the needs of any situation, allowing tasks to be planned and skills to be managed. It helps to highlight the underlying flow of communication that links people through generations in either the same family, the same role or the same tradition, ensuring that a lineage continues.

{St John's Wort, deep-pink Rose, with Amber, over Wormwood and Yellow Light, during Lammas}

Autumnal Equinox Goddess ~ Nimuë, Lady of the Door

This essence helps us when we are at a threshold between cycles, especially when we need to move forward to make way for others. At certain times in our lives we need to take our place in the wider scheme of things, yet may still prefer to act behind the scenes. As we find our security in new surroundings we can work for all beings using our fully developed creative drives.

{Sun Opener, white Petunia, Tolocache, over Wormwood and Blue Light, during the Autumn Equinox}

The Earth Goddess (part of the Sovereignty Collection)

This essence is useful when feeling disconnected from life, insecure, isolated, overwhelmed or ungrounded. By reconnecting to the planet personal energies on every level become stabilised.

By allowing space for our own transformation we can best meet the needs of our planet and our community.

With extra clarity in our thinking we can see through the illusions around us and on to what we can do to make a difference. {Sweet White Violet, Wallflower, Flowering Currant, Mandrake over Sodalite.}

The Merlin (part of the Sovereignty Collection)

This essence is very useful when engulfed by frustration, when the way forward is blocked, any level of energy is blocked or when life seems to be going at a pace and in a direction you are not happy with. It helps to create a flow of energy that can be accessed and directed to where it is needed, especially in appreciation of ourselves, self-confidence and an increase in self-worth. It brings hope that we may be able to find worth and treasure when we look inside ourselves. {Leaves of Sweet White Violet, Mandrake, Preseli Bluestone, Cambrian quartz}

The Sovereignty Chalice Essences.

These are gem essences that have been created on each of the eight feast days of the year.

Each essence has been made from a tourmaline crystal of a different colour.

Samhain - Black tourmaline: grounding, protecting, links to our ancestors and roots, stabilising transformation

Winter Solstice - Green tourmaline: dissolves disharmony, activates deep healing, old patterns released

Imbolc - Red tourmaline: expression of hidden skills, protected space, removal of energy blocks

Spring Equinox - Turquoise tourmaline: compassion to release fear, inner wisdom, secure boundaries

Beltane - Pariba tourmaline (pink /blue) : flow of creativity, soothing, protective, balanced emotions

Summer Solstice - Golden tourmaline: relaxation, respite from overwork, quietening the mind

Lammas - Violet tourmaline: dealing with change, finding our place in the world, inner communication

Autumn Equinox - Blue tourmaline: integration of communication, strength to observe and not act

Rainbow Chalice Combination is a mixture of all eight and therefore useful in first-aid situations

These essences can be used to anchor and stabilise all levels of being. They focus on the subtle levels, chakras and elements most closely linked to the colour of the crystal used (see notes on the Light Essences).

The Yearly Cycle:

Samhain	31st October	Winter Solstice	21st December
Imbolc	2nd February	Spring Equinox	20th March
Beltane	1st May	Summer Solstice	21st June
Lammas	2nd August	Autumn Equinox	23rd September

Flower Essences

- 51. ALKANET** (*Anchusa officinalis*) Eases feelings of constriction or lack of freedom; releases communication skills especially where they have been restricted for some reason. Ability to see what needs to be changed. (Blue, Violet/Chakra 4)
- 53. BELLADONNA** (*Belladonna atropa*) A balanced point from which to grow. Clears away self-deceptions which gives access to the deepest levels of awareness. This can lead to transformation of the self. The possibility of clarity within physical existence. (Green, Indigo/Chakra 6)
- 54. COLEUS** (*Coleus blumei*) Relaxation of personal masks and an acceptance of the underlying Emptiness behind Form. A quietness and flow of energy that links to universal patterns. Ability to comprehend fine concepts, gestalts and apparent paradox. Meditative states easily established. Energy spins to crown chakra and above. (Gold, Indigo/Chakras 2, 7)
- 3. CHAMOMILE** (*Chamaemelum nobile*). Serene, sunny disposition, emotional balance. For those easily upset, moody and irritable, unable to release emotion and tension. Meditative states made more easy. (Yellow/Chakras 2, 7)
- 49. COWSLIP** (*Primula veris*) Can help to balance the emotions, especially when there has been victimisation or being taken advantage of; a greater sense of self-worth and therefore desire and strength to look after oneself. (Green, Magenta/Chakras 4, 7)
- 35. CUCKOO-PINT** (*Arum maculatum*) Wisdom of how disparate emotions and feelings function to transform into acceptance and tolerance. Deep grounding and protection from harmful influences. (Gold, Green/Chakras 3, 4)
- 5. DAFFODIL** (*Narcissus Ajax*). Aligns mental body with Higher Self. Useful in deep meditation and for listening to guides or the Self. Works with the crown chakra, deepening daily meditation practices. (Yellow, Violet/Chakras 6, 7)
- 6. DAISY** (*Bellis perennis*). Spiritualises intellect. Scattered information brought into clear focus. Intuitive understanding, stabilises those who are constantly seeking but not finding. Clarity and understanding. (Yellow/Chakras 3, 6)
- 7. DANDELION** (*Taraxacum officinale*). Dynamic, effortless energy, lively activity balanced with inner ease. For those who are overly tense and who drive themselves without adequate rest. Relaxation. (Yellow/Chakra 3)
- 36. DARK MULLEIN** (*Verbascum nigrum*) To bring knowledge of who you are and where you belong, into the world. Self-empowerment and confident communication. (Gold/Chakras 3, 5)
- 55. DESFONTAINA** (*Desfontainia spinosa*) Releases fear of unknown things is eased to allow freer exploration of new states and phases of consciousness. Breakthrough to new levels is possible, with increased spiritual strength and discipline. Mental stability after shock and trauma. Positive outlook. (Orange, Yellow/Chakra 3)
- 37. ELECAMpane** (*Inula helenium*) Expansion of personal experience to activate hidden depths of vitality. Emotional stability, enthusiasm, creativity. (Orange, Gold/Chakra 2)
- 9. FORGET-ME-NOT** (*Myosotis arvensis*). Awareness of karmic connections in our personal relationships and with those in the spiritual world. Deep mindfulness of subtle realms. For those with soul isolation. (Indigo, Violet/Chakras 4, 6)
- 10. GOLDEN CROCUS** (*Crocus domesticus*). Self-image improves, forgiveness and tolerance within oneself. Expressing one's own feelings, if needs be forcefully. Integrity of own energy and protection. (Orange, Gold, Green/Chakras 4, 7)
- 56. HENBANE** (*Hyoscyamus niger*). Stimulates emotional involvement, helps one to integrate with activity. Excesses of energy are directed to avoid a build-up of frustration. Awareness is drawn from the core of things and multi-level worlds (yellow, Violet/Chakras 3, 7)
- 12. HONESTY** (*Lunaria annua*). Brings the energy necessary to find knowledge of the Self, clarity of one's personal needs and how to relate to others at an energetic/ subtle level. Willingness to accept change. (Gold, Green/Chakras 2, 4)
- 13. LAVENDER** (*Lavandula officinalis*). Spiritual sensitivity, highly refined awareness, eases anxiety where there is over-stimulation of spiritual forces which depletes physical energy. Cleanses meridians. (Yellow, Blue, Violet/Chakras 2, 6)
- 14. LOVE-IN-A-MIST** (*Nigella damascena*) Openness to loving, being loved. Clarity about one's motivations emotionally. Clarity of spiritual direction, eases frustrations, allowing clearer choices to be made. (Blue/Chakras 4, 6)

Personal Protection and Space Clearing Sprays

'Earth Protector' Spray :

This is a spray of the Earth Goddess Essence mixed with Rose Otto hydrosol and Black Tourmaline gem essence. It clears negativity in the environment, protects and grounds personal energies and relieves stress associated with life changes and travel.

'Deep Forest' Spray:

This spray contains Yew, Ivy, Holly, Oak and Tree Lichen essences mixed with Linden hydrosol and Emerald and Herkimer Diamond gem essences. It creates a sacred space to 'be' and a protected energy envelope in your surroundings.

'Triple Mirror' Spray:

This spray contains Juniper, Spruce, Scots Pine and Pennyroyal essences mixed with Juniper hydrosol and Labradorite gem essence. It is a powerful personal protector and cleanser of the aura, ideal when under pressure from others or from the environment. It helps to release emotional stress from the past, present and future.

'Puncture Repair Kit':

This spray contains Marigold, Orange Hawkweed, Camellian and Copper essences mixed with Orange Blossom hydrosol. It seals the subtle bodies and releases unwanted energy patterns from the aura.

'EarthLight':

This spray is for cleansing and energising crystals, but can also be used for personal and space clearing. It contains Rosemary hydrosol, Elder, Fig, White Poplar and Laburnum essences. It contains safe ingredients to care for your crystals and yourself.

'Rainbow Dragon Drops':

This is a spray contains all of our Light Essences (all colours) mixed with Orange Blossom hydrosol and some Rainbow Dragon Magic!. Ideal for giving you a lift when you are feeling low or sad or simply to brighten your day.

'Spirit of Harmony'

This is a spray of Rose Geranium hydrosol with the energy signatures: Sage, Tamarisk, Cherry Plum, Green Kingdoms Essence 'Key 5' and Watermelon Tourmaline gem essence. It helps to create harmony within yourself and your surroundings

'Shield I'

This spray has Frankincense hydrosol and contains the energy signatures of Quartz Buckyball, Shungite, Preseli Bluestone, Galena, Mandala 14, Linear Water, The Merlin. Big-hitting environmental protection.

'Preseli Bluestone'

This spray contains Rose Otto hydrosol, energy signatures of Preseli Bluestone, Mynydd Preseli and Ultra-violet Light. It is also charged with patterns linked to the energies of Stonehenge. Activating, clearing, anchoring, transforming and protecting.

(All available as 50mls.)

All our sprays are 'food state' and are completely safe to ingest.

32. ST. JOHN'S WORT (*Hypericum perforatum*). Illuminated consciousness, light-filled awareness and strength. For those who are too open or over-exposed leading to psychic and physical vulnerability. Eases deep fears and disturbed dreams. Releases hidden fears or obvious fears, including those from past lives. (Yellow, Indigo/Chakras 2,3,6)

61. SUN OPENER (*Heimia salicifolia*)
Harmonious flow of mind that increases communication and listening skills. Quietens in order to hear others and understand. Emotional burdens lifted from the heart. Joy, creativity. Clearer decision-making, choice of direction. Deep satisfaction and experience of harmony. (Yellow/Chakras 3, 6)

41. SWEET WHITE VIOLET (*Viola odorata*) Use of imagination; inspiration to create balance in our hearts and in the world. (G, V/4,6)

62. VERVAIN (*Verbena officinalis*) Quietening of thought, clarity of awareness in the present. State of clear awareness. An increase of hope, happiness and mental stability, calming after shock or trauma. The decreased mental chatter makes one more observant and an easier contact with spirit worlds - particularly those close to the physical - can occur. (Blue/Chakras 5,6)

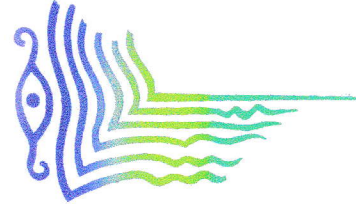
33. WILD VIOLET (*Viola riviniana*). Acceptance and understanding of one's needs and energy to fulfil one's goals. Reduction of negative, aggressive tendencies in favour of life-supporting activity. (Green, Violet/Chakras 1,4)

63. WOAD (*Insatis tinctoria*) This can help when needing to adopt appropriate behaviour, especially to protect from harm. Protective when opening to spiritual forces. Helping to change how you are seen by dropping usual personal habits. Aiding the integration of the shadow self. (Yellow/Chakras Earth Star, 3)

44. WORMWOOD (*Artemisia absinthum*) Release of fear and anxiety to give self-empowerment and self-determination. (Yellow/Chakra 3)

64. YARROW (*Achillea millefolium*) Purification at any level, physical, emotional, mental or spiritual. Lays the foundation for all other states of health and awareness. Protection, focus. (Red, Yellow/Chakra 3)

For Colour and Chakra information—please see 'Light Essences'



“Focus Fixes” an emotional first-aid kit for families

“Focus Fixes” are ten combination essences created especially to help family emotional emergencies. Each ‘Focus Fix’ is a unique synthesis of special tree, flower and light essences tailored to smooth our way through stressful times.

Easy to choose, easy to use, simple and effective.

1. Tantrums, Under-Threes, Screams (TUTS 1)

Emergency Use: For tantrums, stubbornness and resentment that can occur at any age.

General Use: For very young children as they explore how to communicate with the world and for older children and adult reactions when things don't happen as expected.

Contains: Alder, for reducing tension, increasing clarity—Magnolia, for easing restlessness, helping to balance and relax—Sweet Chestnut for focusing on the present moment, bringing understanding—Orange Light for releasing stress and outworn emotions.

This combination is the subject of successful research trials under Professor Hyland, University of Plymouth.

2. Teenagers Undergoing Traumatic Situations (TUTS 2)

Emergency Use: For teenagers and older people when experiencing frustration and mood swings.

General use: For times of frustration and when we bury our anger or when we feel no-one understands us.

Contains: Mulberry for releasing powerful emotions and pain—Bird Cherry for unblocking emotional wounds, bringing enjoyment—Blackthorn for stability, joy and hope.

3. Past Life Energies And Stress Eased (PLEASE)

Emergency Use: When old emotions or memories of past events seem to overwhelm us.

General Use: Releasing painful memories from our past, wherever and whenever that might be. Useful when difficult emotions follow us around.

Contains: Viburnum for support when vulnerable - Privet to repair and let go, creating harmony—Gean to calm and self-head—Spindle for security and understanding ourselves.

4. Rant And Get Even (RAGE)

Emergency Use: For when we are angry and can't express it, because we are so angry (especially when we want revenge!).

General Use: Helps us to see what really is happening without denying our strong feelings about issues.

Contains: Rowan for greater perspective, deeper understanding—Manna Ash to help us to be honest with ourselves—Box to ease confusion and strengthen the mind—Pittospora to help find solutions.

5. High Expectations, Little Progress (HELP)

Emergency Use: When disappointment strikes and seems to leave us unable to do anything further.

General Use: When we are doing the right things, but still feel blocked, disappointed and disillusioned.

Contains: Cherry Laurel for practical use of imagination, subtle perceptions—Alder, to reduce tension, increase clarity—Plane Tree to encourage discrimination and broaden viewpoint—Box to ease confusion and strengthen the mind.

6. Repeating And Sabotaging Patterns (RASP)

Emergency Use: To break repeating, emotional patterns or thought processes.

General Use: For when we are trying to stop, or are fearful of, making the same mistakes over and over again.

Contains: Hornbeam to energise, clear and enhance interactions with others—Strawberry Tree, to quieten the mind, allowing change on deep levels—Hazel for the ability to communicate wisdom, to focus, stability - Mimosa to increase internal awareness, peace, intuition.

7. Grieving Onwards, Never Ending (GONE)

Emergency Use: For grief, emotional shock and unexpected events that disrupt our lives.

General Use: When we need to move forward but are having problems letting go of strong emotions/ memories.

Contains: White Poplar to restore ability to recover from setbacks—Cherry Laurel for the use of practical imagination—White Light to cleanse, sweep away unwanted debris.

5. BLUE

Physical
Emotional
Mental
Spiritual
CHAKRA:
MERIDIANS:

keyword: **communication**

- cooling, flow of communication
- detachment, peace, loyalty
- expression, quiet
- subtle communication
- Throat
- Stomach, Spleen

6. INDIGO

Physical
Emotional
Mental
Spiritual
CHAKRA:
MERIDIANS:

keyword: **perception**

- very cooling
- very detached, almost cold
- perceptions, intuition, very quietening, ability to discern patterns in life
- far memory, controls psychic currents in the body
- Ajina (Brow)
- All

7. VIOLET

Physical
Emotional
Mental
Spiritual
CHAKRA:
MERIDIANS:

keywords: **release of full potential**

- balance of energies in the head, overall healer
- empathy, sensitivity
- imagination, inspiration, balances logic and emotion
- integrates to help link to full potential, co-creation
- Crown
- All, but especially, Bladder, Gall Bladder

8. PINK

Physical
Emotional
Mental
Spiritual
CHAKRAS:
MERIDIANS:

keyword: **love**

- calms aggressive situations
- self-acceptance, self-tolerance, self-love etc.
- trust, compassion
- understanding the underlying unity within the diversity of creation
- Heart, Sacral
- Large Intestine, Kidney, Heart

9. WHITE

All levels: Cleanses on every level and cuts away unwanted debris creating clarity and transformation.
Creates space to develop and change. New beginnings, rebirth, purification.

keyword: **transformation**

10. MAGENTA

Physical
Emotional
Mental
Spiritual
CHAKRAS:
MERIDIANS:

keyword : **compassion**

- ability to release and change
- stabilises emotions, giving and receiving
- adaptability, flexibility
- heals and stabilises all subtle bodies
- Sacral: Above the Crown
- Triple Warner, Heart Protector

11. ULTRA-VIOLET keywords: **cosmic connections**

All levels—detoxification, assimilation. Speeds up vibratory rates, accesses new forms, ideas and dimensions.
Strengthening all levels of all systems.

“FOREST” COMBINATIONS

These essence combinations are made from the energy vibrations of particular trees, flowers and wavelengths of light. Initially, they were created to give therapists an effective tool with which they could quickly re-establish balance in their patient's energy state, so allowing much deeper healing work to be safely accomplished. These essences have also been found to be very effective as “first-aid” after stress or trauma - be it physical, emotional, mental or spiritual. The “Meridian Energiser” has been specifically designed for this purpose.

When we are in emotional turmoil, seemingly trapped in circumstances we cannot control, when we have been “down” for a long time, it is most people's experience that a walk through a wood, or a park, or even out in the garden for a while, calms us down and gives us energy to carry on. In such natural surroundings it is very often that solutions to our problems will “pop” into our minds.

This is such a common experience, and such a natural response to stress that we rarely question what is actually happening in these circumstances. We simply feel refreshed and re-energised.

In a similar way each of these essence combinations can be understood as a very particular “forest walk” which acts on your subtle energy through the types of trees growing around you, the flowers you pass by and the quality of light filtering through the leaves and vegetation.

1. MERIDIAN ENERGISER:

Developed to help rebalance all 14 major meridian flows in the body. Can be used as a first aid after sudden events. Can be of benefit to anyone who is feeling “out of sorts” for whatever reason. It has been specifically used to prevent the side effects of long distance travel, moving house and lifting energy levels.
[Contains: Yew, Privet, White Poplar, Elder, Black Poplar, Holly, Pittosporum, Green Light Essence]

2. ENERGY FLOW:

Helps to stimulate the distribution of subtle nutrients to all levels of the body. Acts with different parts of the whole being to help remove toxins of all types and to maintain the effectiveness of the energy flows within the system. (Linked to the neuro-lymphatic energy points)
[Contains: Tree Lichen, Lawson Cypress, Norway Maple, Plane Tree, Violet Light Essence, Ultra-violet Light Essence, Stitchwort]

3. RELEASE:

Stress and tension which have built up over time tend to get locked in any system which can reduce efficiency of the body. This combination can help to improve the flow of energy in these systems easing stress on all subtle levels.

(Linked to the neurovascular energy points)

[Contains: Leyland Cypress, Sycamore, Glastonbury Thorn, Pear, Pittosporum]

4. REKINDLER:

A combination to activate and balance very deep energies in the body. There are said to be many electromagnetic circuits that circulate deep in the body tissue. Where there is continual fatigue, posture issues, emotional debility and nervous difficulties, this combination may help to re-establish energy levels.

[Contains: Lime, Strawberry Tree, Bird Cherry, Magenta Light Essence]

5. STRENGTH:

To encourage sense of personal integrity and validity. For when we feel overwhelmed, lacking in power, unable to achieve success. Increases amount of life-energy available. Activates true potential as individual, self-sufficient beings. (Linked to the Central (Conception Vessel) and Governor Meridians)

[Contains a combination of: Bird Cherry, Field Maple, Ultra-violet Light Essence, Love-in-a-Mist]

6. FORGIVENESS:

Encourages happiness and the ability to react out of love and forgiveness. Reduces unhappiness, rage, fury and wrath. The ability to transform a situation in a creative, positive manner - turning self-righteous indignation into a self-creative resolution. (Linked to Liver and Gallbladder Meridians)

[Contains: Beech, Manna Ash, Oak, Yellow Light Essence]