

SPRING FLOWERS INDEX

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|------|------------------------|------------------------------------|
| SP1 | Anemone | Opening of potential |
| SP2 | Azalea | Expressing wholeness |
| SP3 | Bluebell | Centred and clear |
| SP4 | Camellia — Double | Anticipation of change |
| SP5 | Camellia — Pink | Grow with comfort |
| SP6 | Camellia — Red | Claiming sovereignty |
| SP7 | Camellia — White | Orderly lifestyle |
| SP8 | Cherry Blossom | Serenity and joy |
| SP9 | Clematis | Flourish in the present |
| SP10 | Crab Apple | Enjoy one's true worth |
| SP11 | Daffodil — Actaea | Clarity and attunement |
| SP12 | Daffodil — King Alfred | Enjoyment, verve, creativity |
| SP13 | Daffodil — White | Broadening of experience |
| SP14 | Daphne | Balance in activities |
| SP15 | Erlicheer | Hope and cheer |
| SP16 | Freesia | Fineness of experience |
| SP17 | Gentian | Connectedness of life |
| SP18 | Grape Hyacinth | Harmonious and upright |
| SP19 | Hyacinth | Grace, openness, gentleness |
| SP20 | Japonica | Straightforward and honest |
| SP21 | Magnolia | Acceptance of inner depths |
| SP22 | Magnolia — Star | Attunement to higher realms |
| SP23 | Magnolia — White | Flowering of femininity |
| SP24 | Maple | Positive emotions and behaviour |
| SP25 | Pansy | Rested and balanced |
| SP26 | Pansy — Joker | Face sensitive issues |
| SP27 | Plum | Enthusiasm to continue |
| SP28 | Polyanthus | Connected to inner glow |
| SP29 | Primrose | Develop true image |
| SP30 | Rhododendron — Pink | Present oneself clearly |
| SP31 | Rhododendron — Red | Power of sensitivity and openness |
| SP32 | Rhododendron — Wine | Bridging old and new |
| SP33 | Snowflake | Clear and courageous |
| SP34 | Soleil d'Or | Warmth and strength |
| SP35 | Star of Bethlehem | Peace, well-being, joy |
| SP36 | Tulip | Opening channel upwards |
| SP37 | Viburnum | Harmonious in social group |
| SP38 | Violet | Warmth, trust and openness |
| SP39 | Weeping Prunus | Softening of femininity |
| SP40 | Winter Rose | Inner peace, staying in own energy |
| SP41 | Yellow Hoop Petticoat | Transmit light and radiance |

RELIEF ESSENCE

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|-----|--------------------|-----------------------------------|
| RE1 | Dog-Toothed Violet | Injury — energy to heal |
| RE2 | Foxglove | Illness — regulate and strengthen |
| RE3 | Pig Squeak | Betrayal — trust own experience |
| RE4 | Pussy Willow | Grief — comforting and nurturing |
| RE5 | Tiger Lily | Stress — soothe and calm |