

# BLENDed ESSENCES INDEX

## BE1 AWARENESS ESSENCE

SP1	Anemone	Opening of potential
SP11	Daffodil - Actaea	Clarity and attunement
SP12	Daffodil - King Alfred	Enjoyment, verve, creativity
SP13	Daffodil - White	Broadening of experience
SP27	Plum	Enthusiasm to continue

## BE2 BALANCE ESSENCE

SP10	Crab Apple	Enjoy one's true worth
SP26	Pansy - Joker	Face sensitive issues
SP33	Snowflake	Clear and courageous
SU11	Forget-Me-Not	Evolve sub-personalities
SU14	Honesty	Acting with integrity

## BE3 ENERGY ESSENCE

SP28	Polyanthus	Connected to inner glow
SP36	Tulip	Opening channel upwards
SU20	Lily of the Valley Bush	Connection to gridwork of light
SU26	Poppy	Receiving and transmitting light
SU27	Ranunculus	Unfolding energy into infinity

## BE4 GROWTH ESSENCE

SP17	Gentian (violet)	Connectedness of life
SU12	Fuchsia (red)	Centre consciousness in higher dimensions
SU21	Lobelia (blue)	Centred and in control of emotions
SU23	Marigold (orange)	Illness is communication
SU36	St John's Wort (yellow)	Health is a state of balance and harmony (green is incorporated in the stems)

## BE5 GUIDANCE ESSENCE

SP8	Cherry Blossom	Serenity and joy
SP9	Clematis	Flourish in the present
SP22	Magnolia - Star	Attunement to higher realms
SP25	Pansy	Rested and balanced
SP35	Star of Bethlehem	Peace, well-being, joy

## BE6 HARMONY ESSENCE

SP40	Winter Rose	Inner peace, staying in own energy
SU9	Dogwood	Opening the heart centre
SU10	Evening Primrose	Fineness of awareness
SU28	Rock Rose	Perfect love casts out fear
SU35	Spiraea	Abundance, growth and aliveness

## BE7 INSPIRATION ESSENCE

SP5	Camellia - Pink	Grow with comfort
SP6	Camellia - Red	Claiming sovereignty
SP7	Camellia - White	Orderly lifestyle
SP24	Maple	Positive emotions and behaviour

	SU22	Lungwort	Everything happening for highest good
<b>BE8</b>	<b>LIFE PATH ESSENCE</b>		
	SU7	Chrysanthemum	Live with sense of purpose and direction
	SU8	Columbine	Approach change with adventure and challenge
	SU15	Iris	View life from higher perspective
	SU16	Jasmine	Using higher mind in ordinary reality
	SU25	Periwinkle	Higher, complete and positive thoughts
<b>BE9</b>	<b>OPENNESS ESSENCE</b>		
	SP19	Hyacinth	Grace, openness, gentleness
	SP21	Magnolia	Acceptance of inner depths
	SP23	Magnolia - White	Flowering of femininity
	SP31	Rhododendron - Red	Power of sensitivity and openness
	SP39	Weeping Prunus	Softening of femininity
<b>BE10</b>	<b>RELIEF ESSENCE</b>		
	RE	Relief Essence, comprising:	
	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
<b>BE11</b>	<b>TRANSFORMATION ESSENCE</b>		
	SU29	Rose - Blue Moon	Miracles occur naturally as expressions of love
	SU30	Rose - Peace	Peace brings love and safety
	SU31	Rose - Pristine	Forgiveness recognises there was no sin
	SU32	Rose - Superstar	Appearances deceive, reality is changeless
	SU33	Rose - The World	In the real world you see yourself as truth
<b>BE12</b>	<b>TRUST ESSENCE</b>		
	SP4	Camellia - Double	Anticipation of change
	SP20	Japonica	Straightforward and honest
	SP29	Primrose	Develop true image
	SP30	Rhododendron - Pink	Present oneself clearly
	SU39	Wallflower	Discovering life purpose