Essences of the Light House®

CHRISTCHURCH RELIEF ESSENCE

Activated by the Earthquakes in Christchurch, New Zealand

Christchurch Flower Essences are made in Christchurch, New Zealand by The Light House®.

They reflect the new wave of energy, and resonate with Christ energy, as well as opening up to receive light from our Guides, the Masters and the Great Ones. The plant kingdom is assisting.

Christchurch Flower Essences have been designed to capture the healing properties of the flowers and gardens of Christchurch, also called "The Garden City" and "The City that Shines".

Dog-Toothed Violet

For injury, to assist with the energy to heal oneself. In the short term, to deal with the confusion, pain and powerlessness that is incurred.
In the medium term, to provide an umbrella to help give the energy to heal oneself.
In the long term, to help with an overview so one can gain an inner wisdom from the experience.

Foxglove

For illness, to regulate and strengthen the body and mind. For situations of physical illness, associated with weakness and despair, a disheartened state. To help elevate the mind, and regulate and strengthen the body, working hand-in-hand with other remedies.

Pig Squeak

For situations of betrayal, to help one trust one's own experience. For when one finds oneself unwillingly embroiled in other's emotional issues, and the feeling of confusion, bewilderment and betrayal that can be engendered. To enable one to trust one's own inner experience and guidance, so that one can be uncompromising in one's own actions, and immune to the false opinions of others.

Pussy Willow

For grief, to comfort and nurture.
For situations of grief, loss and despair, and to help soften life's harsh experiences. Helps to provide a cocoon of comforting and nurturing, and lead towards a state of acceptance and hope.

Tiger Lily

For stress, to soothe and calm the body and mind. For when one is overwhelmed by the stress and speed of everyday life, often presenting as irritability and an aimless hurriedness, or later as anxiety, cowardliness and depression. Helps to soothe and calm the body and mind, so that one can spot the root causes of the distress and deal with those at their core. Later, to develop a more laid-back and discerning attitude to one's responsibilities and commitments, allowing one to draw the line between work, play and time out.

Relief Essence

Relief Essence has a calming and stabilising effect on the body, mind and emotions during minor and major crises.

In the short-term, it will quickly address fear, panic, stress and shock. It can also be taken in the medium term to help consolidate the improvement, and in the long-term to help resolve outstanding issues.

The flowers in the Relief Essence all have animal names, and are Dog-Toothed Violet, Foxglove, Pig Squeak, Pussy Willow and Tiger Lily.

Relief Essence can be used for both adults and children, and also for animals.

www.christchurchfloweressences.com

Relief Essence is designed to help cope with stress. It does not directly treat disease or illness but can help with stabilizing emotional or mental states.