

# CHRISTCHURCH FLOWER ESSENCES CATALOGUE

## "Essences" — Personal Flower Essences (Dose Bottles)

Personal Flower Essences	FE
Relief Essence	RE
Blended Essences	BE1-12
Blended Essences Set	BES (BE1-12)

## "Flowers" — Practitioners Kits (Stock Bottles)

Spring Kit 1	SPK1	(SP1-14)
Spring Kit 2	SPK2	(SP15-28)
Spring Kit 3	SPK3	(SP29-41, RF)
Spring Flowers Complete Kit	SPICK	(SPK1-3)
Summer Kit 1	SUK1	(SU1-15)
Summer Kit 2	SUK2	(SU15-28)
Summer Kit 3	SUK3	(SU29-41, RF)
Summer Flowers Complete Kit	SUCK	(SUK1-3)

Relief Flowers	RF
Relief Flowers Kit	FRANK (RF1-5, RFX2)
Blended Flowers Kit	BUCK (BF1-12, RFX2)
Rose Flowers Kit	PRICK (SP40, SU28-33)

All the Kits	CROWN (SPICK, SUCK, FRANK, BUCK, PRICK)
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# Christchurch Flower Essences

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".

They are not just for use in Christchurch or New Zealand, and when Dr Wendy Rose Isbell was producing them she was very much aware of their future use throughout New Zealand and around the world.

There are many coherences with other Flower Essence sets, although in many cases there are also subtle differences between the Essences of the Light House® and Flower Essences from other sources.

The Christchurch Flower Essences are available in a variety of forms. "Flowers" are Stock Bottles that are available as practitioners' Kits. "Essences" are Personal Dose Bottles that can be dispensed from Spring Flowers, Summer Flowers or Blended Flowers.

## "Flowers" - Practitioners Kits

Spring Flowers and Summer Flowers are sets of Stock Bottles which are used to make up Personal Flower Essences.

Blended Flowers are available as a kit of Stock Bottles, which contain specific combinations of Spring and Summer Flowers. They are used to make up Blended Essences.

Relief Flowers is one of the Blended Flowers, which is used to make up Relief Essence, which can be used at any time during crises. It can also be individually purchased.

## Spring Flowers

The Spring Flowers are collected during spring, using flowers from bulbs and flowering bushes and trees. They come in kits of Stock Bottles, which can be used to make up personal combinations of Flower Essences.

The Spring Flowers are for personal and emotional growth and transformation.

## Summer Flowers

The Summer Flowers are collected during late spring and summer, using flowers from bulbs, annuals, perennials and roses. They come as kits of Stock Bottles, which can be used to make up personal combinations of Flower Essences.

Summer Flowers are for spiritual growth and transformation.

## Blended Flowers

Blended Flowers are combinations of Spring Flowers and Summer Flowers. They come as a kit of Stock Bottles, which are used to make up Blended Essences.

The Blended Flowers are labelled Awareness, Balance, Energy, Growth, Guidance, Harmony, Inspiration, Life Path, Openness, Relief, Transformation and Truth.

## Relief Flowers

Relief Flowers is a combination of five Christchurch Flowers. It is a Blended Essence which is similar to the Bach Flower Rescue Remedy, and can also be used in the medium-term and long-term.

## "Essences" - Personal Flower Essences

Personal Flower Essences are combinations of Christchurch Flower Essences which have been specifically chosen for the individual. They are dispensed from the Spring Flowers and Summer Flowers.

Personal Flower Essences are used to stabilise emotional and psychological stresses, and to help transform emotions, attitudes and patterns of behaviour that hinder the person's full development or potential. They can be used for emotional and spiritual growth and transformation.

## Blended Essences

Blended Essences are combinations of Christchurch Flower Essences that have been chosen to enhance specific qualities of physical, emotional and spiritual development. They are dispensed from the Blended Flowers.

## Relief Essence

Relief Essence is one of the Blended Essences, and can be used at any time during crises as well as in the medium term and long term.

The components of Relief Flowers specifically address injury, illness, betrayal, grief and stress. They enhance each other's effect, and are usually dispensed only in combination.



## SP40 WINTER ROSE

*Inner peace, staying in own energy*

For inner peace, so that one can stay in one's own experience, and retain one's own identity and integrity without being affected by others. To help one remain in one's own energy flow, and

maintain an inner sense of purpose, power, focus and peace.



## SU28 ROCK ROSE

*Perfect love casts out fear*

If fear exists, then there is not perfect love. But, only perfect love exists. If there is fear, it produces a state that does not exist.



## SU29 ROSE - BLUE MOON

*Miracles occur naturally as expressions of love*

The real miracle is the love that inspires them. Miracles are natural. Miracles are a kind of exchange. They bring more love to both the giver and the receiver.



## SU30 ROSE - PEACE

*Peace brings love and safety*

As peace extends from deep inside yourself to embrace all and give it rest, it will encounter many obstacles. Yet peace will gently cover them, extending past completely unencumbered. And you will carry its message of love

and safety to everyone who draws nigh. When a situation has been dedicated wholly to truth, peace is inevitable.



## SU31 ROSE - PRISTINE

*Forgiveness recognises there was no sin*

The real world is the state of mind where the only purpose of the world is forgiveness, which recognises what you thought your brother did to you has not occurred. It does not pardon sins and make them real. It

recognises that there was no sin. And in that view are all your sins forgiven. When then is free to take its place is now the will of God.



## SU32 ROSE - SUPERSTAR

*Appearances deceive, reality is changeless*

Appearances deceive, but can be changed. Reality is changeless. It does not deceive at all, and if you fail to see beyond appearances, you are deceived. It is this that

makes it real, and helps it separate from all appearances.



## SU33 ROSE - THE WORLD

*In the real world you see yourself as truth*

How lovely does the world become in just that single instant when you see the truth about yourself reflected there. Now you are sinless and behold your

sinlessness. Now you are holy and perceive it so. And what you call with love will come to you.



## RF RELIEF FLOWERS

*For relief*

Relief Flowers have 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.