

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)





SU1 ARUM LILY

Stand by deepest truth

For an unfolding of self-worth, so that one can discover one's inner truth, and honour one's deepest feelings. Enables one to stand by one's deepest truth and validate one's own beliefs and experiences, acting with dignity and power.



SU2 BLEEDING HEART

Emotional non-attachment

For releasing of emotional attachment and letting go of the past, so that one is no longer attached at an emotional level to people, events, experiences and outcomes. Assists one to stay

neutral, remain open and loving, allow external events to flow, and maintain a centre of peace, harmony and inner joy.



SU3 BUSY LIZZIE

Move forward easily and effortlessly

For when one has made a quantum leap in personal development, and is impatient to bring one's personality, body, emotions and relationships up to the same level. To help one work with the situation

as energy, avoid being involved in personality issues, and so move forward easily and effortlessly.



SU4 BUTTERCUP

Living in higher flow

For knowing the true value of one's gifts, and accepting who one really is, so that one can appreciate, validate and support oneself. For living in the higher flow and being a source of love, so that one can

assert one's power and self-worth with strength, humility and compassion.



SU5 CANTERBURY BELLS

Becoming a clear channel

To help become a clear channel, and connect with a high source of guidance, clarity and direction. So that one can enjoy learning and opening to new skills and

knowledge, and remain open-minded, aware, sensitive and in touch with one's feelings. To ring the changes in life easily and joyfully, while achieving new levels of personal power and spiritual growth.



SU6 CHRISTMAS LILY

Peace, joy and goodwill

To allow a sense of peace, joy and goodwill, with a feeling of connectedness to others, and love towards one's family and fellow men. So that one can appreciate the glory of mankind, and make one's life glowing and beautiful, contributing towards a harmonious world.



SU7 CHRYSANTHEMUM

Live with a sense of purpose and direction

For when one is searching for peace and a sense of inner completion, so that one can learn to become still, and to choose the activities that bring happiness and

delight in one's life. So that one can live with a sense of purpose and direction, and move through life sounding an inner note of joy and peace.



SU8 COLUMBINE

Approach change with adventure and challenge

For the ability to experience as much as possible in life, and to learn something positive from each new possibility. For the understanding that life is an

opportunity for growth and development, and the ability to approach change with a sense of adventure and challenge.



SU9 DOGWOOD

Opening the heart centre

For opening the heart centre, and an expansion of love and healing, both for oneself and others. From this space, to experience an enhanced ability for compassion and forgiveness, start to awaken one's inner healer, and learn to set a healing space for others.



SU10 EVENING PRIMROSE

Fineness of awareness

To develop a fineness of awareness, and ability to reach higher in one's consciousness. To learn how to stay in a higher flow, increase one's awareness in each moment, and to see everything around as energy.



SU11 FORGET-ME-NOT

Evolve sub-personalities

To give one the courage to deal with sub-personalities that need to be brought to a higher level of evolution. For strength to acknowledge the part of oneself that seems to resist goals, resolutions and commitments, and guidance to evolve, love and transform them.



SU12 FUCHSIA

Flowing emotional body

For a greater awareness and honest expression of emotions. For emotional flow, with an open and expansive emotional body, so that one's energy fields become more harmonised and radiant, and one's physical body becomes more vibrant and energetic.



SU13 HOLLYHOCK

Centre consciousness in higher dimensions

To help centre consciousness in the higher dimensions of the soul, using one's awareness to sense reality at other levels beyond ordinary life.

While existing in this dimension, becoming also aware of the higher planes, so that one can have an expanded sense of oneness with all of life.



SU14 HONESTY

Acting with integrity

To assist in honouring one's deepest truth, choosing higher thoughts, speaking with love and compassion, and acting with integrity. To develop elegance, gratitude and aliveness, and to acknowledge that one has

compassion, courage, strength and wisdom to come from a high level when relating to oneself and others.

Christchurch Flower Essences Keywords & Indications

For full information, go to www.christchurchfloweressences.com