New Millennium Essences

Practitioner’s Manual

www.nmessences.com
New Millennium Essences  
Practitioner’s Manual  
November 2006  
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New Millennium Essences of New Zealand

Manual of
The Practitioner’s Set of Flower Essences

by
Peter Archer and Glenys Earle

www.nmessences.com
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The New Millennium Essences

Flowers have always been universally sought after. They move us very deeply on the subtle finer levels of our being that we do not consciously recognise. And humanity has been naturally drawn to flowers and plants since the beginning of time, for peace of mind, as well as for healing. This is because of their subtle energy field, which we sense but do not see.

Flower essences are actually the life force of the flower, collected from its energy field, and placed in a solution. Used correctly, they are a subtle but powerful way of changing consciousness, even deeply ingrained thought patterns.

Modern flower essence therapy works directly at the physical level — either on the overall physical wellbeing or at the individual cellular level — as well as at the emotional, mental and spiritual levels of our being.

The originator of modern flower essence therapy was Dr Edward Bach, who discovered the process of infusing the high-vibrational healing energy from flowers into water. In the 1930’s, Dr Bach produced his 38 Bach Flower™ remedies, and since his time many more latter-day essence workers have produced flower essences using the principles and methods that he developed.

The New Millennium Essences of New Zealand (NZ) is one such example, the history of which will now be briefly described.

History of the New Millennium Essences

One of the earliest New Zealand flower essence workers to follow in the footsteps of Dr Edward Bach was Mary Garbely, who, for many years from the 1970’s until her death in 1998, was widely acknowledged as New Zealand’s leading flower essence worker.

The originator of these New Millennium Essences, Peter Archer, was a student of Mary’s. He was inspired by her, and by the extremely high standards that she set. Peter received his initial essence training from Mary, and from 1992 he worked intensively as an essence practitioner with her New Perception of NZ essences.
Through the 1990’s, Peter also worked with several other sets of flower essences from many parts of the world, including the Living Essences from Western Australia and the Christchurch Essences from Dr Wendy Isbell. During this time, he also undertook intensive training, in essences and in many other natural health modalities, including homeopathy.

However, he was especially inspired by the work of Machaelle Small Wright of Perelandra, in Virginia, USA; and by 1998 Peter was New Zealand’s leading practitioner of the Perelandra essences and of the many other innovative natural healing techniques that were developed at Perelandra.

The New Millennium Essences gradually grew out of this work by Peter, with help from his friend and colleague, Lisa Bruens, who was Peter’s collaborator and co-worker over this time.

A brief summary of the chronology of the development of the New Millennium Essences includes…

- Easter 1996: the first milestone when Peter made his first two flower essences
- August 1998: Peter dedicated himself full-time to this work
- Early 1999: the name “New Millennium Essences” was first adopted and the essences were publicly launched
- October 2000: the “Super-Essences” were developed
- July 2001: the New Millennium Essences website, www.nmessences.com, was first launched
- Late 2001: development of the “Self-help On-line Healing” facility on the website
- 2002: discovery of the New Energy essences
- 2003: Glenys Earle joined Peter as his life’s partner and business partner; launch of the “Everyday Helpers” range of flower essence blends, which are now on sale in many retail outlets throughout New Zealand
- 2004: development of the range of specialist remedies for animals, and as well as products that combined together their own flower essences along with high-quality organic essential oils
- 2005: Peter completed a one-year full-time diploma in aromatherapy

For full details of the story of how all of this happened, please refer to the relevant pages of the New Millennium Essences website.
The New Millennium Essences products are now used by people all over the world, and are on sale in outlets throughout New Zealand, as well as directly through our website, www.nmessences.com

What’s Different About the New Millennium Essences?

The New Millennium Essences of NZ follow on in the tradition set by Dr Bach, in that they are energetic remedies, in a carrier of pure water and brandy, and a dose is taken either orally as a few drops, or dissolved in water or other liquid.

They also work in a similar manner to Dr Bach’s original remedies, by a process of energy absorption, resonance and integration into the energetic structures of the human body.

During the time of Dr Bach, in the early 1930’s, humanity was at a very different stage of its evolution and development than now. We have come a long way over the past 75 years, and the issues that Dr Bach observed in his patients, and the people of the 1920’s and 30’s in general, were very different from the issues that humanity is now faced with in the 21st century.

Just as, back then, around 75 years ago, Dr Bach developed each of his flower remedies in response to a specific issue that he noticed in himself, and in the people around him; so too have Peter Archer and his co-workers developed each of the essences in the New Millennium range in response to an “issue” that has come up strongly for the people right here and now in Aotearoa-New Zealand. Many of these “issues” of today that are directly addressed by the New Millennium Essences did not exist back in Dr Bach’s time.

And even for issues that did exist back then, 75 years ago, the energy of the issue is now a lot different from what it was back then. The energy of an issue is the sum total of all that makes it up, and the way that we experience these issues now, in the 21st century, is a lot different to how humanity perceived and experienced those same issues 75 years ago. Humanity’s perceptions, expectations and thinking processes have evolved a lot over this time.

Life is also a lot faster paced than it was back then, and the rate of change is speeding up.
Because of all these differences in the mass consciousness of humanity, many of the issues that are now facing humanity can be addressed more directly by flower essence therapy than was possible until recently. For example, with the New Millennium Essences range, there are a number of essences for dealing directly with the physical body cells and with the energy anatomy (which includes chakras, meridians, etc). This was not possible in Dr Bach’s time.

**New Discoveries for the 21st Century**

Peter and his colleagues, in the research and development work they have undertaken while developing the New Millennium Essences, have made a number of new breakthrough discoveries that are major advances in the art and science of flower and gem essence therapy. One of these new discoveries is the “Super-Essences”.

**The Super-Essences**

The conventional way of using flower and gem essences is to mix into a treatment bottle as many of the individual essences that are needed by that person at that time.

**This system works well, but it does have its limitations and drawbacks:**

- There is a limit to the number of individual essences that can be mixed together into one mixture.

- In order to be equipped to fully cover all of the issues that may need treatment, a flower essence practitioner needs to have a large number of individual essences in her kit. This generally represents a very large commitment, both in terms of time and energy to become familiar with all these individual essences, as well as the financial investment.

The solution to this dilemma was the development of the New Millennium Super-Essences.

**The New Millennium Super-Essences are combinations of individual essences, with between two and six individual flower essences (and/or gem essences) blended together synergistically in a special way to form a “Super-Essence”**.
A Super-Essence becomes an entity in its own right..... it is not “just a mixture of its individual components”. The whole definitely is much more than just the sum of the parts. The individual component essences have a resonance with each other, and they combine together to form a very powerful energy entity.

Each Super-Essence is identified by the name of the issue that it is for treating.

For example, the Super-Essence for treating all aspects of the issue of abundance is known as the Abundance Super-Essence (see page 24), and it comprises the following four individual essences:

- **Plum** — to encourage the energy of abundance in one’s life. Experiencing a severe sense of lack in one’s life. For people who believe they do not have the ability to create a rich life full of love.

- **Cabbage Tree** — to hold the truth of prosperity. To help let go of the blocks that prevent us from totally knowing that we have eternal access to Divine Abundance. (Like – there is nothing to want, we already have it.)

- **Dark Pink Bush** — to help in the assimilation of sweetness in one’s life; where a person works hard at denying oneself happiness.

- **Total Abundance sea essence** — made from a piece of driftwood. The essence of Total Abundance. Removing all blocks to coming into full realisation of who we really are.

Likewise, the Super-Essence for treating all types of depression is known simply as the Depression Super-Essence; and the Super-Essence for treating the various issues in family relationships is the Family Relationships Super-Essence.

This is a very simple and elegant system. Not only do we solve the problems of a practitioner requiring a very large number of individual essences in their kit, but we also have ended up with a huge simplification in the process of diagnosis.

No longer is it necessary to test to see which, for example, of the four individual essences is needed for treating the issue of “abundance”...... all that we have to do is give the client the Abundance Super-Essence. The diagnostic process becomes so simple, that anyone can do it.
Each Super-Essence bottle is normally supplied at “stock” strength in a 10-ml bottle. A dose can either be taken as a single drop straight from the stock bottle; or a number of Super-Essences can be mixed together to make up a blend of as many as are needed, all in the one treatment bottle.

When mixing several Super-Essences in a treatment bottle, remember to include four (4) drops of the **White Magnolia Master Linkage** essence (see page 15), to help integrate and blend the energies of the various Super-Essences, and for the other benefits that the White Magnolia adds into the blend.

There is no absolute limit to the number of essences and Super-Essences that can be mixed together in one treatment bottle. Generally, we recommend 12 essences and/or Super-Essences (including essences from other essence makers) as being the maximum that a client can reasonably cope with in one treatment. You don’t want to overload your client (or yourself) with too much all at once!
Introducing the Practitioner’s Set

This Practitioner’s Manual is designed to be used with the Practitioner’s Set of the New Millennium Essences of New Zealand, and optionally, with the companion set of laminated flower cards. The idea for the format of the manual, with the color photographs of the flowers and stones, and with a minimum of text, grew out of a method of practice that we have been using with our clients for several years, and which we have found to be highly effective. This method is described in *Using this Manual as a Diagnostic Aid* on page 86.

Individual flower essences are described fully each on a single page in this manual. Each page is headed by the name of the issue that the flower essence is for. This is followed by a large color photo of the flower, the name of the flower, the essence definition, and finally, an affirmation to use when taking that particular essence.

Each Super-Essence occupies a double-page spread, and the main heading is the issue that the Super-Essence is for. The left-hand page describes the primary essence in that Super-Essence, complete with its flower or gem name, a large color photo, definition and affirmation for that flower. The top half of the right-hand page identifies the Super-Essence’s main supporting essence, together with its full definition and affirmation. All other essences, if any, comprising the Super-Essence are listed with a small photo and a brief definition only.

*Expanded details of each of the Super-Essences, and the individual flower essences, are on our website [www.nmessences.com](http://www.nmessences.com), along with large pictures of the flowers, and your clients can look at the pictures and read the text about each essence, to assist in their ongoing healing process as they are taking the essence blend.*

**Or, you can gain great benefit just by using this manual, and the website, (and maybe also the set of laminated cards that is also available), without even using the actual essences in liquid form.**
The “Master Linkage” Essence

White Magnolia

The essence that “ties it all together”

When added to an essence treatment mixture, provides energies for the following:

- Linkage – holding together the energies of the “Super-Essences” in the mixture
- Healing crisis management – moderating the aggravation of symptoms that often happens when healing takes place
- Treatment regulator – regulating the strength of the healing energies provided by the essence mix to the optimum level.
Emotional Relief

Pieris – Valley Rose

Providing relief from all forms of emotional pain and emotional despair

Everyone has some degree of “unfinished emotional business”. Much of this emotional unfinished business is deeply hidden, with only the tip of the iceberg showing, and until all of the hidden emotional energy is dealt with, a person cannot be truly and completely happy and at peace.

This flower essence helps to smooth the path for this resolution to take place, facilitating this to happen gently as well as speedily, so that we will not be overwhelmed by the process.

Affirmation: “I now release my perceived need to have this emotional pain in my life.”
Body Symptoms Relief

Thryptomene calycina

Providing relief from physical symptoms in the body

Helps the body to come into a more balanced state, while the actual physical healing takes place, so that the symptoms are lessened.

Affirmation: “I now come into a state of balance where my body symptoms are able to diminish.”
Feeling Good

Begonia – Bokit

“Feelin’ good”, “life just flows”

Helps bring about a state of being where one feels better in all areas of one’s life, that natural state of “living in grace” that everybody desires and few attain, especially in these modern times of complex challenges.

Helps to trigger off a process whereby the person comes to realise that true happiness does come from within, that happiness is a state of inner being, and is not something that is dependent on the outer circumstances of one’s life.

Affirmation: “I now come into that living gracefully and happily state of being.”
Completion of Issues

Pieris – Dorothy Wycoff

For completion and resolution of the issue(s) that has been hanging around for a long time

Helps shift the energy of the person into a state where they naturally release the old state of being, and move on, so that the old issues are no more than a distant memory, a faint echo of a distant past, barely remembered, as if it happened to someone else.

Affirmation: “These old issues of mine are now ready to be resolved and completed.”
Nurturing

Pink Verbena

“The Pink Lady”, Lady Nada

Soothes the weary-hearted… a heart balm

Behind Lady Nada stands Mother Mary and the Divine Mother. The Divine Mother nurtures us when we have been wounded in our heart. Gives the strength to open up to healing.

Also: use pink in visualizations and use rose quartz crystal.

A very powerful essence for men.

Affirmation: “I ask the Blessed Lady to hold me in her heart and heal my wounds and faulty perceptions.”
Pink Pumice

Grounds the love energy in the heart

For people who find it difficult to stay in their heart centre, because they mistrust love.

A very gentle energy – androgynous (neither male nor female).

Affirmation:  “I give myself permission to open my heart to love.”

Supporting Essences

Black Eve

The mothering of the human race. God the Mother, who has for too long been denied.
Past Trauma

Red Flowering Gum

Full flowering, against all odds
Takes one into the fullness of recovery,
on from the feeling of “things will never be the same again”.

Affirmation: “I open to the future and trust that I am appropriately guided.”
Pink Cyclamen

Releasing deeply embedded, hard to shift stuff

Small of back, second and third chakra stuff. Helps heal the Dr Bach willow aspect – ie. resentment, bitterness, “poor me”. To assist with the heavy spadework required for healing.

Affirmation: “I give myself permission to let go of fear.”

Supporting Essences

Salvia – Indigo Spires

To create a fertile consciousness for creativity to be birthed. For people who have blocked their creativity and lost touch with life. For people who are experiencing depression, and for those who have low self-esteem.

Statice – Violet and White

Tiny delicate violet flowers with white flowers emerging from the bunch. The white flowers symbolize the “silver lining” of every dark cloud, the good that comes from the opportunity for growth and learning from the past trauma.
Abundance

Plum Blossom

To encourage the energy of abundance in one’s life

Experiencing a severe sense of lack in one’s life.
For people who believe they do not have the ability to create a rich life full of love.

Affirmation: “I give myself permission to receive love.”
Cabbage Tree

To hold the truth of prosperity

To help let go of the blocks that prevent us from totally knowing that we have eternal access to Divine Abundance.
(Like – there is nothing to want, we already have it.)

Affirmation: “I now come into my complete divine access to my total prosperity and abundance.”

Supporting Essences

Dark Pink/Violet Bush – Sweetness

To help in the assimilation of sweetness in one’s life. Denying ourselves happiness.

Total Abundance

The essence of total abundance. Removing all blocks to the full realization of who we are.
Stuck

Gazania

“The Dancing Gazelle”
Lifts the spirits and frees the heart to dance lightly

Like the gazelle, prancing and jumping…

To be able to prance, jump and land again.
Frees one from the feeling of being stuck in tar, not being free to dance.

Unable to leap free of the beliefs of the past (mental).
Even when one jumps, one lands in the tar again.

Affirmation:  “My heart is free.
I dance freely through my life.”
Roseraie de l’Hay Rose

To lift out of “feeling blue”
(similar, but not quite the same, as depression)

Feeling helpless, lethargic, bored.
To lift out of an unproductive phase, and move into activity.
Includes physical body – eg. urinary activity.

Affirmation: “I turn my face to the sun, and stand blessed in its full light.”

Supporting Essences

Olearia

Streamlining mental processes where there has been an aberration of thought.

Red Clover

The ponderous big bumble bee, so busy taking from the flower, that it forgets to enjoy the flower.
Keeping On

Darwin’s Barberry Berries

To give one a second chance
Feeling like: “I had my chance, and I blew it”

To get back on the horse after falling off. Feeling defeated.

This essence helps one to get up and try one more time.

Affirmation: “This is a new moment, and a brand new opportunity.”
Tenacity Essence

A tenacity essence

When a person feels like they are losing their grip on life, feeling like withdrawing from life.

To move a person through their repeated sense of failure in life…. get back on the horse (the horse is being dragged – not walking).

Affirmation: “I am now willing to keep on and on, for as long as it takes.”

Supporting Essences

Labradorite

Gem essence.
Bringing about synchronicity in all aspects of one’s life, and resonance between all aspects of self.

Dark Pink Rose

Breaking down the barriers with others, and opening up and showing one’s true self.
Feeling Flat

Roseraie de l’Hay Rose

To lift out of “feeling blue”  
(similar, but not quite the same, as depression)

Feeling helpless, lethargic, bored.  
To lift out of an unproductive phase, and move into activity.

Includes physical body – eg. urinary activity.

Affirmation:  “I turn my face to the sun,  
and stand blessed in its full light.”
Violet Lavatera

Subdued, uncertain – not sure where to go next
Fallen into a slump

Will chase away the grey clouds, and the sun lights your way.

This essence is to catch you before you fall.
(Similar energy to Helichrysum.)

Affirmation:  “I call on a bolt of lightning to break through my fog with gentleness and ease.”

Supporting Essences

Milkweed

For people who need to reclaim their shadow self. Afraid of meeting their shadow.
Family Relationships

Pink Lavatera

Restoration of harmony within family relationships

“They may come from the same pod, but they are not the same pea”

To accept the differences, and allow the other family members to be who they are.

Includes mothers letting go of their children, anyone in a mothering role to another person. (The child is still energetically attached to the mother via the navel cord.) Includes adopted children.

Affirmations: “I release my need to control the way my children think and react.”

“I accept ................ for who she/he is, and not who I think I want her/him to be.”
Lotus

The “middle child” syndrome – Hand-me-downs

For people who are feeling left out or overlooked

Can be in a work setting, overlooked for promotion, or not appreciated by management.

Not being noticed by authority figures. Feeling left out or overlooked. Also for a woman who is unnoticed by a man she is infatuated with.

Affirmation: “I am no longer living in anyone’s shadow.”

Supporting Essences

Universal Family

Gem essence. The energy of the universal family, all connected, all from the same “source”, the God-Head.
Indigo Children

Giant Geranium

To bring integration and balance to the Indigo Children who are having difficulty aligning with their Star Purpose

This will express itself in children who are feeling lost, confused, and a long way from home (eg. experiencing ADHD, substance addiction, etc.)

Affirmation: “I hold myself in alignment with my soul purpose, while being in balance in my place in this society.”
Lobelia – Crystal Silver

For the Indigo Children
For integration and alignment with their soul purpose

Affirmation: “I hold myself in alignment with my soul purpose, while being in balance in my place in this society.”

Supporting Essences

Red Sunflower

To help the Indigo Children (who are very sensitive) adjust to the changing earth energies.

Star Wisdom

An awakening to, and anchoring in to, our stellar patterns of the past, including the sacred geometry.
Support

Potato Vine

The hand behind the back, giving strength and support when the road feels rocky and the legs feel unsteady
Physical and mental

Like the hand of God (or Spirit) is supporting one.
“Relax and let go. Find your still centre.
At peace with the world.”

Also: Helpful for people with a calcium deficiency….. stimulates calcium production (eg. osteoporosis).

Affirmation: “I am loved and I am protected in every moment of my life.”
New Zealand Iris

“Delicate – I am going to break”
To move back from the edge

To strengthen from feelings of vulnerability and fragility.

Affirmation: “I have the strength to carry on, healing is mine.”

Supporting Essences

Wild Turnip

Light out of chaos, order out of disorder, love out of darkness, warmth for a coldness of heart.

Pink Blossom

To help with the realization that spring can come at any time of the year.
Depression

ToeToe

When a person is in deep despair, feeling like they are falling
This essence will catch one and lift one out of a hole.
To give one the strength to stand tall (like the toetoe plant in the wind), and beat the adversity one believes is in one’s life.

Affirmation: “I surrender my fear for my higher power and know that together we will make it through.”
Yellow Flowered Bush

To lift people out of their depression

Enables the other essences in an essence mix to work more easily and more fully.

Affirmation: “I allow myself to come back into life, and to experience the full range of human emotions.”

Supporting Essences

Echium

Hopelessness and despair, giving up. The blue flowers, like the blue sky, are full of promise.

Chrysanthemum

Feeling helpless – like the sun going down. Brings the new dawning, full of promise and vigor.
Forgiveness

Piripiri (Bidibid)

The forgiveness essence

To allow the energy of forgiveness to enter our hearts and dissolve the barbs that we have placed there and projected onto others.

Affirmation: “I ask my Inner God-Self to help me to open my heart to the energy of forgiveness.”
Wandering Jew

To come clean – to emerge from self-persecution
To finally be free of the hooks of “Relationship Illusion”

For people who have been on the journey of healing attachments to relationships. To help boost a person towards freedom.

Affirmation:  “I have freed myself/am freeing myself,
from the illusion of relationship,
and am strengthening my sense of self.”

Supporting Essences

Mahoe Berries

Unfulfilled expectations. Feeling let down, because the other person would not come to the party.

Lilac Oxalis

To bring sweetness to a sour situation. Feeling bitter about the way other people are behaving.
Body Energy

Pounamu

A gem essence made from Pounamu (Greenstone), the sacred healing stone of Aotearoa New Zealand.

Works on all the chakras
Lifts old energy closer to the surface

Aligns people with the earth and with divine energy (ie. the stars).

Affirmation: “I call on the powers of heaven and earth to bring me into divine alignment.”
Quartz and Granite

Assists in the integration of spirit and matter
Mind/body/spirit alignment

(Like the Perelandra Rose-II set, but a more solid vibration, more grounded.)

Affirmation: “I stand firmly in the light from heaven and the love from earth.”

Supporting Essences

Red Salvia

Anchors the spirit into the base chakra, with feet on the ground rather than jumping out of the body.

Helichrysum

Like in a fog – life force starting to close down. Lifts up, opens the crown chakra, opens one up to life.
Body Balance

Parsley

Stimulates the free flow of new ideas, regeneration energy

Works at the mental level.
A mindset, not cultural or behavioural, nor a belief system. People who close their minds to inspirational alternatives in order to maintain their conservative, mainstream attitude (not generational, nor past-life).

The essence allows one to change one’s thought processes to accept new ideas, including guidance from the inner realms.

Affirmation: “Life is a celebration and I open my heart to joy.”
Pounamu

A gem essence made from Pounamu (Greenstone), the sacred healing stone of New Zealand.

**Works on all the chakras…** Lifts old energy closer to the surface

Aligns people with the earth and with divine energy (ie. the stars).

**Affirmation:** “I call on the powers of heaven and earth to bring me into divine alignment.”

Supporting Essences

**Potato Vine**

The hand behind the back, giving strength and support when the legs feel unsteady.

**Nasturtium**

Stimulates stagnant energy into movement. People who are feeling as if their energy is ebbing.
Emotional Recovery

Pink Dahlia

To assist in the transmutation of emotional energies that have accumulated during this lifetime

Includes emotional energies from any time in one’s life, right from conception to very recently. For example, can be used to assist in clearing emotional energies that have been “picked up” from other people, or from things like television programs, movies, video games, conflict, etc.

Also for animals, to assist them in transmuting and releasing the emotional energy that they pick up from humans, and, for children, to assist them in processing and releasing the emotional energy that they absorb from adults.

Affirmation: “I transmute and release from my body all emotional energies that are now ready to be transmuted.”
New Zealand Iris

“Delicate – I am going to break”
To move back from the edge

To strengthen from feelings of vulnerability and fragility.

Affirmation:  “I have the strength to carry on, healing is mine.”

Supporting Essences

Red Flowering Gum

Recovery from feeling “things will never be the same again”.
Full flowering, against all odds.

Echium

Hopelessness and despair, giving up. The blue flowers, like the blue sky, are full of promise.
Childhood Trauma Recovery

Cosmos

For victims of childhood abuse

To restore the delicate balance one has lost, where the caregiver came from hate instead of love. Includes people who are mentally disadvantaged: schizophrenic, bipolar personality, etc.

Always from a past-life cause, as to why one is having this experience – always to work with the “abuser within”.

Affirmation: “I now stand proud and tall, and I look the world in the eye and smile.”
Gorse

For non-acceptance of self
“I’m no good, not wanted, useless”

Gives a nurturing parent energy to the child within who grew up in an emotionally barren wasteland.

Affirmations: “I accept myself, just as I am.”

“Self respect comes from within me.”

Supporting Essences

Iceberg Rose

Restore the sense of purity when one has felt violated, soiled and impure. For sexual abuse.

Crassula coccinea

For people who jump out of their bodies, because of past physical or sexual abuse.
Self-Acceptance

Self-Acceptance Stone

The essence of totally accepting one’s self, in the totality of whatever one is in the present moment

Affirmation:“I totally accept myself, just as I am, right here in the here and now.”

Note: This essence has only one component. It is the only essence in the Practitioner’s Set that is not a Super-Essence.
Cleansing and Self-Worth

Gorse

For non-acceptance of self
“I’m no good, not wanted, useless”

Gives a nurturing parent energy to the child within who grew up in an emotionally barren wasteland.

Affirmation: “I accept myself, just as I am.”

“Self respect comes from within me.”
White As Snow

A sea essence, made from a piece of snow-white pumice.

To restore the qualities of beauty and innocence

For people who have a karmic and/or genetic heritage of shame and very low self-worth.

This essence helps to wash away the accumulated dirt of aeons, leaving a feeling of pristine cleanliness.

Affirmation: “I surrender myself to the light, knowing God loves me.”

Supporting Essences

Strawberry Cactus

For guilt and self-blame, when one has been a victim (especially women and children). “It’s all my fault.”

Personality Remodulation

To heal the wounds left in the personality by the experiencing of trauma over many years.
Seeing Clearly

Eagle’s Eye Grass

To give objectivity and the ability to see the bigger picture

Includes the physical symptoms of failing eyesight, as well as the psychological issue of not wanting to see the bigger picture.

Made from a grass growing on the top of a high hill with panoramic views.

Affirmation: “I release my need for drama and confusion and raise my head to see the Truth.”
Brick and Glass

Seeing more clearly

Brings clarity where there was confusion. Looking out from the window of the mind at the situation.

Brings the hazy picture into sharp focus, replacing illusion with the clarity of The Truth.

Affirmation: “I release all confusion and choose to see, hear, know the Truth.”

Supporting Essences

Picture Perfect

For those that believe that life needs to be “picture-perfect”, striving constantly to achieve that level of perfection. Helps the belief in this illusion to fall way.

Mouse Ear

For confusion, uncertainty, misunderstandings. Feelings of being lost… “Which way forward?” Brings confidence and clear direction to the seeker on the path.
Wounded Heart

Pink Sedum

For people with any weakness around the heart
Heart disease, etc.

The emotional fears have manifested in the body.
Includes broken heart syndrome (see Louise Hay).

Affirmation: “I allow my broken heart to heal, and I joyfully accept the happiness that is mine.”
Pink Verbena

“The Pink Lady”, Lady Nada
Soothes the weary-hearted… a heart balm

Behind Lady Nada stands Mother Mary and the Divine Mother. The Divine Mother nurtures us when we have been wounded in our heart. Gives the strength to open up to healing.

Also: use pink in visualizations and use rose quartz crystal.

A very powerful essence for men.

Affirmation: “I ask the Blessed Lady to hold me in her heart and heal my wounds and faulty perceptions.”

Supporting Essences

Snowball Daisy

The layer of ice around a wounded heart. Having a broken heart and withdrawn into an icy sanctuary.

Primula obconica

To heal a broken heart. May be a neutral state of indifference. For lightness, spring has come.
Out of Place

Pinus radiata

Feeling like a square peg in a round hole

Feeling out of place (not an immigrant). Trying unsuccessfully to conform, believing one should be other than who one truly is.

Helps resolve feelings of disconnection.
Believing one is different, and therefore unable to see the sameness.

Affirmation: “I love myself the way I am.”
Scotch Thistle

The rose among the thorns

For people who feel out of place, and don’t know what to do about it.

Examples: a female among males, a man among lesbians (not a woman among gay men), immigrants.

Affirmation: “I accept myself and love myself, prickles and all!”

Supporting Essences

Daly Pine

Standing tall in the new land (or state of consciousness).
Provides support. For immigrants, etc
Mourning and Grieving

Canadian Fleabane

Feeling empty – laughter has gone out of one’s life
To bring back the laughter – feeling jolly again
A grief essence – bereavement

Some time ago, it’s time to put the black clothes away and move back into life (going over time).

To help the transition back into the world, when the mourning period is over.
To help a person move back into the world, when they have experienced a loss.

Can be any loss (eg. a burglary, a limb).

Affirmation: “I bless all that has happened, I now move on with confidence and hope, and with joy in my heart.”
Clematis montana rubens

Loss of family. Loss of the feeling of family

For people who have lost both parents through death, or have left them behind and moved to another country. Also for children who have been adopted (including adults).

Affirmation:  “I surrender my heart to the mother/father God and ask that the broken pieces be healed.”

“I carry the memories within my heart and strengthen the family within me.”

Supporting Essences

Pink Lavatera

Harmony in family relationships, accepting differences, and allowing each person to be their self.

Coriander

Bring the sweetness back into life. Includes the loss of a partner, parent, pet, or limb; a burglary; or one’s virginity.
Stress

Executive Burnout

Getting off the never-ending treadmill

Releasing the compulsive/obsessive chasing after the trappings of “success”. For people who are jaded, tired, over-worked, burnt-out.

To break through the illusion of chasing after the unfulfillable dream, and to re-focus on priorities that are saner, healthier, and achievable.

Affirmation: “I step away from all of my old habits, and begin life anew. Healthy, balanced and whole.”
Darwin’s Barberry Berries

To give one a second chance
Feeling like: “I had my chance, and I blew it”

To get back on the horse after falling off. Feeling defeated.

This essence helps one to get up and try one more time.

Affirmation: “This is a new moment, and a brand new opportunity.”

Supporting Essences

Roseraie de l’Hay Rose

To lift out of “feeling blue”. Feeling helpless, listless. To lift out of an unproductive phase into activity.

Yellow Flowered Bush

To lift people out of depression, and enables the other essences in an essence mix to work fully.
Fears

The fear essence

This essence helps us to realise that it probably will never happen.

Affirmation: “I now prick the bubbles of my fears..... everyone of them, and see them for what they really are, phantoms of the mind.”

Flax
New Zealand Iris

“Delicate – I am going to break”
To move back from the edge
To strengthen from feelings of vulnerability and fragility.

Affirmation: “I have the strength to carry on, healing is mine.”

Supporting Essences

Pink Verbena

“The Pink Lady.”
Energy of Lady Nada and Mother Mary, nurturing us when we have been wounded.

Bloodstone (gem)

Courage of the heart. The spiritual warrior transcends all fears in the journey on the True Path.

Milkweed

For people who need to reclaim their shadow self. Afraid of meeting their shadow.

Kyanite (gem)

To help shift fear energy on the physical and emotional levels. For spiritually aware people who still have fear which is keeping them stuck and unable to take the quantum leap forward they require.
Communication

Relationship Communication Stone

The essence of honest, true, open, and free communication within relationships

Affirmation:  “I open my heart and release all my fears of allowing others to see me as I truly am.”
Mahoe Berries

For unfulfilled dreams and expectations

Having an idea, and feeling let down, because the other person would not come to the party.
Brings clarity to the illusion of trying to cast other people in one’s stage show.

Affirmation: “I release my attachment to expectations and allow Divine Will to guide me.”

Supporting Essences

Lilac Oxalis

To bring sweetness to a sour situation. Feeling bitter about the way other people are behaving.

Milkweed

For people who need to reclaim their shadow self. Afraid of meeting their shadow.

Pink Pumice

Grounds the love energy in the heart.
For people who find it difficult to stay in their heart centre, because they mistrust love.
Gender Battles

To help heal the hurts carried by men and women since the beginning of time (gender-based)

Men hurting women, and women hurting men

The pain of words that pierce the body like small arrows, leaving the fabric of humanity scarred and afraid.

Affirmation: “I forgive myself for playing the games of pain and torture, believing that I was separate from my Godself.”

Ostrich Foot

To help heal the hurts carried by men and women since the beginning of time (gender-based)

Men hurting women, and women hurting men

The pain of words that pierce the body like small arrows, leaving the fabric of humanity scarred and afraid.

Affirmation: “I forgive myself for playing the games of pain and torture, believing that I was separate from my Godself.”
Pink Lacecap Hydrangea

To help access one’s anger… hidden beneath the mask of love

For people who are disconnected from their anger, this essence breaks the fear barrier, and crosses the bridge to honest ownership.

Anger is potent useful emotion….

The lacecap petals for the flower symbolizes the mask of love, the main petals hidden under the lacecap symbolize the anger.

Affirmation: “I allow my true feelings out into the light of day, and I own these feelings of mine, and I resolve to heal all the hurts and all of the anger.”

Supporting Essences

Statice – Violet and White

Tiny delicate violet flowers with white flowers emerging from the bunch. The white flowers symbolize the “silver lining” of every dark cloud, the good that comes from the opportunity for growth and learning from the past trauma.
Creativity

Bird of Paradise

Flamboyant
To free creativity (physical expression of) that has been blocked

Bringing in the energy of drama, in a positive way.

To shift out of “feeling locked”. Ability to express freely and dramatically, especially for artists and actors, etc.

Where life is bleak, and fear has taken over the creative ability to express. Afraid of standing up and being seen. Living in a narrow box.

Affirmation: “I now fully connect with my inner dramatic creative energy, and I regain my confidence to boldly express this without reservation.”
Salvia – Indigo Spires

To create a fertile consciousness for creativity to be birthed

For people who have blocked their creativity and lost touch with life.

Also for people who are experiencing depression – on any level.
And for people who have low self-esteem.

This essence brings balance and opens us up to the cosmic forces, where creativity comes from.

Affirmation: “I release my fear of joy and open my heart to life.”

Supporting Essences

Darwin’s Barberry Berries

Feeling like “I had my chance, and I blew it.” To get back on the horse after falling off.
Addiction – General

Yellow Canna Lily

Breaks the cycle of addiction

The addictive personality. For all process addictions (including gambling, relationship, sex, workaholic, etc.).

Also the psychological component of addiction to prescription medicines.

Affirmation: “I am now ready to let go of my perceived need for these symbols of illusory happiness.”
Pink Manuka

To help the integration and opening of the thymus chakra

Note: for people with addictions, that part of the person will not be open ie. This essence supports the healing from addiction.

Affirmation: “I call upon my thymus chakra to open and support me in my process of becoming a whole, healthy and balanced person.”

Supporting Essences

Pinus radiata

Feeling like a square peg in a round hole. Feeling out of place. Trying unsuccessfully to conform.
Everyday Challenges

Everyday Challenges Stone

The hundred and one “little” things
The straws that are breaking the camel’s back

None of them of much importance on their own, but when they all accumulate, it feels like there is a huge load on our back.

This sea essence is to help one shake free of this feeling of hopelessness, to come into the realisation that it is only our perception of the load being so heavy that is creating the “problem”.

Affirmation: “I see through the illusion of the 101 things, and step away from the drama, into my place of balance and inner peace.”
Potato Vine

The hand behind the back, giving strength and support when the road feels rocky and the legs feel unsteady. Physical and mental

Like the hand of God (or Spirit) is supporting one.
“Relax and let go. Find your still centre. At peace with the world.”

Also: Helpful for people with a calcium deficiency….. stimulates calcium production (eg. osteoporosis).

Affirmation: “I am loved and I am protected in every moment of my life.”

Supporting Essences

Strawberry Cactus

For guilt and self-blame, when one has been a victim (especially women and children). “It’s all my fault.”

Parsnip

Feeling bored and in a rut. When life is feeling stale, this essence brings in a fresh energy.
Debugger

Wild Fennel

To counteract and remove all forms of negativity

Helps to remove negativity from animals with fleas, plants with insect pests; and from people, removes negative energy, and etheric parasites and entities.

For house balancing (Feng Shui). Expels negativity and negative energies from the house, including entities, negative aspects, fragments, etc.

Affirmation: “I release this negativity, bless it, and send it to the light.”
Peace Lily

Helps balance one’s body and energy fields where they have been exposed to radiation energy

Includes energy from computers, digital clock radios, digital watches, TVs, and any sort of electrical appliance. Also for people undergoing radiation or chemotherapy treatment for cancer.

For house balancing (Feng Shui). For “calming” and harmonising the energy of the house. Deals with the energetic legacy of discord and strife that has occurred within the walls of the house in the past, which has left an energetic imprint. Balances and releases this “battle energy”, bringing a sense of peace and harmony.

Affirmation: “I call on the light to neutralise the radiation in my body and in my aura.”

Supporting Essences

Pink Flowered Bush

An aura cleanser. Cleanses the human aura.
Aura Cleanse and Repair

Pink Flowered Bush

An aura cleanser

Cleanses the human aura.

Affirmation: “I call upon my energy field to be restored to a condition of pristine cleanliness and perfect balance.”
Leek

To strengthen the auric energy field that has holes in it

As a result of this strengthening, the body is better able to undertake the job of repairing the holes and breaks in the energy field.

Affirmation: “My body now repairs all damage in its auric field.”

Supporting Essences

Wild Fennel

To counteract and remove all forms of negativity. Includes animals with fleas, plants with insect pests, negative energy, and etheric parasites and entities.

Peace Lily

Helps balance one’s energy fields where exposed to the radiation energy of computers, clock radios, TV, etc. Also for people undergoing radiation or chemotherapy treatment.

Pohue

Working with the affected chakras… heals any physical, emotional, mental, or spiritual damage incurred as a result of the modern schooling system.
Negative Energy Release

Dark Pink Geranium

Dealing with negative energy that is deliberately sent by other people

Helps enhance the body’s natural process of processing and releasing this energy. A very useful essence, especially for empaths.

Includes the energy of “hexes”, “curses”, “spells”, etc.

Affirmation: “My body effortlessly and naturally processes and releases all of this energy.”
Energy of the Past

Rosy Cushion Rose

To help process, integrate and dissolve an energy state in the body that originates from past experience

It is like our bodies are weighed down and clogged up with this energy that originates from past events that we have judged to be hurtful or “bad”.

One consequence of being constantly in this energy state is a heightened level of self-doubt.

Affirmation: “My body gladly releases this energy from the past, allowing me to be more firmly in the present.”
Breaking the Pattern

Yellow-Orange Rose

The “breaking the pattern” essence

To assist with breaking out of the old pattern(s), seeing the illusion of the old habits, the “same old, same old….”, laying aside old programming, and making room for the new to come forth.

Helping us to lay aside all that pertains to the “old energy”, allowing space in our lives for the “new energy” to come in.

Affirmation: “I now step out from the old patterns and blossom forth in my new identity.”
The Consultation

Every practitioner has her or his own style in working with clients. And, while the actual organic process of successfully facilitating your client’s healing process cannot really be taught, especially in a left-brained intellectual manner, we can give a few pointers from our own experience. (Some of you will already be experienced practitioners, and will have developed your own style of relating to clients.)

It is most important that the client have confidence in the practitioner, and in the process of the therapy. If the client is not familiar with the basics of essence therapy, it is worthwhile spending a few minutes explaining the basics to her, and answering any questions.

Points that may be covered in this discussion could include:

- A brief explanation of what flower essences are
- An explanation of how energy medicines differ from allopathic medicines
- The correct method for taking the essence mixture (directly in the mouth, or diluted in a drink), including the importance of avoiding contamination of the dropper
- A few words about the actual essences that you are using (eg. show the client this manual and the stock bottles, and mention the New Millennium website).

Above all, it is very important that the client feels self-empowered by the process that is taking place. Any practitioner who wants to be effective in working with a holistic therapy like flower essences in the 21st century must be a champion of the paradigm of self-empowerment for their clients. This new millennium is the age of self-responsibility, self-discovery and self-enlightenment. The old way of “doctor knows best” worked fine for our parents’ and our grandparents’ generation, but the mass consciousness of humanity is very rapidly moving on from this.
We are here, in our chosen profession, to help facilitate this process of self-discovery and self-empowerment. There is also major learning and self-discovery in this process for us, of course. A genuinely self-empowered person has no ego-based need to be looked upon as a “superior authority” by his clients.

He realizes that his own true self-empowerment comes from helping others in their process of self-empowerment.

Some clients have a need to “tell their story”.

While this may not appear to be strictly essential to the diagnostic process (unlike, for example, classical homoeopathy, where the actual diagnostic process requires that the client speak fully and completely about their “story”), the process of the practitioner being willing to listen in a totally non-judging way is often an important part of the healing process itself.

There is always the need to balance the need of the client to be heard against the practical consideration of time limitations. With practice, a skilful practitioner can learn to guide the client in speaking about the important things that need to be said, without it taking up a huge amount of time. Remember that for this phase of the consultation, it is the client’s story that is being told, not your story. Your job is to listen, not to jump in and take over!
The Diagnostic Process

The diagnosis of exactly which essences are needed for each client is, almost always, largely an intuitive process.

When Dr Edward Bach developed the Bach Flowers™, it was an intuitive process that told him what each essence was for. And, ever since Dr Bach’s pioneering work, the diagnosis of what essences are needed by each client has remained an intuitive process.

This is **not** to say that the intellect must play no part. The ideal diagnostic method is a balance between the intellect and the intuition. Here are some common methods of intuitive diagnosis:

- A traditional method of diagnosis is with the aid of a pendulum. It is beyond the scope of this manual to attempt to teach you how to use one. The method is described in a number of books, and the best way to learn is by just “doing it”.

- Another intuitive method is to go through the stock essence bottles one at a time, either by holding each one or by looking at each one. Some of your clients will have a highly developed intuitive ability, and for these people it is very appropriate for them to play an active part in the selection of the essences that they need.

- There is also the option of using our set of laminated flower cards. You can either have the client draw a number of cards blindly, or they can look at the photos of the flowers on the cards and select the ones that jump out at them.

- Then there is “finger kinesiology”, where you attempt to force apart your finger and thumb, and the difference in resistance gives you your “yes/no” answer. This technique is championed by Machaëlle Small Wright of Perelandra, and is fully described in her books, *Flower Essences* and *MAP: The Co-creative White Brotherhood Medical Assistance Program*.

- Or you may prefer the kinesiology technique of muscle-testing on the client, usually performed by having the client hold out his arm horizontally while testing for the need for each essence in turn. For essences that he needs, he will be able to resist the downwards pressure that you are placing on his arm; for those that he does not need, his arm muscles will weaken considerably and the arm drops to the side. This method has the advantage that it involves the client in an active way.
Use whichever method that you feel most comfortable with, and that is fastest and most accurate for you. Some clients will have a need to be involved in some way, and it is helpful for them if you explain exactly what is happening as you do the testing. Others are happy to just trust the process.

Using this Manual as a Diagnostic Aid

Our recommended diagnostic method is to use the pictures of the flowers in this manual, optionally together with the matching cards, as an interactive aid in the process of the consultation and diagnosis.

There are two variations to the method. We suggest you follow your intuition as to which variation will be the most effective for each individual client.....

• “Variation One” is to let the client talk about her issues, listening intently, prompting with questions as feels appropriate. Every so often, she will say something that catches your attention, and a particular essence from this manual may pop into your mind, and you will immediately just know that this essence fits the energy of the issue that she has just mentioned.

At this point, you can either (briefly) stop her immediately, and show her the picture of that particular flower, or you can take a note of it to show her later.

• “Variation Two” is to invite the client to browse through the manual (or to look at the pictures on the set of cards), right from the start of the consultation, and for her to point out to you any flowers (or stones) that “jump out” at her.

We recommend that you also write down for the client to take with her, the names of the most important flowers, and recommend that she look them up later on our website, and work with the energy of the pictures from the website, and also with the affirmations that go with those flowers that she selected.

It is of great benefit for the client to read the words of the “definition” of the flower as an affirmation, as these words have power, especially when combined with the picture of the flower. Repeating the affirmation signals to the client’s subconscious mind that it is time to let go of the old energy and move on.
With the advent of the **Super-Essences** (see page 10), the diagnostic process has become easier, in that you have a lot fewer essences to choose from, and the names of the Super-Essences reflect what they are used for. By discussing with the client her symptoms and issues, etc, it is possible just to look at the list of Super-Essences (or at the bottles themselves), and it will be obvious which ones are needed.

**Whatever method you use, remember that it is very important that the client always feels comfortable and self-empowered.**

**Post-Consultation**

So, the client leaves your clinic, clutching her bottle of essences, feeling a lot better than when she walked in the door. And that’s it! Job done! “Next please!”

Wrong! For the client, this is only the beginning.

While it is true that, in general, therapies like flower essences work in a very gentle, quite subtle way, and that most of the healing takes place at a deep level where the conscious mind does not need to be involved, there is still a place for the client to take an active conscious part in the healing process.

As mentioned earlier, it is of great benefit that, during the ongoing healing process, the client look at the pictures of the flowers, and the words of the definitions of each essence, on our website. They can also work with the affirmations of each of the essences.

**Concerning the question of repeat treatments,** we usually make it plain to our clients right at the beginning that they will get the most benefit by undertaking a continuing course of treatment.

You could test intuitively, by asking the question “When will this person be ready for the next treatment?” You then explain to the client that it is your recommendation that they come back in (say) three or four weeks, but also making it plain that this is their decision (remember the self-empowerment!).
Dispensing Essences

The New Millennium essences and Super-Essences for practitioner use are supplied as “stock” bottles (in the normal 10-ml size).

A Word about Essence Making

The usual method of essence making, pioneered by Dr Bach in the 1930’s, involves floating flowers in a glass or bowl of water and leaving them in the sun for several hours. This same technique is also used for gem, shell and sea essences — that is, the gem, stone or shell is left in water in the sun for a period of time.

The product that comes from the glass or bowl at the conclusion of the making process is the “mother tincture”. This mother tincture is the energized water that the flower, gem, stone or shell was placed in while the sun facilitated the transfer of the healing energies from the flower, gem, stone or shell into the water. This water is bottled, and brandy is added as a preservative. From this mother tincture, we then make up the stock bottles.

For many of our New Millennium essences, we no longer use this traditional method. We use instead a process of energizing the healing energies from the flower (or stone, etc.) directly into the water, either by placing a bottle of water alongside the plant, or from the photograph of the flower, using the power of intent to help facilitate the energy transfer process, and with the assistance of the nature spirits and devas of the plants.

These new methods have the advantage that no plant material is consumed in the manufacturing process, enabling us to use rare and endangered species, and also plants that are growing in areas where it is not permissible to take any plant material, such as public gardens, nature reserves, National Parks, etc. Another advantage is that there is no risk of contamination from dirt, bacteria, toxic sprays, etc.

In the process of making a bottle of “stock”, the stock bottle is first filled with a mixture of pure water and brandy. The proportions of the constituents are 55% water and 45% brandy. To this water/brandy liquid, four (4) drops of the mother tincture are added, and this becomes
the stock that is supplied to you, the practitioner. With the Super-
Essences, four (4) drops of the mother tincture of each of the component
individual essences is added to the base.

Regarding long-term storage of your stock bottles, it’s really a matter of
common sense. While the stock solution will keep virtually forever, and
it is not necessary to take extraordinary measures like keeping the bottles
refrigerated, obviously you should keep the bottles away from harsh
conditions like temperature extremes, continuous direct sunlight,
extreme humidity, strong magnetic fields, etc. The bottles should be
stored standing upright, to keep the liquid away from the rubber part of
the dropper.

Dispensing

The usual method of dispensing essences is to prepare a dropper bottle
(25-ml brown glass is used by most practitioners) by filling with pure
water and, optionally, a little brandy (about a teaspoonful). To this
liquid, add four (4) drops of stock of each of the essences or Super-
Essences needed for this mix. With blends of the Super-Essences, you
also need to add into the mix four (4) drops from the White Magnolia
Master Linkage essence.

The Use of Brandy

If the client is prepared to be very careful in avoiding any contamination
to the dropper, you can omit the brandy, provided that you use the purest
possible water, and provided that the course of treatment is for a
maximum of 14 days (this is especially true in winter when it is colder,
or if the client is to keep the bottle in the refrigerator). Remember to
warn your clients to be very careful not to touch the dropper against the
tongue or fingers, etc, to avoid introducing any bacteria.

A preservative is essential for all other cases, such as in summer, or
when the course of treatment is to last longer than 14 days, or where the
client is likely to contaminate the dropper. While any form of alcohol
suitable for human consumption can be used (eg. vodka, gin, etc.), it is
the convention to use brandy.

For short to medium-term use (14 days to one month), a teaspoon of
brandy should be sufficient. For longer-term storage — eg. if you are
dispensing a bottle for the client to use “as required” over a long-term
period — much more brandy will be needed. For really long-term
storage, at least 30% brandy will be needed.
For a few clients, the use of alcohol is undesirable or even impossible; this includes alcoholics and people who are allergic to alcohol. An alternative to alcohol is cider vinegar. For young children try to avoid using alcohol wherever possible, or at the very least, keep the quantity to a minimum. For young babies, it is not necessary to give the essences orally: a few drops can be placed on the forehead.

Another method of dealing with the issue of the alcohol in the treatment blend is to have the client take the essence dose in a cup of hot drink. The high temperature will instantly evaporate the alcohol, and the healing energies of the essences will not be affected by the heat. Just tell your client to add a few drops from the treatment bottle into a cup or mug of tea, herb tea, coffee or plain hot water. Flower essences (unlike homeopathic remedies) are not affected by food or by strong flavors like coffee. Their healing power is also not affected by heat.

**Dosage Instructions**

The usual recommended dosage is “a few drops”. If clients want an exact amount to be prescribed, recommend four (4) drops as the standard dose. It’s useful to explain to your clients the difference between energy medicines (like essences and homeopathics) and drugs, in that with energy medicines the quantity of the dose taken makes no difference — that is, a whole bottle-full is the same dose as a few drops — and it is therefore impossible to overdose on energy medicines.

While it is possible to recycle the treatment bottles by sterilizing the bottles and droppers, we would strongly recommend that you **not** do this for bottles that you supply to clients. To meet the required criteria for sterilization, you need specialist equipment. Boiling them in a domestic-type cooking pot is **not** acceptable. If you wish to recycle treatment bottles for your own personal treatment, this is up to you, but **not** for your clients!
Suppliers of Bottles

In New Zealand there are two wholesale suppliers of glassware that we have dealt with, from whom you can purchase the bottles. These are:

<table>
<thead>
<tr>
<th>Arthur M Holmes Ltd</th>
<th>Cospak Ltd</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Horner Street</td>
<td>Unit A</td>
</tr>
<tr>
<td>Newtown</td>
<td>60 Cryers Road</td>
</tr>
<tr>
<td>Wellington</td>
<td>East Tamaki</td>
</tr>
<tr>
<td>P.O. Box 368</td>
<td>Auckland</td>
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<tr>
<td>Wellington</td>
<td></td>
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<tr>
<td>Telephone: (04) 389-4103</td>
<td>Telephone: (09) 272-2693</td>
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<tr>
<td>Toll-Free: 0508-894-103</td>
<td>Toll-Free: 0800-267-725</td>
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<tr>
<td>FAX-Free: 0508-999-123</td>
<td></td>
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<tr>
<td><a href="http://www.arthurholmes.co.nz">www.arthurholmes.co.nz</a></td>
<td><a href="http://www.cospak.com.au">www.cospak.com.au</a></td>
</tr>
<tr>
<td><a href="mailto:email@arthurholmes.co.nz">email@arthurholmes.co.nz</a></td>
<td><a href="mailto:sales@cospak.co.nz">sales@cospak.co.nz</a></td>
</tr>
</tbody>
</table>

Both the above suppliers stock a large range of bottles – the “usual” treatment solution bottle being “25ml brown glass round with droppers”.

The cost per bottle (with dropper) is somewhat over $1.00 each (New Zealand dollars, including GST).

Both suppliers will supply any size order, couriered to anywhere in New Zealand (at your cost, of course), although buying a full tray does gain a 10% discount (a full tray contains 135 bottles). Both suppliers give an excellent service.

Arthur Holmes supplies bottles with a black-colored dropper teat, and Cospak with a pink color.

You can probably buy bottles in small quantities at a pharmacy, or at some health food stores or drug stores. The cost from these sources will be higher than buying a larger quantity from a wholesaler.

In Australia, Cospak Ltd. has branches in most of the State Capitals.

In other countries, I suggest you look in your local Yellow Pages, or search on an internet search engine.
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