

Pear essence will also encourage harmony in any group with a spiritual orientation so it might be particularly useful if you are working with others in situations where there is a shared focus on some form of consciousness-raising activity.

Pear promotes flexibility, particularly in the mental body so would be a good essence to take if you are rather mentally orientated or overly intellectual. In time it will help you to see life from a more inclusive, expanded spiritual perspective.

### Silver Birch Flower Essence...

The Silver Birch was considered a sacred tree in Celtic mythology where it symbolised protection and new beginnings. In ancient times it was associated with beauty, harmony and the flexible, creative qualities of the feminine aspect of creation.

Silver Birch essence will help you to connect more fully with your creative feminine nature and with the beauty of Mother Earth.

It helps to promote flexible thinking, stimulates imagination and facilitates a free flow of ideas. This is a great essence to take when you feel a little stuck in some area of your life, whether emotionally, mentally or physically. It will help to loosen up the lack of flexibility, expand your perspective and open your mind to receive new ideas and possibilities.

### Yew Flower Essence...

Yew trees were considered sacred by the ancient Druids and were seen as symbolic of death, rebirth and everlasting life. They are extremely long-lived trees, that can thrive for many hundreds of years. They have the unusual capacity to regenerate themselves by rooting their drooping branches into the Earth which eventually creates a new trunk for the tree as the old one dies away.

Standing in the energy of an ancient Yew tree is a beautiful, peaceful, centering and grounding experience. It takes you deep into its ancient wisdom and offers you a reminder of your own eternal connection to life and the wisdom of your soul.

Use this essence to help you connect more deeply with your own innate wisdom and the grand, splendour and expansiveness of the bigger picture of life. It might be particularly helpful at times where you are feeling a little buffeted by life and in need of an infusion of the qualities of strength, endurance and perseverance.



## How to Order from Crystal Herbs

You can order the Tree Flower Essences as individual 10ml or 25ml bottles and also as a complete set of all 10.

By phone: 01379 608059

Online: [www.crystalherbs.com](http://www.crystalherbs.com)

### Prices

For our latest prices, please look on our website at [www.crystalherbs.com](http://www.crystalherbs.com) or call us on 01379 608059

### Help & Advice

If you need any help or advice with choosing and using these Essences, please do contact us.

### How to Use the Tree Flower Essences

Take 4 drops on the tongue from your chosen Essence/ combination between 2 & 4 x a day, continuing until the bottle is finished. For best results take straight from the stock bottle sent, do not dilute. Preferably take 10 minutes away from food and drink.

These Essences can also be combined by mixing equal quantities of two, three, four or five stock essences in a clean 25ml bottle.

### Handmade with Love & Care

From making the Mother Tincture to bottling and labelling the stock bottles that we send you, each remedy is handmade with love and care helping to ensure that we provide you with the best possible quality of remedy.

### Handmade to the original instructions of Dr Edward Bach

**Storage Advice:** It is best to store vibrational medicine in a cool place away from TV's, microwaves, computers etc.

Crystal Herbs is a member of the  
British Association of Flower Essence Producers



## A Set of Ten Tree Flower Essences

**Tree Flower Essences** hold the the vibrational frequency and qualities of a particular tree and help to connect you with the regenerative, restorative properties of trees in a way that your energy system can easily integrate and assimilate.

### *The Ten Tree Flower Essences...*

#### **Blackthorn Flower Essence...**

Blackthorn flower essence brings a higher perspective and understanding to old and deep fears. It is particularly effective for transforming fears which may have no logical reason for them but which you have unconsciously absorbed. These can often be Karmic, ancestral or absorbed in utero before you were born. Blackthorn essence takes you into places in the unconscious that may seem dark and frightening because they have not yet received the light of your conscious awareness. It lights the way into those dark places within us that seem frightening to explore.

Blackthorn essence helps you to stay present in your body as fears are released so it is a very helpful essence to use if you check out emotionally when strong fears gets triggered. It helps to create new pathways of light in your energy system where old unconscious fears have become crystallised. As blackthorn essence is taken, these crystallised fear vibrations can be dissolved and more light can be metabolised in your energy system.

### **Elderflower Flower Essence...**

Elderflower essence reminds you that you will always be provided for and taken care of, thereby deepening your sense of trust that all is well. It helps to dissolve feelings of insecurity when you are facing change, whether this is change on an inner level or changes in your external circumstances. Elderflower essence helps to awaken the qualities of trust and faith in your energy field so you can embrace the changes you need for your soul's growth.

The crown of light reflected in the flowers shines bright like the light of your soul, guiding you through resistance and fears. Elderflower has the ability to enhance and expand spiritual connection so that you feel more stable on an inner level and connected to the peacefulness of your true self. Elderflower essence is strongly aligned with the energy of Mother Earth so take it when you want to feel a stronger sense of the love and support you receive from Mother Earth.

### **Fig Flower Essence...**

Fig flower essence releases all types of fear, and enhances telepathic abilities and visionary states. It will help to release hidden fears and blockages from the subconscious mind, and bring insights into the source of your conscious fears so these can be alleviated. If you have unprocessed fear stored in your energetic system, situations that trigger your fears can make you feel unsafe. By taking fig essence to release core fears, your entire system will feel more stable and secure and you will feel more confident.

Fig essence helps you to connect more easily with your body, and it increases concentration and inner calm. These benefits have a positive impact on your daily life and also mean you will be able to function better in emergency situations.

Fig essence increases communication between the conscious and the subconscious mind so it can help you connect with long- forgotten memories and understandings of what you

absorbed in childhood. This increased level of communication makes fig a useful essence to take during psychotherapy, biofeedback and creative visualisation techniques. It activates the throat chakra for greater personal and creative expression, and enhances telepathic and visionary abilities including clairvoyance and clairaudience.

### **Grapefruit Flower Essence**

Grapefruit essence is made from the richly scented, creamy/ white flowers of the Grapefruit tree. Use this essence to help you align more fully with your spiritual goals for this lifetime. It will also strengthen the much-needed awareness that as human beings in incarnation we are part of a global community that includes all kingdoms of life as well as the Earth herself.

Grapefruit essence enhances the spiritual centres in the head and adjusts the relationship of the subtle bodies to the physical so that the flow of subtle energy through the physical body is increased, creating greater easefulness, clarity & harmony. Particularly helpful for those who experience tension in the head region.

### **Hawthorn Flower Essence...**

Hawthorn flower essence strengthens and vitalises the subtle energy system including the etheric body which holds the blueprint for the physical body. This helps you to feel resilient, supported, and able to activate your own healing forces.

Hawthorn essence has a strong relationship with the heart chakra and matters of the heart including grief, heartache, sorrow or any emotional extremes. The heart chakra is home to many qualities with a natural dynamism including joy, passion, enthusiasm and courage. Hawthorn essence helps to restore these qualities when the heart's natural forces get depleted, which commonly happens as the result of facing difficulties including illness, bereavement, a relationship ending or other significant life challenges.

Hawthorn essence helps you to keep your heart open even when you are facing the most challenging circumstances. It helps you to develop appropriate boundaries around your heart so you take care of your own needs and are able to be loving and clear, powerful and gentle, strong and open.

### **Lemon Flower Essence...**

Lemon flower essence promotes a sense of calmness, ease

and clarity on all levels. It encourages clarity of thought, aids with decision-making and helps you to see the bigger picture.

Lemon essence has a strong impact on the lower mental body, which is the energetic storage vehicle for all our everyday thoughts. This is a useful essence to take if you procrastinate and feel unable to make decisions. This state happens when there is congested, stuck energy in the mental body which can also have a ripple effect in the emotional body, causing you to lose your sense of humour or even experience extreme emotional states. Lemon essence shakes up the congested energy and restores a degree of clarity and perspective to whatever issue you have become stuck in. If you often find yourself stuck and unable to see the bigger picture of situations in your life, then Lemon essence will bring perspective.

Tension in the mental and emotional bodies can impact on your sense of well-being, often manifesting as an inability to relax. Lemon essence gets to the source of the problem by bringing calm and clarity to the mental body so you will experience greater balance and relaxation on all levels.

### **Lilac Flower Essence...**

Lilac essence promotes Christ consciousness which is a particular energetic frequency centred in unconditional love. It aligns the subtle bodies and awakens greater spiritual understandings.

Lilac essence opens all the chakras, activating kundalini energy on its journey from the base to the crown chakra so it is particularly useful for anyone who is actively working with this energy e.g. through yoga, kundalini yoga, shakti dance. Use lilac essence to bring ease and flexibility to your energetic system, particularly if you are somebody who has a rigid outlook on life.

Lilac essence has strong associations with the fairy realm, elementals and other nature spirits so will help you to awaken stronger connections with these beings.

### **Pear Flower Essence...**

Pear flower essence is a wonderful essence to use to help expand your capacity to see yourself as a spiritual being having a human experience. This essence encourages the emotional, mental and spiritual bodies to work together in greater partnership so that a more expanded perspective and spiritual orientation can develop.