



Flower Essences & Their Qualities

Hope - Wild Lilac: Helps to release a relationship that has ended, or the death of a loved one, while bringing hope for finding and enjoying love in the future.

Inspiration - Indian Paintbrush: To spark inspired thinking. To ground inspired or creative activity, especially when the body is overtaxed.

Intimacy - Poison Oak: To stop projecting hostility as a way of avoiding intimacy. Releases the fear of intimacy, allowing for true soul contact with others.

Joy - Mustard: Transforms depression into a quiet, balanced joy. Accepting the dark as well as the light, bringing the courage to work through and presence painful emotions and bouts of depression.

Love - Shooting Star: Loving others in freedom. Enhancing and balancing moon-like, receptive qualities of the psyche. Receptivity to human love; ability to mother and be mothered. Feeling at home on the Earth, overcoming deep-seated alienation.

Passion - Wild Oat: Aids in the manifestation of a passionate life that expresses one's true values. Motivated by an inner sense of purpose that manifests in passionate work and relationships.

Peace - Gooseberry: For maintaining a centered attitude amidst confusion. Overcoming fear of losing control; trusting intuition, inner guidance.

Pleasure - Sticky Monkeyflower: Allows feelings to flow through the body more easily. Contact with authentic feelings despite fear or shame. Ability to express deep love and connectedness, particularly in sexual relationships. Balances second chakra.

Surrender - Meadow Lupine: Activates one's true ideals, enabling heart forces to engage in life work. Surrendering to the life process and finding balance between others' and one's own needs.

Tenderness - Snapdragon: Supports emotionally balanced verbal communication, releasing the need to use words in a harsh or destructive way. Helps the soul to distinguish proper use of creative power, starting by bringing tenderness to the inner dialogue and in relating to others.

Trust - Baby Blue Eyes: Restoration of childlike innocence and trust, renewed spirituality. Building trust through communication and openness in relationships. Trusting the good will of others.

Vitality - Nasturtium: For radiant energy and warmth. Brings vitality to the thinking process. Helps to direct light into the practical experiences of daily life and physical reality. Helps to develop joyful involvement in life's tasks.

Wisdom - White Sage: Brings faith in inner guidance, facilitating access to the soul's wisdom. Supports willingness to go through a stage of aloneness or emptiness as a prerequisite for change. Opens crown chakra.

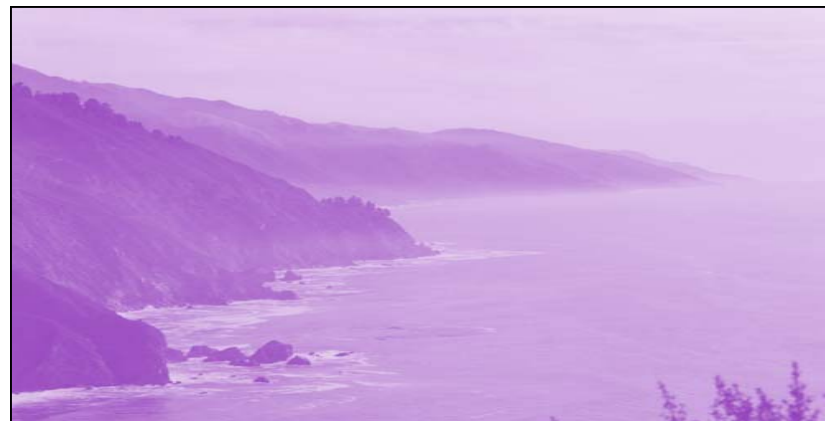
Wonder - Seaside Daisy: Feeling in touch with the angelic realm. Feeling protected and cared for by benevolent spiritual beings. Restores child-like wonder.



Big Sur Flower Essences
To order call 888.822.7092
www.bigsurfloweressences.com

The Healing Powers of Nature

“Combining the plant and mineral kingdoms with the human spirit.”



Big Sur FLOWER ESSENCES



- *What are Flower Essences?*
- *How does the Quartz Crystal enhance them?*
- *How are Flower Essences used?*
- *Flower Essences and Their Qualities*



A Little History

How do Flower Essences work?

To understand how flower essences work requires a recognition that the human being is more than a physical body. We also incorporate a body of mental energy, a body of feelings, and a spiritual body or Self. Flower essences are energetic imprints of the life force of plants which interact with these subtle human bodies, evoking specific qualities within us. The healing process starts with the intention to heal. Flower essences act as agents to bring awareness, understanding, and a newfound ability to break old patterns of thinking and feeling. They remind us that the answers are in attuning to the healing powers of Nature, always in the present moment.

How do I use Flower Essences?

Essences are typically taken orally from a dropper bottle. The standard dosage is four drops under the tongue, between one and four times daily. You can take the drops directly from the bottle, or add them to a glass of water or other liquid. You may also combine several essences by making a dosage bottle yourself. Just select the essences and add four to seven drops of each to a dropper bottle filled with pure water. It is not recommended that you mix more than five essences at a time. There are many other ways of using flower essences, such as in massage oil, misting sprayers, in a cream base, or in baths.



Why is there a Quartz Crystal in each bottle?

Clear Quartz Crystal is an emotional balancer. It activates and clears all the chakras. It stimulates brain functions and amplifies thought forms. Its full spectrum energy activates all levels of consciousness, dispelling negativity in one's energy field. Quartz receives, activates, stores, transmits and amplifies energy. Thus, it is ideal for energizing the flower essences while preserving their original energy imprint. It is excellent for enhancing interdimensional communication and communication with the Higher Self and Spirit Guides.

Why Big Sur?

Big Sur is one of the purest and highest energy places on Earth. It enchants the spirit with its mystical coastline, wildlife and beauty. Wildflowers growing high in the bluffs of Big Sur contain some of the purest healing patterns available. Their energy and vibration invite us to re-member who we really are. Big Sur Flower Essences carry this vibrational imprint into our energy body, connecting us to this magical place. Only the purest flowers from the highest meadows were selected.



Flower Essences & Their Qualities

Acceptance - Wild Sweet Pea: Accepting one's own self-worth, especially when there is a tendency to be self-effacing. Accepting one's own mortality, or any painful loss or death process in one's life. For finding a sense of belonging.

Awareness - Lavender: Cultivates highly refined awareness. Helps with afflictions of the head, such as headaches and insomnia. It soothes and teaches the soul how to moderate spiritual and psychic energy, balancing it with the needs of the body.

Clarity - Deerbrush: Clarity to make decisions during challenging times. Recognizing and applying true higher motives for healing work of all kinds. To clear unconscious desires or unclear motivations. Strengthens third chakra and activates will power.

Compassion - Woolly Blue Curly: Compassionate presence. Understanding the suffering of others; overcoming preoccupation with one's own problems. Ability to listen and understand.

Courage - Rock Rose: Self-transcending courage, especially in terrifying situations. Courage to encounter dark parts of the psyche, and to face negative or powerful emotions.

Delight - Yellow Pansy: For radiant individuality and self-esteem. To clear "victim consciousness," toxic levels of resentment and anger. Restores enjoyment of simple things.

Enthusiasm - Tiger Lily: Promotes cooperation and service to others. Enthusiastic about life even in the face of severe challenges. Brings out the positive aspects of feminine energy in service work. Enthusiasm in being of service to others. Dispels self-doubt.

Faith - Wild Rose: Faith when facing the unknown. Ability to sense and trust higher forces of spiritual help, despite intense stress. Trust in the value and meaning of life on Earth.

Forgiveness - Fiesta Flower: Healing through forgiveness and acceptance of past trauma. Ability to drop feelings of separateness. Self-forgiveness for one's errors and faults, for not being perfect. Opens the heart chakra.

Freedom - Wild Onion: Freedom to speak clearly without holding back. Freedom to express one's emotions powerfully, openly and honestly. Opens the throat chakra.

Grace - Morning Glory: Awakens grace during transitional times. Supports the psyche in moving beyond the energy of struggle, feeling grace as a spiritual gift. Aids in releasing addictive habits.

Gratitude - California Poppy: Gratefulness and ease. Supports feeling awake, refreshed and in touch with life. Promotes feelings of harmony within oneself, lessening the tendency to seek outside oneself for fulfillment. Ability to appreciate the gift of life.

Grounding - Fern: Brings spiritual forces more into earthly life. Grounds the spirit to the body and the body to the Earth. For balanced and grounded psychic opening. Strengthens first chakra.

Healing - Yarrow: Core remedy to ignite self-responsibility in the healing process. Clears states of negativity or psychic contamination which impede the healing process.

Big Sur Flower Essences