

[Leaflet advertising Lord & Lady flower essences (Glastonbury), a form of vibrational healing].

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LORD & LADY



FLOWER
ESSENCES

Lord & Lady flower essences are made from flowers growing in the sacred landscapes in and around Glastonbury. They are Nature's gift to the human kingdom. The essences have been made in a meditative state, working with the full co-operation of the plant devas, using sacred spring water with solar and/or lunar energies. They are then further enhanced and energised using crystal and pyramid amplification techniques.

Flower essences are a form of vibrational healing. They work primarily on the subtle energies, the chakric system, subtle bodies and the aura. By working on these energies, affecting mental and emotional states, they can also allow healing to take place in the physical body, as every part of the being is interconnected. These essences can also be used for spiritual and personal self development.

Blackthorn Coping with fears. Facing the dark within and without. Attunement with earth energies. For the base chakra.

Bugle Unconditional love. Manifesting inner creativity onto the physical level. Attunement with musical ability. For the crown and third eye chakras.

Calendula For overcoming sadness by understanding and gently releasing its cause. To earth and balance emotions. Works on the sacral chakra.

Camomile Connection to the gold ray and solar energies. Brings energy and activeness. Self discipline. Works on the crown chakra.

Coltsfoot Shamanic essence for attunement to animalistic powers within and without. Helps to attune and work with one's power animal. Brings truth and a loving attitude to life.

Cowslip Access to inner truth and innocence. For the child within. To communicate this truth on the physical level.

Crabapple For love. Balances the heart with the head energy, so that they are in harmony. For the heart chakra.

Cypress Helps to overcome loneliness by connection to inner self.

Daisy For all kinds of emotional release. Also helps the person to speak about their emotions. Ideal for counselling. Allows the will to be governed by the higher self.

Dandelion For emotional imbalance, oversensitivity, menstrual problems.

Dog's Mercury Astral and underworld travel, journeying, pathworking. Works on the astral body. Unblocks the base and sacral chakras.

Eyebright Works on the third eye, helping to increase clairvoyance, psychicness and the ability to perceive things, allowing one to see what needs to be done in one's life. On physical level helps with all eye related disorders and problems.

Fleabane For lethargic and apathetic states. Overcoming both physical and auric parasites. Gives life and vitality in a gentle way.

Forsythia For coming to terms with one's feelings and expression of them. Brings gentleness. Works on the emotional body.

Goat Willow Balanced masculinity. For remembering and understanding dreams. For getting in touch with personal Karma.

Golden Rod Works on the ego, bringing it into balance, by either stabilising an overemphasised ego or increasing self confidence and self worth, when these are lacking. Works on the mental body.

Gorse For revitalization, creativity, increased passion, balanced sexuality. Activates and protects the solar plexus chakra.

Green Alkanet For being gentle with oneself and others, by understanding and accepting who you are, and where others are coming from.

Hawthorn Vitality and balanced feminine sexuality. Aphrodisiac. For fertility and growth, and feminine disorders. For the heart chakra.

Hazel Trance work, getting into the dream state. Vivid dreaming. Balances the base and solar plexus chakras.

Holy Thorn For deep contact with subconscious. Releases deep rooted problems. For regression work. Balances the crown chakra, so that any problems in other chakras can be seen and recognised. Attunement to Cosmic Christ consciousness.

Ivy For grounding and the base chakra. Attunement to the inner feminine part of oneself. Bringing out intuition. Release of energy in balanced way.

Lady's Smock Attunement with guardian spirits, personal guides and the higher self. Connection with personal power in a balanced way. Brings on crying as an emotional release. For the crown chakra.

Lesser Celandine For increasing one's mental faculties, concentration and memory.

Lords & Ladies Balances the inner masculine and feminine energies. Also good for couples to take at the same time, harmonizing energies. Brings wholeness.

Lungwort, Blue Ideal for rebirthing. For assimilation of Prana/Chi into the being. Release of toxins from the body. For asthma and breathing problems. Works on the mental body and the throat chakra.

Lungwort, Pink For deep breathing exercises and breath meditation techniques. Releases blockages and deep feelings within lower chakras to be consciously worked on. Brings deep inspiration to conscious level for expression. Works on the emotional body.

Marsh Marigold Calmness and relaxation. Helps with meditation. Auric protection.

Mistletoe Balances sexual energy with love. Allows one to be an individual within groups. For the base chakra.

Nettle Increases will power and resilience. Brings patience. Helps to overcome unwanted habits.

Primrose Gentle healing. Ideal for spiritual healing. Balances the chakras. For love, heart problems.

Purple Loosestrife Channeling and connection to higher levels. Opening psychic centres. Bringing out compassion, overcoming strife and grief.

Ragwort For forgiveness of oneself and others. Overcoming guilt. Relaxation of the muscles, good essence to use with massage.

Red Clover For lack of focus, confusion, indecisiveness. Helps with head problems, headaches etc.

Red Deadnettle For gently releasing and understanding suppressed anger. For the liver.

Rosemary Brings clarity. For releasing stuck emotions. For cleansing and purification.

Spindle Helps to overcome frustration and aggressive tendencies. For changing one's personal Karma, by working on and releasing negative patterns.

Stinking Hellebore Helps with flow of energy through meridians. Ideal to use with shiatsu. Releasing negative energies from the aura. For allowing one to flow with life, overcoming patterns of rigidity. Purifying.

Thyme Attunement with devas. To bring humour and joy to people who take life too seriously. For dancing with spirit and joy.

Tree Mallow For creative visualisation and manifestation. Balances the third eye with solar plexus chakra, so that visualisation is linked to will. For psychic protection. Works on the intuitional body.

Tulip Opens up the heart chakra on all 7 levels of the aura. Brings an open, loving energy to all aspects of life. Through its high vibration, it clears blockages in the heart centre.

Violet For depression. Brings happiness and joy. Attunement to joyous aspects of love. Helps with blood circulation. For the crown chakra.

Wild Rose Brings an understanding of one's own and others' loving needs. Helps to discover where in life one is lacking love.

Yarrow For psychic protection and strengthening the aura. For the third eye. Helps in divination.

Yellow Flag For stress and bad nerves. Works on both the physical and astral (nadis) nervous systems.

Yew Deep healing, letting go of what is no longer needed. Gateway to subconscious. For the base chakra. Instant shock recovery.

FINNISH ESSENCES

Finland is a country of many forests, lakes and wild places, with a very pure energy. These four essences were made in this land of the midnight sun, in the beginning of their summer, which is very short, light and strong with solar energy. Local spring water was used. These essences have a different vibration, and quite an earthy quality.

Cow Parsley Works on the alimentary canal and the stomach, by physical and auric cleansing. Protective.

Finnish Cinquefoil Gives feminine solar energy, which is gentle, warm and nourishing. Helps to protect one's solar plexus, and stops the leakage of one's feminine power.

Timothy For allergies. Helps with hay fever, thrush, and constipation, when linked with an allergy.

Wood Anemone Gives feminine strength, which bends but does not break. Helps in relaxation and nervous tension. For serenity and purity. For the crown chakra.

ESSENCE COMBINATIONS

Sometimes a mixture of essences is needed. Below is a list of combinations we have on offer. If necessary, we can prepare personal ones for you.

NATURE SPIRIT ESSENCE Allows one to develop a deep attunement with nature. Also helpful in bringing the essence of nature into an urban environment.

CITY STRESS COMBINATION Helps when feeling run down by the fast city energies.

HEAD COMBINATION Helps to relax and relieve the head when under stress.

HEART COMBINATION For getting in touch with heart energy and love.

EMOTIONAL RELEASE COMBINATION Helps to release stuck emotions in a very deep and powerful way. Make sure you are in a safe space to do this.

CLEANSING COMBINATION Brings a deep inner cleansing and purification, both physically and aurically.

GROUNDING COMBINATION When someone needs an instant earthing, due to shock, grief, drug abuse etc.

INTUITIVE COMBINATION Helps to increase and develop one's intuitive abilities.

VISIONARY COMBINATION For connecting to other realms of being, beyond the physical.

SPIRITUAL COMBINATION Helps to bring spiritual qualities into every aspect of one's life.

CHAKRA COMBINATION Aligns and harmonises the chakric system.

To make your own remedy, a potentised essence, take three drops from the stock into another bottle filled with spring water, and add a little brandy. Take four drops on the tongue, or spring water/fruit juice, four times a day until finished. Always shake the bottle before use. It helps to be as calm as possible, when taking the essence - a few deep breaths should relax the body. Also visualising the plant is helpful. Essences can also be used on chakras, acupuncture points, in bath water etc.

PRICES

10 ml stock bottle £3, Consultation (incl. remedy) £5.
Empty 10 ml glass bottle (for making your own remedy) 50p.

Please add 50p P&P for the first 3 bottles, £1 for 4 or more, contact us about large orders.

Special offers: Complete set of 50 flower essences £112 (incl.P&P). Complete set of combinations £27 (incl. P&P). Half a set of 25 flower essences £56 (incl. P&P) choice of 1st half (Blackthorn to Lords & Ladies) or 2nd half (Lungwort Blue to Wood Anemone).

Cheques made payable to: M. GERRARD.

For any further information about these essences, do not hesitate to contact us on Glastonbury (0458) 34600.

Jaana & Kestrel

Lord & Lady Flower Essences

47 Whiting Road, Glastonbury, Somerset. BA6 8HR.

Lord & Lady flower essences are not intended to be a substitute for medical care.