



# AWEN FLOWER ESSENCES

## What are flower essences?

Flower essences are infusions made from the flowering part of a plant. Flower essences contain the unique vibrational imprint of the plant they came from. Flower essences were discovered by a medical doctor who saw, early on, what conventional medicine is finally recognizing. There is a “mind/body connection and that the body, mind and emotions all play a part in our overall health.

Flower essences are taken by adding drops to drinking water or direct into the mouth or can be used externally. They don't have a smell or taste as there is no physical part of the flower in essence, only its healing vibration. This vibration of the plant support the energy field into a natural healthy flow.

## What can flower essences help with?

Flower Essences are made with connection to the plant and practitioners find that each plant has a vibration that can support different emotional states. Flower essences are known to be able to help with anger, confidence, depression, grief, energy levels, self-worth as well as variety of other obstacles that we face in life. They can be used intentionally to empower your dreams and projects and prayers, they can also be used to get new insights like an oracle reading from plants.

## Discover Natures Way - A Journey of Blossoming

Have you been raised with the idea that if something is wrong, it must be eradicated or suppressed Or maybe you have you noticed that there is a common language that says we 'fight against' illness?

To understand how flower essences work we must adjust our perspective a little and look at health as a wholeness and balance of influences. There will always be stress and issues in life. Rather than suppressing negative experiences or feelings, flower essences work by encouraging the positive aspects of our personalities. When restored to a natural peace negative symptoms ease and we learn from what we experience. Flower essences offer a gentle resource to support us in our journey of authenticity and blossoming.

## COMBINATION BLENDS

### SACRED PATH- ANIMATE UNIVERSE

combination of Peyote and Tobacco flower blend for the journey of tending to your sacred relationship with your own spirit and your relationships with the Spirits that animate this sacred universe.

### AWEN - SHIMMERING SOUL

combination of Mimosa, Lilac, Elderflower together with a rare Hummingbird essence – make a blend of potency for supporting you to shimmer within, to be inspired and to live with awareness of possibility.

### VIBRANT QUEEN - EMBODIED FEMININE

combination of Rose, Apple, Hawthorn & Hibiscus together make a blend of potency for supporting the journey of sacred feminine power.

### GROUNDLED - NOURISHING BEING

combination of Dandelion, Yarrow, St Johns Wort, Hawthorn together make a blend of potency for supporting you to feel safe and secure.





## INDIVIDUAL FLOWER ESSENCES

Peyote - supportive for getting out of your mind and in to your heart. Deep spiritual principles for living are not so much from logical thought, but from a deeper source of wisdom, which can be referred to as the 'Heart'. By heart one does not mean mere feelings, even positive feelings or compassionate feelings - Instead heart refers to a deeper portal of profound interconnectedness and awareness that exists between humans and all living things. This essence invites the perception of this heart to blossom and share.

Tobacco - An essence to help clear blockages in your energy system. A potent medicine for clearing and strengthening the aura. Enhances spiritual relationship with yourself, encourages vision and insights of what's really going on inside for inner revelations. For connecting with the Spirit of the universe and enhancing prayer.

Dandelion - For finding positive purpose in this moment- for orientating physically to your immediate environment and making positive small choice in this moment towards grounding and safety.

Yarrow - (white) - Auric support , holding you with strong auric field, in a way to allows us to remain sensitive and open, yet protective of the integrity of our healthy boundaries, our psychic skin. Especially helpful to counter act absorbing energetically from our environment.

St Johns Wort - This essence brings the field to a balanced place, with a sense of light filled illumination and healthy connection with spirit world. Supports the energy field that may be over expanded - which can lead to feeling depleted or sad and vulnerable. Helps us connect to the light in the body and solar plexus.

Hawthorn - Healthy boundaries, for connecting with positive assertive forces of courage and vital inner forces. Protects, nourishes and attunes to the heart.

Lilac - Purple lilac, an essence that encourages contact with the higher self, encourages inspiration and vision for your life. It sweetens and softens. Assists to lift the mood, to notice the beauty of creation, especially supportive to remind us to notice the beauty even when we have been feeling stuck in a rut. Call on lilac for a new lease of life.

Elderflower - The flowers are like a cluster of stars, landed from heaven, and the quality of this essence is playfulness & joy - Two very wise states of being. Elderflower teach about embracing the moment. That starlight and Earth are connected, and there is window of time we get to blossom so we must take opportunities, notice possibilities and awaken to being in this moment now. Elder is a wise and friendly tree, and closely connected to the fairy realm. A tree of knowledge and a good tree to ask for advice if you have spiritual questions.

Mimosa - This essence is for enhancing sensitivity and and to support on how to be in touch with your own feelings, to attune to your deeper sensibilities and gain confidence in your own knowing. To know the peace inside, to grow in self- esteem and trust. Helps to release energetic burdens, letting go of heavy feelings and hurts so that you can notice your soft, warm nature. Useful for sensitive people who have learnt to put others always above their own feelings.

Apple - Finding the loving, nurturing connection to deep self. Receiving sweetness of the new, invites new ideas and creative inspiration, settles the being to gain a fresh perspective. Invites love of the body.

Rose Blend - White, Pink, Red and Wild Roses with Chalice well spring water and rose water. Empowered boundaries of the heart. Comfort and reassure. Connection to sacred feminine.