

## These flower essences from the pristine Himalayan wilderness support living and transformation in these wild times.

They are called *Enhancers* because they provoke a recognition within us of our inherent wholeness, and by bringing ourselves back into balance we immediately bring balance into the world.

The Himalayas are the youngest mountain range in the world, and these essences made at around 3-4000 metres carry this energy of youthful vitality and enthusiasm; an energy that for millennia has inspired and supported sages and seekers in their search for truth.

These days more and more of us are experiencing stress, tension, psychic and emotional disquiet, compromised immune systems etc, and I see this as a direct result of seeing ourselves as separate from our environment.

Until now we have seen the Earth as a commodity we can use and exploit to maintain our economic and industrial lifestyle. However, the truth is, we are part of this living being called Earth, we are not separate and the resources we are consuming are not renewable.

Our angst as intuitive beings is a direct result of this misunderstanding. These *Flower Enhancers* help bring our inner ecology back into balance by reconnecting us with the sublime beauty of the natural world and provoking a remembrance within us of our natural qualities of love, peace, balance and harmony.

### What are Flower Essences?

Flower essences are a gentle form of treatment, unique in their ability to address physical, mental, emotional and spiritual aspects simultaneously. It is our understanding that plants and their flowers each have their own character and qualities. When taken as an essence, these can resonate with, and awaken the same qualities within a person. Flower medicine has been known to man for many thousands of years for its calming effect on the mind and emotions.

Most commonly, our flower essences are made by a delicate process of attunement in which sunlight creates a transference of the fresh flower's vibration into alcohol or water, resulting in a potent healing essence like a kind of liquid energy. We travel the world, hand-collecting and making our essences at source with the purest waters available.

### Choosing an Essence

There are many ways to choose an essence:

- Read the description and feel if it applies to you at this time
- Use your intuition
- Dowse, using a pendulum
- Apply muscle testing
- Notice if a particular bottle 'jumps out' at you, or if you feel attracted to the flower

### How To Use

Usually essences are taken orally by first shaking the bottle then placing a few drops under the tongue. Take a few moments to reflect and notice any effects within.

They can also be rubbed directly on the skin – on acupuncture points, meridians or chakras.

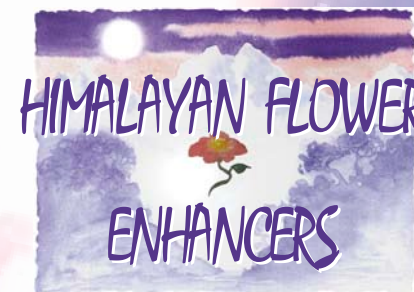
You can add them to skin creams and massage oils. Adding them to your bath is a beautiful way to administer them directly to your physical and energetic bodies. Or add to mist sprays (4-5 drops from the stock bottle is enough). The spray method is excellent for clearing and refreshing rooms.

### Complete List of Essences

Astral Orchid	<b>Flowers of the World</b>
Aura Cleaning	<hr/>
Blue Dragon	Endurance
Cedar	Goddess
Champagne	Isan (Neem)
Children's Flower	Lotus
Chiron	Morning Glory
Expansion	Rapa-nui
Gateway	Renaissance
Golden Dawn	Veil of Dreams
Happiness	Warrior
Healing	<b>The Gulaga Essences</b>
Heart of Tantra	<hr/>
Hidden Splendour	Gulaga
Let Go	Gulaga Crystal
Nirjara	Gulaga Orchid
Nirjara 2	Protection
Opium Poppy	Repatterning
Pink Primula	Sludge Buster
Pluto	Tracking
Purple Orchid	Womb With A View
Rock Primula	<b>Sun &amp; Moon Astro Essences</b>
Roots and Wings	<hr/>
Sat-Chit-Ananda	Aries
Sober Up	Taurus
Trust	Gemini
Vital Spark	Cancer
White Orchid	Leo
<b>Chakra Set</b>	Virgo
<hr/>	Libra
Down to Earth	Scorpio
Well Being	Sagittarius
Strength	Capricorn
Ecstasy	Aquarius
Authenticity	Pisces
Clarity	
Flight	
Gratefulness	



Collecting fresh flowers for potentising.



*“When you come to life itself  
– you must come as the flower  
does – naked and defenceless  
and infinitely in touch.”*

*D.H. Lawrence*

### HIMALAYAN FLOWER ENHANCERS

PO Box 2043,  
Central Tilba, NSW 2546 Australia  
Enquiries within Australia:  
Tel/Fax: 02 4473 7131  
International: +61 2 4473 7131  
[www.himalaya.com.au](http://www.himalaya.com.au)  
Email: [info@himalaya.com.au](mailto:info@himalaya.com.au)