

The Seven Chakras

Down to Earth

Chakra: SEX CENTRE
Flowers: *Leycestra Formosa*,
Calanthe Tricarinata



Enhances sexual and life energy. Helps with low libido, wounds around sexuality, anxiety around

material existence, ungroundedness, subtle or hidden fears, stress, sluggishness and lack of drive.

Well Being

Chakra: HARA
Flower: *Erysimum Melicentae*



Enhances the connection with one's power, one's centre, stimulating creativity and integrating

emotions. Allows one to simply 'be'. Helps diffuse internalised anger, birth traumas, fear of death.

Strength

Chakra: SOLAR PLEXUS
Flowers: *Ranunculus Lingua*,
Caltha Palustris
var. *himalensis*



Enhances individuality, sincerity, honesty, self-worth, creative expression and self-love. Helps with low self esteem, insecurity,

lack of personal power, lack of direction in life, lack of motivation, hopelessness, depression.

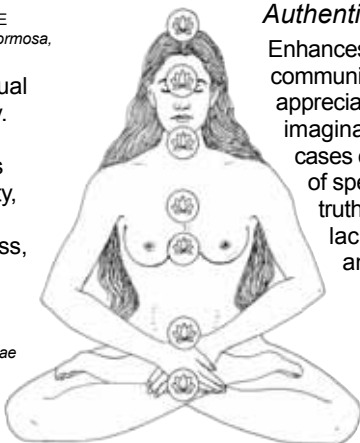
Ecstasy

Chakra: HEART
Flower: *Rosa Webbiana*



Enhances love, compassion, sincerity, truthfulness, depth of feelings, feeling of expansion and universal love, service, sharing, empathy and transpersonal love. Experience the fullness of 'the empty heart'. Helps in cases of

rigidity, contraction, bitterness, jealousy, feeling unloved, overly critical of others, disillusioned, lack of trust, withholding and irritability.



There are seven Himalayan Flower Enhancers for the seven major energy centres of the human body.

These energy centres (chakras) illustrated above, each have their own particular quality and resonance, and have a corresponding relationship to the various glands in the body's endocrine system.

They can be looked at as booster stations, or transformers, for the journey of the energy from the base of the spine to the top of the head.

"There are seven bodies and seven chakras and within them lie all the means as well as the barriers. There are no barriers outside."

Osho

Gratefulness

Enhances universal love, brotherhood, universal sharing, wonder, awe. Helps with egocentric, selfish, and judgemental attitudes. Supports acceptance of the beauty of one's self and others.



Authenticity

Chakra: THROAT
Flower: *Delphinium Incanum*



Enhances expression, communication, creativity, appreciation, dreaming, imagination. Helps in cases of shyness, fear of speaking one's truth, apprehension, lack of conviction, and unwillingness to change.

Clarity

Chakra: THIRD EYE
Flowers: *Aquilegia Pubiflora*, *Parochetus Communis*, *Thymus Serpyllum*



Enhances clarity, perception, intuition, sense of spirituality, meditation, clairvoyance. Helps with poor concentration, direction, balances excess sexual energy. Dispels feelings of isolation, alienation, meaninglessness.

Flight

Chakra: CROWN
Flowers: *Mazus Surculosus*, *Anemone Biflora*, *White Clover*



Enhances oneness, meditation, prayer, union of mind, body and spirit. Helps with feelings of separateness, isolation, lack of meaning, feelings of insignificance.

Boxed Sets

TRANSFORMATION SET

This boxed set of eight essences can be used as an aid to rapid transformation and restructuring, both on a personal and organisational level.



Gulaga triggers an awareness of what no longer serves a purpose in one's life, and awakens the strength to change.

The other seven essences support the process – helping create a smoother unfolding and integration – with courage, love and acceptance. (Comes with a guided journey)

INCLS *Cedar*, *White Orchid*, *Gulaga*, *Let Go*, *Gateway*, *Nirjara*, *Nirjara 2*, *Gulaga Crystal*



LOVE AND SEXUALITY KIT FOR SINGLES

Learning to love oneself opens the door for 'the guest'.
(INCLS *Down to Earth*, *Well Being*, *Gulaga Orchid*, *Hidden Spendour*, *Let Go*, *Expansion*, *Chiron*, *Children's Flower*)

LOVE AND SEXUALITY KIT FOR COUPLES

Bringing acceptance to 'oneself' and 'the other', owning projections, allowing a free flow of love.
(INCLS *Ecstasy*, *Golden Dawn*, *Heart of Tantra*, *Trust*, *Goddess*, *Warrior*, *White Orchid*, *Champagne*)

PRACTITIONER KIT PRACTITIONER SUPPORT KIT

(INCLS *Aura Cleaning*, *Let Go*, *Chiron*, *Healing*, *Trust*, *Vital Spark*, *Gateway*, *Gulaga Orchid*)

PRACTITIONER 2 KIT PRACTITIONER SUPPORT KIT – for deeper work –

(INCLS *Protection*, *Repatterning*, *Tracking*, *Nirjara*, *Nirjara 2*, *Sludge Buster*, *Womb With A View*, *Pluto*)

The Gulaga Essences AUSTRALIA

Gulaga A powerful essence for transformation. Ruthlessly exposing and clearing away all that is no longer appropriate or serving us on our life's journey. Realigning us with our purpose. Made during a solar eclipse from a red mushroom at the sacred ceremonial site on Gulaga, a mountain, on the far south coast of Australia's eastern seaboard.



Gulaga Crystal *Quartz Crystal* Made from a crystal shard from a quartz vein connecting Gulaga (the mother) with Natchanuka (her son). Imparts grounding vision, reconnecting with source.

Gulaga Orchid *Dendrobium Speciosum* Opens the heart to forgiveness of oneself and others.

Protection *Black Tourmaline, Isan, Pink Yarrow, Aura Cleaning, Let Go* Protection from unwanted psychic, emotional energies. Space clearing.
Repatterning *fungus* Helps open one to new information and ground it in the body. Reboots energy pathways to keep pace with one's growing awareness.

Sludge Buster *Melaleuca Lateritia* A good Spring cleaner of all those murky corners.

Tracking *Ochna Serrulata* Brings clarity, focus and insight into problem areas in oneself or client.

Womb With A View *fungus* Brings recognition and release from energetics one received in-utero that are not one's own & do not serve one's higher purpose.

All these essences should be used in conjunction with 'Ecstasy', as this balances any extremes of energy and maintains a connection with the heart.