

Tasmanian Wilderness Essences

Each mushroom is presented with it's key trait first, followed by an energetic description.



Ancient Myrtle
Nothofagus cunninghamii

I am the ancient one breathing the cosmos into the impregnated Earth.

Giants in the wilderness forest, the ancient myrtles radiate a tangible, powerful presence invoking cosmic connection and awareness.

The ancient myrtle energy alerts human consciousness to its capacity as a universal opening, a portal.



Assimilation
I digest life and align with purpose.

This mushroom offers deep physical, emotional and family healing by clearing old tensions held in the second and third chakras. It is an amazing healer, bringing deep peace, harmony and ease.



Bleeding Heart
I stand alone, resilient from the blood of the ages.

Bleeding Heart is a wonderful gift. Awareness of the pain of the world is held in equilibrium and stillness, in a balance which is rock solid. This mushroom elicits great compassion like Christ's bleeding heart.

Bleeding Heart enables a deep cleansing of the collective heart in these painful times.



Buddha's Ears
I am right listening.

There is acute awareness of sounds and the world around and penetrating into other realms – dissolving the idea of separation into oneness.

Experientially, energy extends out resolving 'knots' – blocks in our interconnecting field – knots in relationships, knots created by ego, obstacles to flow that we create – bringing resolution.



Coming Home
Cortinarius sanguineus

I am about "getting things off your chest".

This mushroom releases, relaxes and restores so you are more fully, authentically who you are – unshaped by external expectations and compliance.

It is like pruning away unwanted but strong, habituated energy-pathways which have shaped one's life – to encourage self-supporting growth.

Experientially there is a speeding of energy largely in the chest. A vibrant energy then expands creating deep vibrant peace felt in the upper half of body, a sense of well-being.



Delight in Being
I am delight, joy and a celebration of fecundity.

This mushroom evokes a sense of being very comfortable in this physical existence – relaxed, undisturbed, contained, quietly being

Experientially, there is a kind of bubbly atunement with the little people of the mushroom world and forest, with a sense of wholeness.



Fierce Love
I cause internal and external shake up, clearing space and expanding human capacity for love.

Love reverberates with this mushroom actively waking new states – wholeness manifests as present and embodied.

Experientially, it is rooting out all mind concerns and debris bringing us back to here and now – it is sifting through the grunge, cleaning, bringing us back to expansion, lightness and a sense of well-being.



Get Down
I bring Earth support with a strong, stable, secure foundation.

This mushroom strengthens vitality in the first chakra.

Ordinariness of sexuality and physicality becomes grounded with heightened sensory awareness.



Giant Eucalypt
I am finely connected and can choose where to attend, anywhere.

My body is the Earth, and I have been here as Earth from the beginning of time. I am the forest and the mountains, the ocean and all creatures. There is nothing embodied that I am not. I am still and patient. Unwavering and undisturbed.

Giant Eucalypt grounds the soul in its physical incarnation.



Green Earth *Dermocybe austroveneta*
I am the human-Earth connection, the untamed Earth. I address the fear of wild nature.

Green Earth gives abiding peace and nurture. Embracing the natural world releases tension in the body. The fecundity of this mushroom is the energy of the forest. Experientially, under this energy, social grief, turmoil and chaotic influences move to settled calm integration.



Kelp of the Great Southern Ocean
I am at one with the movements of Life.

Flexibility, fluidity and acceptance are the gifts of this kelp – flowing with all that comes I am firmly anchored.

Experientially, tensions and resistances to Life are shed through being immersed in oceanic connectedness.



Liver Lover
I purge tensions and hurts, physically and emotionally, facilitating flexibility.

This mushroom cleanses the liver channel, & brings relaxation & release to the area around the third chakra.

Experientially, there is an appreciation and gratitude for all the organs in the body – thanking them for their work.



Orange Trickster
Clavulinopsis miniata
I am all for Life, jumping empty handed into the void.

Trickster's message and action is to 'Let go' – of thoughts, beliefs, tensions – to switch and snap out of 'states', particularly those where love is blocked. Trickster shakes up the fixed structures to enable free fall into love. Experientially, it is lively and enlivened, daring, reckless, cheeky and light.



Pagoda People *Podoserpula pusio*
I am filled with well being, fully secure and connected.

Pagoda People are a mushroom community of small yellow to orange mushrooms centred around one Pagoda mushroom.

In the forest Pagoda People seem like children. There is a sense of echoed interconnectedness, of community, which is playful and happy, celebrating the joy in being alive.



Past Lives *Naematoloma fasciculare*
I loosen and release energy blocks allowing whole-being integration.

This mushroom addresses deep trauma related to abuse, sex and death (held in the first chakra). The healing is on both the personal & collective level.

Formative wounds shape patterns which cascade through lives, events, relationships. These can be repatterned at their source, namely where energy shapes behaviours.

Experientially, from primal wounds a survival pattern is shaken into visibility and re-experienced – giving deep insight into the pattern and its effects.



Radiant Light
I shine joyous golden light into areas of the body that need illuminating – expelling darkness.

From the ground of ordinary life, this mushroom expands consciousness. It brings deep relaxation, effortless presence, joyful contentment and delight in being.



Red Ganesh
I dissolve obstacles and create clarity.

This mushroom facilitates a visceral re-experiencing of obstacles which opens into a horizontal expansion of light and spacious awareness.

Experientially, obstacles are felt in all their discomfort then dissolve as light expands and their weight lifts off.

Tasmanian Wilderness Essences

Vibrational Healing Essences from the far south Tasmanian Wilderness

These essences are made mostly from fungi which grow in the wilderness areas of the far south of Tasmania in ancient myrtle forests – only the tip of South America and ice-bound Antarctica are further south on our planet. The forests are untouched and the oceans are pure. These beech-myrtle trees are hundreds of years old and as a species date back over 780,000 years to Gondwanaland.

As individuals, these essences take us down our unique pathways through our own personal psychology, physiology and history. The very personalised world of mental associations, images, memories, meanings and symbols dances in synchronicity with the mushroom energies causing re-alignment towards wholeness.

The essences appear to initiate a process of re-organising of our individual ways of representing life. The inner experience takes a path which is individually unique and has deep, personal significance. However these personal insights do not have meaning or authority beyond oneself and cannot be applied to others. Yet, from the individual experiences, the overall process of integrating consciousness into expanded perspectives can be recognised and is repeatable.

At the same time as the process of coming-into-personal-wholeness, there is a clear sense of the mushrooms acting simultaneously at the collective level of human consciousness, integrating and harmonising dissonant energies. From this platform, awareness can expand to the Cosmos and opens to an experiential bridge to Oneness.

Although mainly fungi, the product range includes essences made for their complementary qualities. These are essences from the ancient Myrtle and Giant Eucalypt trees, and Kelp of the nearby Southern Ocean which are part of the same ecosystem.

As we engage and work with these Tasmanian Wilderness Essences, more and more they seem like old friends, as if they are conscious entities with personalities and domains of activity as they relate and respond in intimate synchronicity orchestrated within a huge and intimately interconnected cosmos. They work on the whole being, the expanded energy/spirit through time, space and life-times.

These mushroom essences were made and researched in collaboration with Dr Rosemary Beaumont.



Red Kali *Hygrocybe miniata*
I am wise old woman, solid with the Earth. I know Life and its pathways, rivers and ridges, cut into the contours of time and place.

Red Kali resonates female sexuality and wild love.

She initiates a restless spirit journey to the core of being, urging passionate expression.

The energy is like a female planet-Mars, the 'yang' female, the 'active' female, the wild female – Red Kali.



Simplicity
I am simple, deep, still and ordinary.

Simplicity offers deep relaxation and self acceptance – no action, no doing, no fixing, simply being aware of being.



Singularity *Ganoderma applanatum*
I balance left and right brain, moving consciousness into a spacious domain while aligning with Earth.

Singularity facilitates letting go to cosmogenic forces; it is like White Tara, the Divine Living Mother.

Experientially it is a shower of white light vibrating the energy body to a higher frequency.



Sorrow
I am Earth pain and churning grief – held, supported and integrated within a matrix of stillness.

This mushroom helps when one is unable to connect deeply with a personal grief or loss, even if unconscious, but shaping one's current life, actions or decisions.

Experientially, the process is very deep – one needs to give it time to unfold.



Stairway to Heaven
I reveal and create readiness for cumulative states of consciousness.

This white coral fungus grows on the base of the ancient Myrtle.

It offers a stepped and possible pathway to ascending layers of consciousness. It enables greater awareness at times of change – aligning one be to be 'one step ahead'.

Experientially, waves of awareness rise through the body, clearing the dross in a container which is solid.

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Tasmanian Wilderness Essences can be sprayed directly on the crown chakra, or sprayed around the body; this allows immediate penetration into the energy fields and aura.
Supplied in 30mL spray bottle. FOR EXTERNAL USE ONLY.

Tasmanian Wilderness Essences

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