



### White Yarrow *Achillea millefolium*

Yarrow is ideal for those vulnerable types who may need to protect their aura from negative environmental influences e.g. noise, fumes, pollution, computers etc, which often results in energy depletion. Useful in a spray



### Zinnia *Zinnia elegans*

For those who can be over-serious, are workaholic or who may have forgotten how to relax and have fun. This essence can lift people's out-look on life and bring back the ability to laugh and be playful. A lighter attitude to life can be very healing as it recharges the system, and provides an alternative response to life when things get challenging.

## These essences are very special...

Where possible living flowers are held into the bowl, in addition to the picked flowers. As the remedy is potentising, it remains connected to the ongoing stream of life force, which strengthens the healing potential of these English Flower Essences. These essences are valuable additions to the flower essence blends.



Sun Essences gives the assurance of quality and service. All our essences are hand-prepared with care, attention and sensitivity. We also offer a quick and friendly service, plus aim to be on-hand to answer any questions our customers may have.

*"Magnificent speed and service"*

Leighton. Collishall, Norfolk

#### Dosage Instructions:

Fill a 30ml dosage bottle with spring water plus a teaspoon of brandy or apple cider vinegar (as a preservative). Add two drops of each chosen essence to the mixture and shake. Take seven drops three times daily (morning, late afternoon and evening). Finish whole bottle.



*"I had been suffering from a terrible headache all morning, so I dowsed over Set 2 and picked out Blackberry. After just one dose the headache vanished within minutes! I continued to have a very productive day in the office"*

Stewart. Kendal, Cumbria

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Note: Flower Essences are intended to complement and not replace the benefits of traditional medical practices.

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# Sun Essences

The English Flower Essence Company

## Living Collection



- Blackberry
- Bleeding Heart
- Borage
- Buttercup
- Chamomile
- Cosmos
- Dandelion
- Evening Primrose
- Marigold
- Morning Glory
- Mullein
- Nasturtium
- Peppermint
- Pink Yarrow
- Pomegranate
- Self Heal
- Sunflower
- Tansy
- White Yarrow
- Zinnia

*Natural Essences made from Flowers*



### **Blackberry** *Rubus fruticosus*

This essence is indicated when a person has lots of ideas but lacks the organisational skills to bring them into material form. Blackberry can serve to focus the will and so translate these visions into action.



### **Bleeding Heart** *Dicentra formosa*

This essence is useful if there is extreme dependence within a relationship, which if lost can bring unendurable grief. Bleeding Heart builds a store of nourishment from within, so love can grow from a strong centre.



### **Borage** *Borago officinalis*

Ideal when there is a great heaviness and sadness in the heart, maybe during a period of grief. Borage can enable a person to 'rise above' the situation and be uplifted. It brings optimism, courage, and cheerfulness.



### **Buttercup** *Ranunculous bulbosus*

This essence is indicated when life becomes mundane, then doubt or low self-worth can creep in. Buttercup helps us to appreciate how unique we all are and understand the value of our simple daily tasks.



### **Chamomile** *Cotula anthemis*

Chamomile is useful when there is emotional turmoil or changing moods which can be felt primarily in the solar plexus area, causing distress. This essence can bring balance and calm, plus enhance feelings of serenity.



### **Cosmos** *Cosmos bipinnatus*

When an individual is overwhelmed by too many negative thoughts, communication can become defensive and may be confusing to others. Cosmos cleanses and clarifies the mind processes, enabling dialogue to be kind and of greater integrity.



### **Dandelion** *Taraxacum officinale*

Dandelion is helpful when life has become over-full or intense and the body has grown tense, particularly in the limbs. This essence encourages a more reflective approach and the ability to 'go with the flow.'



### **Evening Primrose** *Oenothera hookeri*

Evening Primrose is indicated when there is fear of deep personal contact; inhibiting sexuality and the ability to love. Often due to emotional deprivation early in life, this flower promotes a healing and beneficial self nurturing.



### **Marigold** *Calendula officinalis*

Marigold is indicated for those whose contact with others tends to be sharp or argumentative, and somehow lacking in sensitivity. This essence helps develop clear communication, but in a warm and compassionate way.



### **Morning Glory** *Ipomoea purpura*

This essence can be useful when there is an erratic lifestyle and a need for stimulants to stay alert. Morning Glory can re-establish the natural body rhythms, sleep becomes refreshing and there is more natural energy available.



### **Mullein** *Verbascum thapsus*

Ideal for those who can be deceitful, Mullein can bring the courage and strength to be true to one's inner conscience. A useful support when one needs to take a stand in the face of possible opposition.



### **Nasturtium** *Tropaeolum majus*

This essence is helpful for the dry, intellectual types who live in their thoughts and detach from feelings. Nasturtium can help to revitalise the mind and bring warmth and vitality. Ideal after periods of excessive mental work.



### **Peppermint** *Mentha piperita*

Peppermint is ideal for those who crave food, but then struggle with muzzy and lethargic minds, a common problem during times of emotional strain. This flower can help balance the system, bringing greater alertness and mindfulness.



### **Pink Yarrow** *Achillea millefol*

Pink yarrow is for those who absorb emotional debris as they are overly sympathetic. This causes emotional confusion and an energy drain. This essence can aid the formational of effective emotional boundaries and true empathy.



### **Pomegranate** *Punica granatum*

An essence for women and an ideal choice for resolving the many difficulties specific to females. Works on all levels, helping women to accept and understand the need to nurture themselves and enjoy their femininity more fully. Pomegranate helps to balance the many conflicts there may be in self expression in the world and the home.



### **Self Heal** *Prunella vulgaris*

Self Heal helps us believe we can, at last, be well again. It re-energises the life force and helps people take greater responsibility for restoring the self. It is an invaluable friend during life's difficult challenges.



### **Sunflower** *Helianthus annus*

The male aspects of the personality, in both male or females, can be either over or under developed. Sunflower can bring balanced empowerment to this masculine side and also encourage qualities of warmth and compassion



### **Tansy** *Tanacetum vulgare*

When an individual's natural energy is suppressed, there can be lethargy and sluggishness, plus a tendency to procrastinate. Tansy can bring a connection to an inner strength and develop a greater sense of direction and decisiveness.