



Wild Daffodil *Narcissus pseudonarcissus*

Wild Daffodil is indicated when your talents seem insignificant or do not appear to fit into society. This essence can help the recognition of their worth. Once they are used with this positive attitude, they can blossom and grow with abundance.



White Violet *Viola odorata*

This essence is indicated when there is a strong awareness of the inner spiritual journey, but you shrink from this divine aspect of yourself, perhaps because of a fear of rejection? White Violet brings feelings of self-acceptance, truth and trust; life becomes an adventure, and it is safer to be sincere and honest with yourself and others

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.



“Wild Daffodil for confidence definitely worked.”

Karren Gray, Wisbeach

“Your Living Essences range are so light, clear, direct and grounded in their message. They hold a special space for me personally and in my work as a Practitioner, Thank you.”

Ally Pica, Littlehampton

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. Coltishall, Norfolk

www.sunessences.org

Sun Essences, Well Cottage, 7 Church Road, Colby, Norwich, NR11 7AB

Tel: 01263 732942 Fax: 01263 732251

Email: vivien@sunessence.co.uk

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

© COPYRIGHT 2007 SUN ESSENCES

© Brochure designed by ADA > www.artstop.biz/graphicdesign T: (07950) 512194

Sun Essences

The English Flower Essence Company

Living Collection



Alpine Gentian
Autumn Leaves
Bluebells
Challice Well
Copper Beech
Dark Mullein
Double Daffodil
Jack by the Hedge
Lungwort
Meadowsweet
Orange Hawkweed
Pansy
Pennyroyal
Pink Cherry
Primrose
Ramsons
Red Chestnut
Snowdrop
Wild Daffodil
White Violet

Natural Essences made from Flowers



Alpine Gentian *Gentiana Nivalis*

This essence brings deep calmness and promotes a deeper experience of relaxing spiritual practises such as yoga or meditation. From this profound place of being the intuition becomes heightened, so it may be possible to understand a person or problem in a fuller way and explore more creative and positive ways forward.



Autumn Leaves (All colours) - Transition

Today many find themselves living 'lifetimes within lifetimes', like the cycles of nature. This essence eases the way through these periods of change, as it encourages us to find winter's rest and reflection, and when spring comes, to break through our shell and take up a new life opportunity.



Bluebells (Mixed Colours) *Endymion non-scriptus*

Nature's panacea, use whenever life seems full on and you are finding it difficult to cope with the pressure. Consider also for trauma, anxiety grief, or feeling isolated and depressed. Bluebell uplifts, bringing stillness and tranquillity.



Chalice Well

This essence is made with water from the Chalice well, a red iron spring in Glastonbury. This ancient and deep source of water helps to dissolve imprints from the past. These old patterns can be quite aggressive, draining energy and taking a real hold. This essence brings renewal, unblocking channels of energy and bringing in new light. It is ideal when there is a need to rejuvenate and restore.



Copper Beech *Fagus sylvatica*

Copper beech is indicated when you are feeling disorientated, panicky, scattered and unable to focus. There may also be times when you forget where you are or what you've done. This essence helps you feel present, centred and rooted.



Dark Mullien *Verbascum nigrum*

This essence is an ideal choice when a clear mind is desirable and there is taxing mental work to be done. It helps the body stay straighter and feel supported, which enhances consciousness and promotes high energy levels. Prevents heavy energies from the surrounding environment from draining or zapping energy, so an aid to vulnerable and sensitive types who need to keep functioning



Double Daffodil *Golden Dukat*

Double Daffodil can help those who have a rigid and constricted attitude and find it difficult to be expressive. It opens the heart to the rich abundance of life and allows in feelings of joy and happiness.



Jack by the Hedge *Allaria petiolata*

For sensitive, fragile and delicate individuals, easily run down. This essence is ideal when emotional pain e.g. grief, has weakened the constitution, leaving you feeling low. Jack can strengthen the heart, which can bring support to the system's defences.



Lungwort *Pulmonaria officinalis*

Lungwort opens the breathe, and connects you more fully with the universal life force which can mend and revitalise your energetic body. This process is gentle and ideal for those of a delicate constitution who need strengthening.



Meadowsweet *Filipendula ulmaris*

Meadowsweet is for those who tend to present a false, superficial front. They are usually popular, but their flattering ways are an insurance that others will continue to like them. This essence helps them to be more genuine with others.



Orange Hawkweed *Pilosella aurantiacum*

Orange Hawkweed can stop things 'settling into the system', so can be used as a protection against psychic pollution, or the effects of shattering experiences. It can clear and re-charge so is an ideal choice when you are 'stuck' with life, and you begin to understand the true self, straighten things out, and get a more objective view on life.



Pansy *Viola tricolor*

Pansy boosts the vitality of the system and strengthens resistance. Excellent topically in creams and oils. Useful alongside Ramsons and Jack by the Hedge.



Penny Royal *Mentha pulgегium*

Clears the mind of psychic contamination, positive clear thinking. This essence helps to clear the system of negative psychic thought forms usually absorbed from others. Individuals may become so clogged that they find it difficult to think clearly. Pennyroyal clarifies the mind and eases confusion. Mental vitality returns and they feel positive.



Primrose *Primula vulgaris*

Primrose is indicated when difficulties from childhood affect your life, perhaps through feeling low, and a deep unexplained sadness. 'Crushed' and repressed feelings are gently released as this essence nourishes and comforts the inner child. The Primrose essence helps you feel refreshed, with a lighter approach to life.



Pink Cherry *Prunus Kansan*

For those lacking a mothers nurturing love and care when young. They feel neglected and unsupported by those around them. Pink Cherry brings comfort and love, like a warm soft blanket.



Ramsons (Wild Garlic) *Allium ursinum*

If you feel congested or sluggish, Ramsons can 'burn' off the dross and direct strength where it is needed. It is helpful in reducing the effects of heat, so ideal for people who become easily feel overheated. It can raise levels of resistance and boost one's inner reserves at the beginning of winter.



Red Clover *Trifolium pratense*

In adverse situations, individuals can become affected by the atmosphere of distress around them, particularly with incidents of mass hysteria, and lose touch with themselves. In this situation it's easy to act out of character. This essence is an anchor so they can stay in touch.



Snowdrop *Galanthus nivalis*

For frozen, numbed or locked down emotions, perhaps due to past abuse, sometimes sexual. Snowdrop will help to cleanse and purify emotions and move you to a place where you can start again. It brings new light on situations and initiates forgiveness and trust. You can learn to be more open or creative, more connected to loving situations.