NEW ZEALAND NATIVE FLOWER ESSENCE REFERENCE GUIDE

Award winning comprehensive range of 184 New Zealand native flower and plant essences. Natural vibrational remedies to support holistic wellbeing and restore balance and harmony.

Specialist producers, suppliers and training providers of New Zealand’s first range of native flower and plant essences.

www.firstlightfloweressences.co.nz
NATURAL HOLISTIC WELLBEING
New Zealand Native Flower and Plant Essences

First Light Flower Essences of New Zealand® produces a comprehensive range of 184 New Zealand native flower and plant essences for natural holistic wellbeing. These natural vibrational formulations are arranged in 15 essence collections or families of essences that focus on different aspects of life and wellbeing. They provide a powerful yet gentle means to help you meet and address the many challenges of the 21st century.

What are Flower Essences?

First Light® flower essences are the energetic keynotes of a specific order of New Zealand native plants that gently support alignment, harmony and balance on all levels of the holistic organism, including the emotional, mental and spiritual levels. They can be used on an ongoing basis for holistic wellbeing, support and personal development.

Flower essences are plant vibrations, plant energy, held in pure water. They are created when flowers or plants release their essential healing energies or vibrational blueprint into water. The essence is then naturally potentised to amplify its efficacy. New Zealand’s ancient pristine flora has evolved in isolation for millions of years producing plants with unique qualities not available anywhere else in the world. They are unique in that they carry a natural energetic blueprint for the perfect state of wellbeing.

Nature’s Healing Matrix®

A natural five-fold process exists in all healing whether it is nature itself or a human being going through a healing process. Referred to as ‘nature’s healing matrix’ this process is encoded into the structure of the First Light® flower essences and is a core aspect of the sacred plant medicine of Aotearoa. It is a perfect reflection of the sacred healing methods used by medicine women and men for countless generations. By working with this process and with nature, an individual can restore their own inherent energetic wellbeing and wholeness.

How to Use

First Light® flower essences are simple to use and come in 10ml stock bottles. They can be used directly from the stock bottle or made into treatment blends.

Directly From Stock Bottle
- Place 3 drops of stock essence under the tongue or add to a glass of water.
- Repeat 3-4 times daily or as required.

Making a Treatment Blend
- Add 5ml or one teaspoon of brandy (cider vinegar if preferred) to a 20-25ml glass dropper bottle and fill with pure spring water.
- Add 3 drops of the selected stock essence (up to 8 different essences can be used to make up a blend).
- Place 2-4 drops from the treatment bottle under the tongue 3-4 times a day or as required.
- Treatment blends should be used within 4-6 weeks.

THE FIRST LIGHT® STORY
The Spirit of Aotearoa - Te Wairua o te Aotearoa®

In 1975 Franchelle Ofsoské-Wyber, co-founder of First Light Flower Essences of New Zealand® first began her work with native New Zealand plant and flower essences. This work progressed and continued to develop in subsequent years.

The Age of Cherishing Waters

At the dawn of the new millennium in July 1999 when the ancient people traditionally celebrated the New Year, a call was sent out by the two co-founders of First Light Flower Essences of New Zealand® Franchelle Ofsoské-Wyber and Anthony Wyber at a special ceremony conducted to officially welcome the Aquarian Age, ‘The Age of Cherishing Waters’. The call asked the Atua, the gods and goddesses, the nature power of Aotearoa, New Zealand to provide the people of the world, the world community, with the healing necessary for the unprecedented holistic and spiritual challenges and difficulties to be faced by them and the planet in the 21st century.

In the ancient shamanic tradition of call and response, the call must be sent out and the answer must be clearly received. As the first light of a new millennium appeared on the eastern horizon, the powerful spiritual forces of Aotearoa answered this call and First Light Flower Essences of New Zealand® came into being.

A Sacred Taonga, Treasure

With the help of the ancient Earth guardians and in total cooperation with nature, the range of 184 First Light® flower and plant essences were created from the ancient pristine native forests of New Zealand. First Light Flower Essences of New Zealand® are a sacred taonga, treasure and a pure living embodiment of the sacred plant medicine of New Zealand.

“Western medicine is man-made and essentially pharmaceutical in character... our sacred plant medicine is completely natural and produced from the Sun, pure water and healing plant.”

Dr. Rangimarie Turuki Arikirangi Rose Pere

THE SACRED PLANT MEDICINE OF AOTEAROA: Vol 1

Written by award winning vibrational medicine and holistic healing expert Franchelle Ofsoské-Wyber

This groundbreaking book - The Sacred Plant Medicine of Aotearoa Vol 1, provides in depth information on the extraordinary qualities of New Zealand native flowers, ferns, trees, seeds and plants and how they can be used to support everyday holistic wellbeing.

Covering First Light® essences No’s 1-84, this definitive ethnobotanical reference book restores the ancient teachings of indigenous plant medicine that are the basis of the sacred plant medicine of Aotearoa.
Personality Expressions and Attitudes

The 36 native flower essences focus on the personality, addressing the 36 personality archetypes, expressions and predispositions that can express in a positive or negative manner. They also address disharmonious attitudes, emotions, mindsets, responses, moods and states held at the level of the personality.

1. **POHUTUKAWA:** Initiative Self-awareness; self-assertion; power used with wisdom; personal will and strong sense of self. Weak willed; can't say no; over-eager to please; easily influenced; submissive; anger.

2. **NATIVE FLAX:** Enthusiasm Eager; forthright; motivated; lively; quick thinking and acting; patient. Impatient; tense; frustrated; irritable; flares up quickly; impetuous; abrupt; headstrong; overly enthusiastic; fires easily.

3. **COOK STRAIT GROUNDSEL:** Confidence Direct self-focused action; self-motivated; undeterred by challenges. Lack of self-confidence; despondency; convinced of failure; doubts abilities so won't try.

4. **MARLBOROUGH ROCK DAISY:** Self-Worth Feels good about self; trusts instincts; clear values; quiet courage; positive relationship with life. Low self-worth; nervous; anxiety prone; specific fears of known things.

5. **NATIVE PASSIONFRUIT:** Abundance Inner vitality and strength to cope with difficulties; the ‘money’ flower. Procrastination; Monday morning blues; temporary mental fatigue; tiredness; doubts ability to cope.

6. **NEW ZEALAND JASMINE:** Perseverance Endurance; resourceful; turns negatives into positives; knows own strengths. Exhaustion; workaholic; struggles on despite adversity; exaggerated sense of duty; shoulders others’ burdens.

7. **MOUNTAIN PARAHEBE:** Communication Inner release; powerful balanced mental activity; astute; sees new options. Utter mental despair; has reached limits of endurance but not suicidal; future feels dark.

8. **MATATA:** Adaptability Flexibility; versatile; open-minded; optimistic; constructive thought; discernment; tranquility. Mental hyperactivity; mind chatter; always worrying; distressing unwanted thoughts; nervous tension.

9. **KORU:** Understanding Mental discipline and organisation; learns from experience; problem solving skills. Mental blocks; repeats mistakes; poor or slow learner; can't concentrate; feels mentally inferior or misunderstood.

10. **STARRY HIBISCUS:** Tenderness Selfless love; cares for self; motherliness; inner emotional security. Over-possessive of others; clingy; needy; demands attention; manipulative; self-pity; interfering; martyr-like.

11. **CHATHAM ISLAND GERANIUM:** Nurturing Caring; love of family; emotional independence. Excessive concern for others; worry or over-attachment to loved ones; fearful for others' wellbeing; over-protective.

12. **NATIVE HAREBELL:** Tenacity Loyalty; emotional resolve; resilience; maturity; stability; lives in the present. Dwells in the past; nostalgia; homesickness; sad memories; emotionally stuck; difficulty with change.

13. **KANUKA:** Spontaneity Restored inner strength; feels special and loved; spontaneous self-expression; not afraid to shine. Total exhaustion of body, mind and spirit; no reserves left; feels unable to cope with life.

14. **RENGARENGA LILY:** Creativity Positive idealism; healthy ego; demonstrative; highly creative. Preoccupied; indifferent; day-dreams; can't focus on reality; absent-minded; disoriented; withdrawn; listless.

15. **MINGIMINGI:** Dignity Cheerfulness; serenity; self-respect; consistent creativity. Black depression that comes and goes suddenly with no apparent known cause; feels sad and low.

16. **SMALL WHITE RATA:** Perfection Purity; order; discernment; composure; energetic integrity; wholeness. Feels unclean, ashamed, not good enough; self-dislike and disgust; obsessive compulsive; perfectionist.

17. **AKEPIRO:** Synthesis Tolerant; sympathy; constructive criticism; appreciation of difference; inclusivity. Critical; tense; narrow-minded; intolerant of others; focuses on negatives; over-analytical; rigidity of body or mind.

18. **PURPLE KOROMIKO:** Simplicity Sees the obvious; keeps it simple; efficiency; practical service; desire to assist others in need. Guilt; blame; regret; self-reproach; self-doubt; victim mentality.

19. **LOVERS DAISY:** Love Poise; balance; stays true to self; empowered relating; intuitive decision-making. Indecision; uncertainty; lacks inner balance; fluctuating moods; power games in relationships.

20. **WINEBERRY:** Cooperation Diplomacy; social skills; peace loving; generosity; fairness; sees problems in the right light. Hides worries or anxieties; mental anguish disguised by cheerfulness; plays down difficulties.

21. **HINAU:** Sacred Space Inner certainty; trusts own knowing and intuition; listens to 'inner' voice. Self-doubt; uncertainty, especially of own ability; easily influenced; needs approval of others; seeks others’ opinion.

22. **MANUKA:** Purification Self-regeneration; metamorphosis; in touch with own power; depth of inner experience; balanced sexuality/sensuality. Jealousy; hatred; envy; suspicion; intense frustration; rage; temper.

23. **LACEBARK:** Fearlessness Openness; composure; expresses deeper feelings easily; sharing and intimacy. Overwhelming apprehension about breakdown or losing one’s mind; coping mechanisms overloaded.

24. **POROPORO:** Willpower Staying power; personal resolve; constructive emotional and mental responses. Resentful; bitter; self-pity; blames others; sulky; 'a wet blanket'; victim of fate attitude; smouldering anger.

25. **KOWHAI:** Growth Personal development; able to move on or break bonds with the past; the spirit of adventure. Finds change painful or difficult; difficulty adjusting to changes in life circumstances; unhealthy risk-taking.

26. **KARO:** Foresight Finds one's life purpose, potential, skill and ambition and open to where this may lead. Unchannelled talents; uncertainty regarding life meaning, purpose, goals, life path; dissatisfaction; boredom.

27. **KARAKA:** Knowledge Knows each day brings opportunity; believes everything will work out; passes on wisdom and experience. Easily discouraged and depressed; pessimistic; can't see the meaning in anything.

28. **CHATHAM ISLAND FORGET-ME-NOT:** Aspiration Carries self with authority and conviction; secure in one’s place in the world; self-recognition. Dominating; ruthless; over-ambitious; power seeking; inflexible.

29. **MAIREHAU:** Achievement Detached; neutral; uninvolved; performs at optimal level; strong and capable; leadership abilities. Temporary feelings of inadequacy; overwhelmed by tasks or responsibilities.

30. **NGAIO:** Responsibility Consolidation; commitment; accepting limitations; rekindled optimism. Utter despair; hopelessness; despondency; apathetic; has lost sense of humour.
31. **NATIVE IRIS**: **Individuality**  
A torchbearer; able to inspire and uplift others; the activist; creates change. Lives on nerves; overbearing; inflexible; fanatical; excessive zeal; inciting unrest.

32. **ICE PLANT**: **Freedom**  
Adaptability; open minded idealist; broadminded; high principled standards. Self-denial; hard on self; rigid strict views and outlook; sanctimonious; intensely dogmatic.

33. **REWAREWA**: **Participation**  
Tactful reserve; wisdom; approachable; social consciousness and awareness. Aloof; a loner; appears proud but feels emotionally isolated and lonely; social alienation or withdrawal.

34. **HEKTARA**: **Unity**  
Compassion; sensitivity; aware of others’ pain, grief and suffering. Anxiety; foreboding; apprehension; fear of unknown things; escapist tendencies result in not managing material responsibilities.

35. **CREEPING PRATIA**: **Empathy**  
The psychic; clairvoyant; interested in others; helpful but able to say no without feeling guilty. Self-centred; seeks attention; saps others’ energy; a poor listener; fixated by own troubles.

36. **NATIVE LINEN FLAX**: **Service**  
Devotion; kindness; self-directed; inner motivation; lives one’s ideals and dreams. Resigned; apathetic; lack of interest; underdog; no effort for self-improvement.

37. **KING FERN**: **Security**  
Self-preservation; feels alive, present and physically safe and secure. Physical/survival trauma; physical abuse; insecurity; de-vitalisation; avoidance issues around life or death; accident prone. Layer of the aura: Physical / etheric.

38. **RASP FERN**: **Boundaries**  
Healthy emotional or sexual boundaries; feels emotionally safe; emotional consistency. Emotional/sexual trauma; emotional abuse; insecurity; dependent; needy; volatile; emotional/sexual dysfunction. Layer of the aura: Emotional.

39. **SHAKING BRAKE FERN**: **Empowerment**  
Self-definition; feels adequate; empowered by life experiences. Disempowerment trauma; mental insecurity or disconnectedness; feelings of inadequacy. Layer of the aura: Lower mental / intellectual.

40. **SILVER FERN**: **Trust**  
Self-acceptance; knows who and what to trust; self-trust. Heartfelt trauma; loss, abuse or betrayal of love or trust; grief; rejection issues; heart-break; hatred; jealousy; issues around giving

41. **PRINCE OF WALES FEATHERS FERN**: **Respect**  
Self-respect; feels heard; creative expression. Humiliation trauma; judgement; shame; issues around speaking out or being heard; lacks respect for self or others. Layer of the aura: Higher mental.

42. **STAR FERN**: **Authenticity**  
Self-reflection; knows one’s own reality; living authentically. Reality trauma; self-doubt; sense of unreality or disillusionment; life in constant turmoil; invalidation of one’s personal reality. Layer of the aura: Lower spiritual.

43. **PLUMED MAIDENHAIR FERN**: **Direction**  
Self-knowledge; sense of purpose; clear expression of spirituality; inner direction. Spiritual trauma; confusion; feels directionless or lost; uncertainty; escapist or self destructive tendencies. Layer of the aura: Higher spiritual

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**THE FERN COLLECTION®**  
10ml stock  Moving Beyond Pain - Clearing the Aura  
**Complete Aura Clearing and Maintenance Kit**

The seven native fern essences focus on the aura and address the seven types of fundamental traumas that we can experience. They have a clearing and restorative effect on the whole energy field.

The human aura is a multi-layered energetic structure or energy field that surrounds us. It holds within it the influences of everything we have ever experienced. Consequently, any unresolved traumas of any type or degree will continue to energetically exist within our aura, until they are cleared.

44. **KAHIKATEA**: **Structure**  
Stable; self-sufficient; grounded; structured; feels supported, safe and secure. Addiction to security; materialistic; overly strict routines; avoids responsibilities; feels unsupported. Chakra: Base chakra.

45. **MATAI**: **Fluidity**  
Flexibility; ease; emotional balance; tranquility and wellbeing; natural healthy desires and feelings; open to and comfortable with change. Reactive emotional responses; obsessive emotional attachments; addiction to pleasure; emotional dependency or manipulation. Chakra: Sacral chakra.

46. **TOTARA**: **Inner Power**  
Personal power; balanced use of power; strength of will; positive self image. Dominating; power hungry; temper tantrums; weak will; feelings of inferiority; the bully or the victim. Chakra: Solar plexus chakra.

47. **KAURI**: **Beauty**  
Self-acceptance; loving; empathetic; self-loving; healthy intimate relationships. Co-dependency; clinging; inability to give of one’s self or respond to love; insincerity in love; intolerant of self and others. Chakra: Heart chakra.

48. **MAIRE**: **Healing**  
Communication; self-expression; knows when to speak and when to be silent; enriched creative self-expression. Too much talking; poor auditory comprehension; unkind speech; difficulty communicating or expressing oneself. Chakra: Throat chakra.

49. **MIRO**: **Intuition**  
Inner awareness; ability to see limitless possibilities; intuitive; perceptive. Overly idealistic; obsessions; delusions; hallucinations;
behavioural patterns that are our true relationship with all life. DNA holds the energetic blueprints that are the expression of our perfected nature. They can help to release us from powerful core negative beliefs that have blocked or restored the original divine blueprints or energetic patterns of right living at a DNA level.

The 12 native seed essences focus on the metaphysical layers of DNA and work to

THE SEED COLLECTION®
10ml stock Restoring DNA Master Patterns for Living

Primordial Light Codes of Power
The 12 native seed essences focus on the metaphysical layers of DNA and work to restore the original divine blueprints or energetic patterns of right living at a DNA level. They can help to release us from powerful core negative beliefs that have blocked or limited us from being who we feel we truly are.

DNA holds the energetic blueprints that are the expression of our perfected nature. They are ‘primordial light codes of power’ - 12 primary patterns that equate to the 12 behavioural patterns that are our true relationship with all life.

50. **RIMU: Connection** Spiritual wisdom; spiritual clarity and focus; open minded; inner connection; aware. Overly intellectual; addicted to spiritual beliefs and practices; extreme nervous anxiety; rigid, limited beliefs. Chakra: Third eye chakra.

51. **BROADLEAF: Reverence** Right living; care for one’s physical environment, self and family. Negative hereditary beliefs, life patterns and fears around life, death, money and material matters.

52. **NIKAU PALM: Non-Attachment** Right emotional behaviour; enhanced emotional awareness. Negative hereditary beliefs, life patterns and fears around emotional expression, sex, sensuality, enjoyment, pleasure, nurturing and partnership.

53. **WHARANGI: Non-Judgement** Right use of power; empowered from within; measured responses. Negative hereditary beliefs, life patterns and fears around inner power, empowerment and expression of power.

54. **HOUPARA: Compassion** Right relationship; compassion; empathy; deep genuine heartfelt relatedness. Negative hereditary beliefs, life patterns and fears around intimate relationships, compassion, trust and beauty.

55. **HANGEHANGE: Truth** Right speech; truthful; sincerity; integrity; high levels of creativity; ease of communication. Negative hereditary beliefs, life patterns and fears around creativity, communication and humiliation.

56. **INKBERRY: Vision** Right thought; being guided by inner wisdom; insight; create a new personal vision; inspired revelations. Negative hereditary beliefs, life patterns and fears around ideals, dreams, intuition and facing reality.

57. **CABBAGE TREE: Sovereignty** True independence of spirit; able to recognise one’s true priorities and path. Negative hereditary beliefs, life patterns and fears around spirituality, religion and losing control mentally.

58. **RAMARAMA: Life Purpose** Purposeful living; releases one’s personal will to divine will; instrumental in the restoration and creation of order. Negative hereditary beliefs, life patterns and fears around life purpose and place in the world.

59. **STAR LILY: Unconditional Love** Universal love; divine love and compassion; sees all-encompassing beauty and unity of all life. Negative hereditary beliefs, life patterns and fears around unconditional love, the oneness of life and being spiritually forsaken.

60. **DRAGON LEAF: The Will ~To~ Good** Compassionate wisdom; consciously working with divine mind. Negative hereditary beliefs, life patterns and fears around right creation and participating in the divine plan.

61. **MOUNT COOK LILY: Peace** The divine feminine; peace; forgiveness; natural expression of feminine power. Negative hereditary beliefs, life patterns and fears around the divine feminine as a powerful force in the universe.

62. **RAUPU: The Will ~To~ Be** The divine masculine; benevolence; natural expression of masculine power. Negative hereditary beliefs, life patterns and fears around the divine masculine as a powerful force in the universe.

THE PLANT COLLECTION®
10ml stock Enhance Life Experiences - Live Life Consciously

The Soul’s Evolutionary Journey
The 22 native plant essences focus on the soul and are designed to enhance life’s experiences and to assist the soul to move through the 22 universal archetypal life challenges and situations encountered on the journey of life.

The soul is that part of us that is here to learn and evolve on its individual journey of growth and development. The challenges, tests, trials and initiations that we meet on that journey are an opportunity to progress and emerge more empowered and whole.

63. **KARAMU: Manifestation** Focused intent; directed will; capable; belief in oneself and abilities; multitasking; the juggler. Unable to cope or to manifest what one needs; overwhelmed by life; scattered energies; unable to tap into one’s full potential. Soul lesson: Knowing one has all the resources needed at one’s disposal.

64. **KOROMIKO: Wisdom** Use of intuitive processes; personal equilibrium; inner poise and tranquility; clear perception; self-knowledge. Feels isolated; misunderstood; empty; feels alienated; inhibited; withdrawn; questions validity of one’s own ‘knowing’. Soul lesson: Remaining neutral and detached to access wisdom and understand deeper significances.

65. **TREE FUCHSIA: Feminine Power** Abundance; receptivity; inner harmony; secure within one’s femininity. Emotional dissatisfaction; suppressed or unsuccessful creativity; always giving; neglects own feelings and needs. Soul lesson: Living abundantly, harmoniously and creatively with others.

66. **RANGIORA: Masculine Power** Leadership; foresight; organisation; personal authority; autonomy. Dominating; stubborn; unemotional; needs to prove oneself to others; intimidated by authority figures. Soul lesson: Embracing leadership; taking responsibility and acting in an empowered and purposeful manner.

67. **RED RATA: Guidance** Spiritual autonomy; receives a flow of guidance; open to signs and messages in everyday life. Extreme conservatism; fearful
of what others will think; superstitious; ignores own inner prompting. **Soul lesson:** Being directed by inner guidance and one’s spiritual connectedness.

68. **PURIRI:** Discrimment Discrimination; appropriate life choices; balance, inner unity and wholeness. **Inner conflict:** poor choices in love or in life; entering into relationships for the wrong reason. **Soul lesson:** Developing powers of discernment and discrimination.

69. **BRACKEN FERN:** Triumph Overcoming challenges; bounces back from adversity; willpower; drive for success. **Contradictory thoughts and emotions:** feels defeated by obstacles; afraid of opposition or competition. **Soul lesson:** Mastering opposing forces and influences.

70. **HEN AND CHICKENS FERN:** Strength Passion for life; inner strength; courage of heart; emotional stamina; control over one’s animal instincts. **No passion for life:** inner rage at not being centre of attention or getting one’s way; controlled by one’s inner weaknesses; infantile. **Soul lesson:** Harnessing the power of emotions.

71. **COASTAL CONVOLVULUS:** Reflection Capacity to go within; contemplation; restoration of spirit; self-reliance; draws wisdom from life experience. **Overly introspective:** aloof; melancholy; life weighs heavily on one’s shoulders; refuses to take advice or learn from experience. **Soul lesson:** The capacity for self-examination and self-reflection.

72. **SHINING SPLEENWORT:** Synchronicity Timely action; going with the flow; attuned to natural cycles, rhythm and timing. **Missed opportunities:** unlucky; trapped in negative cycles of karma; gets lost in side issues. **Soul lesson:** Aligning oneself with the synchronicity of the universe.

73. **COASTAL LOBELIA:** Decisiveness Equanimity; mental strength and clarity; cool logic; fairness; neutrality. **Lack of objectivity:** difficulty making a decision; prejudice; biased attitude; victim mentality. **Soul lesson:** Enhancing one’s capacity for objectivity and decisiveness.

74. **GOLDEN COROKIA:** Grace Inner grace; patience; devotion; sacrifice; letting go; sees matters from a different perspective. **Resignation:** stuck in limbo; midlife crisis; meets situations with lack of grace. **Soul lesson:** The capacity for self-examination and self-reflection.

75. **WHAU:** Release Rebirth; regeneration; death type situations; loss; endings; eliminating and shedding the old; ready for change. **Fear of death and endings:** inertia; burnt out; feels dead or utterly lost inside. **Soul lesson:** Being able to see life from a different perspective.

76. **NATIVE HAWTHORN:** Moderation Restraint; forbearance; diplomacy; steadiness of effort; adaptability. **Mood swings:** wastes one’s energy; over-reactive; intolerant; out of balance; everything feels in a muddle. **Soul lesson:** The ability to use one’s energies wisely in a balanced way.

77. **CLEMATIS:** White Light Protection Humour; able to keep one’s spirits up; comfortable with one’s own power; power used wisely; unafraid; faces one’s fears. **Fear:** manipulation; gives one’s power away; attracts negative energies; addictive repetitive scenarios. **Soul lesson:** Remembering to not take oneself too seriously.

78. **AKEAKE:** Change Initiates and responds positively to change; re-orientation after shock or crisis; faces the truth. **Hides behind a facade:** inner paralysis; state of shock or disbelief; unable to be comforted. **Soul lesson:** The ability to dismantle what is false or artificial in life.

79. **FRAGRANT FERN:** Hope Healing; connection to higher spiritual energies; help; protection; luck; inspiration; assistance from higher sources. **Hopelessness:** depression; utter despair; feels lost and abandoned by God or spirit; ‘dark night of the soul’. **Soul lesson:** Redefining oneself and aligning with one’s destiny.

80. **RAGLAN ROSEBERRY:** Clarity Listens to one’s gut feeling; access super-sensory and psychic abilities. **Total confusion:** feelings and emotions run high; feels lost or completely in the dark; feels one is going crazy. **Soul lesson:** Developing increased levels of supersensory capacity and psychic ability.

81. **TANEKAHA:** Joy Happiness and optimism; sunny disposition; ordinary activities give pleasure; freedom at a soul level. **Despondent:** gloomy; jaded outlook on life; doubtful; weary; pessimistic; boredom. **Soul Lesson:** The enhanced capacity to radiate increased levels of joy.

82. **GOLDEN TAINUI:** Renewal Transformation; responds to the soul’s call to action; new possibilities; revitalisation. **Stuck at the crossroads:** delays decisions; closed mind to new possibilities; refuses to respond to inner call. **Soul lesson:** Being receptive to totally new possibilities.

83. **KAKABEAK:** Completion Fulfillment; successful closure; sense of true self; spiritual development; total transformation; the dancer ready to begin a new dance with life. **Instability:** lack of resolution; life out of balance; lack of closure; has not learned the required lessons. **Soul lesson:** Wholeness and stability resulting from successful closure and resolution.

84. **KAWAKAWA:** Faith Moves forward fearlessly; ready to take a leap of faith; enthusiasm; interest for life; able to be in the moment; ready for the next adventure; open to new experiences. **Blind faith:** recklessness; folly; foolish; naïve attitude to life; careless. **Soul lesson:** Moving in faith into deeper levels of the unknown.

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**THE HEALERS COLLECTION®**

10ml stock Working In Harmony With Nature

The Wisdom and Path of the Healer

The 12 native teacher plant essences have been created from specially selected native New Zealand teacher plants or whakahirahira plants that are of a particular potency and high order.

They are for practitioners, those in the healing and helping professions, caregivers and all those who are personally walking the healing path or working with those in need of support on their healing journey.

85. **BLACK MAMAKU:** The Healer Opening up to the healing journey; connecting with one’s inner healer; stepping onto the path of the healer; move into timeless healing space; invoke the healer’s powers; hearing the call to heal.

86. **ANCIENT KAURI:** Path of Heart Staying in heart; sustain a heart centred healing focus; tap into the wealth of healing knowledge of the ancestors of the land; accessing the wealth of knowledge of the past; healing from the heart.

87. **MAIRE TAWAKE:** Autonomy Staying in your own power centre; self-reliance; not needing anything from the client; not being swamped by others’ processes; learning to prevent negative energy from clinging to you.

88. **WHEKI:** Self-Care Caring for your healer self; knowledge of and practical application of the principles of holistic healing and living; being alert to your own needs; staying open to expansion; continuing to grow on your path.
99. **BLACK SHIELD FERN**: Double Protection
Maximum energetic protection; to close off energetically; take time out; choosing to be energetically unavailable; recharging your batteries; for high levels of sensitivity to any stimuli.

100. **SMOOTH SHIELD FERN**: Healers Protection
For those in the counselling, healing, caring or health professions; allows one to stay open and empathetic while maintaining personal objectivity and energetic autonomy.

101. **TRIANGULAR FERN**: Triangle of Power
Activating the triangle of healing power; linking in yourself and the client with the highest spiritual energy; calling on the highest spiritual forces for assistance or information.

102. **LACE FERN**: Energetic Integrity
Restoring and maintaining the auric pattern and energetic integrity; recalibration of one’s own perfect energy pattern; honouring one’s uniqueness and gifts; fulfilling one’s healing destiny.

103. **KIOKIO**: Metaphysical Sensitivity
Feeling for the energy; enhances clairsentient abilities; useful for the practitioner wishing to feel, sense, identify and physically register their clients’ energies clairsentiently.

104. **FIVE FINGER**: Supersensory Gifts
Equal development and use of the five subtle senses; activating the five subtle senses - clairsentience, clairvoyance, clairaudience, clairknowing and clairgustus - psychic taste and smell.

105. **TOOTHED LANCEWOOD**: Responsible Creation
The power of thought; awareness; truthfulness; creating your own reality; for understanding thoughts are things; for the after effects of a challenging client; helps remove psychic barbs or arrows of negative thought from the energy field.

106. **SWORD FERN**: Neutrality
Maintaining objectivity; identifying the main issue; valuing others’ viewpoints; relaying information concisely; clarity of communication; not twisting words to suit; severing outdated energetic cords or ties.

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**THE SHAMANIC COLLECTION**

10ml stock Treat the Cause - Heal the Spirit

The Wisdom and Path of the Shaman

The 24 native teacher plant essences are a specialist range of native New Zealand teacher plants of a particular potency and high order. Medicine men, women, shaman and wise men and women throughout the ages and throughout all cultures have always worked with teacher plants for wisdom and guidance. These essences are for practitioners and all those who are personally walking the shamanic pathway or working with those in need of more specialised shamanic levels of assistance and intervention.

97. **PARATANIWHA**: The Shaman
Accessing the spirit world; walking between the worlds; connect with one’s inner shaman; bridges the gap between ordinary and non-ordinary reality; connecting with one’s guide to the spirit world.

98. **NATIVE DAPHNE**: Reading the Signs
Being guided daily by the signs in life; interpreting correctly the signs in nature and the spirit world; recognising omens and true messages and knowing what they mean.

99. **PALE FLOWERED KUMERAHOU**: Devic Connections
Linking in with the spiritual forces of the land/place; sacred offerings; payment for accessing magical pathways; earth magic; nature power; the ‘fairy tree’; linking into the fairy folk.

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97. **PARATANIWHA**: The Shaman
Accessing the spirit world; walking between the worlds; connect with one’s inner shaman; bridges the gap between ordinary and non-ordinary reality; connecting with one’s guide to the spirit world.

98. **NATIVE DAPHNE**: Reading the Signs
Being guided daily by the signs in life; interpreting correctly the signs in nature and the spirit world; recognising omens and true messages and knowing what they mean.

99. **PALE FLOWERED KUMERAHOU**: Devic Connections
Linking in with the spiritual forces of the land/place; sacred offerings; payment for accessing magical pathways; earth magic; nature power; the ‘fairy tree’; linking into the fairy folk.
116. **ALPINE BABY FERN**: The Mother Breath of spirit; times of spiritual gestation or inner growth; giving birth to oneself; to connect with and call in the spirit of a child, creation or enterprise; to assist or make peace with a child in spirit.

117. **CLUTHA RIVER DAISY**: The Crone Spiritual initiations; birth, life, death; assists the spirit of those in transition on the web; releases and clears souls who are lost, stuck or grounded in otherworld realms; clears ancestral lines.

118. **SILVER PINE**: Language of the Stones Environmental shamanism; ghostbusting; lays the spectre, ghosts or grievances of the past to rest; clears or liberates the energies trapped in locations, land or buildings; transformation of the energy of spaces; liberates old stuck unproductive energy.

119. **HUTU**: Council Fire Calling on higher forces for divine intervention; divine justice; mediation on behalf of another; the restoration of divine order; invoking universal law; the Knowledge Tree; aligning with the ancient path; a warning in spirit to those cutting across the oneness.

120. **GOLDEN SPEAR GRASS**: Standing for the Sacred Standing for a better world; master of light; light in extension; awakening the kundalini, a conduit through which the power of the creator can flow; the small still point; the thunderbolt; dispeller of the darkness associated with possession.

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**THE ORCHID COLLECTION**

10ml stock  The Fairy Remedies of the Patupaiarehe

**Keeper of the Fairy Realm**

The eight native orchid essences are essences of spiritual transformation that are a natural and vital vibrational support at a chakra level for the new wave of highly sensitive children and souls who are now appearing on the planet in ever greater numbers. These essences address the issue of disconnection at a chakra level and are an invitation for stellar light to enter into the chakras enabling the chakras to be transformed into chalices radiant with stellar light.

121. **FOREST ORCHID**: Fairy of the North Creates powerful magical connections with the faery realm, the element of earth, and the gifts of the North. Anchors stellar light from the North into the base chakra. Re-vivifies, upgrades and aligns the base chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo spiritualis* and the ‘star’ children.

122. **FAIRY BOUQUET ORCHID**: Fairy of the West Creates powerful magical connections with the faery realm, the element of water and the gifts of the West. Anchors stellar light from the West into the sacral chakra. Re-vivifies, upgrades and aligns the sacral chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo spiritualis* and the ‘star’ children.

123. **SPRING ORCHID**: Fairy of the East Creates powerful magical connections with the faery realm, the element of air and the gifts of the East. Anchors stellar light from the East into the solar plexus chakra. Re-vivifies, upgrades and aligns the solar plexus chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo spiritualis* and the ‘star’ children.

124. **FAIRY SCEPTRE ORCHID**: Fairy of the South Creates powerful magical connections with the faery realm, the element of fire and the gifts of the South. Anchors stellar light from the South into the heart chakra. Re-vivifies, upgrades and aligns the heart chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo spiritualis* and the ‘star’ children.

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**THE FERN ALLY COLLECTION**

10ml stock The Sacred Kaitiaki - Guardians and Protector Spirits

**Keeper of the Sacred Guardians**

The eight native fern ally essences are essences of spiritual transmutation that are a natural and vital vibrational support at an aura level for the new wave of highly sensitive children and souls who are now appearing on the planet in ever greater numbers. These essences address the issue of disengagement at an aura level and are an invitation for stellar light to enter into the aura to build the bands of power and create the personal power shield.

125. **ELFSHOOD ORCHID**: Fairy of the Rainbow Bridge Creates powerful magical connections with the faery realm and the gifts of the Rainbow Bridge. Anchors stellar light from the Centre into the etheric heart chakra. Re-vivifies, upgrades and aligns the etheric heart chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo spiritualis* and the ‘star’ children.

126. **TREE OF LIFE ORCHID**: Fairy of the Lower Earth Creates powerful magical connections with the faery realm and the gifts of the Lower Earth. Anchors stellar light from the Lower Earth into the throat chakra. Re-vivifies, upgrades and aligns the throat chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo spiritualis* and the ‘star’ children.

127. **SUN ORCHID**: Fairy of the Upper Heavens Creates powerful magical connections with the faery realm and the gifts of the Upper Heavens. Anchors stellar light from the Upper Heavens into the third eye chakra. Re-vivifies, upgrades and aligns the third eye chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo spiritualis* and the ‘star’ children.

128. **HORNS ORCHID**: Fairy of the Infinite Creates powerful magical connections with the faery realm and the gifts of the Infinite. Anchors stellar light from the Infinite into the crown chakra. Re-vivifies, upgrades and aligns the crown chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo spiritualis* and the ‘star’ children.

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129. **OWLS FOOT CLUBMOSS**: Guardian of the North Calls in one’s personal guardian and protector spirits of the North. Anchors stellar light from the North into the first layer of the aura. Re-vivifies, upgrades and aligns the first layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo spiritualis* and the ‘star’ children.

130. **CASCADE CLUBMOSS**: Guardian of the West Calls in one’s personal guardian and protector spirits of the West. Anchors stellar light from the West into the second layer of the aura. Re-vivifies, upgrades and...
aligns the second layer of the aura bringing it into energetic alignment with the higher vibrational resonance of Homo spiritualis and the ‘star’ children.

131. **Upright Clubmoss: Guardian of the East**
Calls in one’s personal guardian and protector spirits of the East. Anchors stellar light from the East into the third layer of the aura. Re-vivifies, upgrades and aligns the third layer of the aura bringing it into energetic alignment with the higher vibrational resonance of Homo spiritualis and the ‘star’ children.

132. **Hanging Clubmoss: Guardian of the South**
Calls in one’s personal guardian and protector spirits of the South. Anchors stellar light from the South into the fourth layer of the aura. Re-vivifies, upgrades and aligns the fourth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of Homo spiritualis and the ‘star’ children.

133. **Naked Fern: Guardian of the Rainbow Bridge**
Calls in one’s personal guardian and protector spirits of the Rainbow Bridge. Anchors stellar light from the Centre into the fifth layer of the aura. Re-vivifies, upgrades and aligns the fifth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of Homo spiritualis and the ‘star’ children.

134. **Fork Fern: Guardian of the Lower Earth**
Calls in one’s personal guardian and protector spirits of the Lower Earth. Anchors stellar light from the Lower Earth into the sixth layer of the aura. Re-vivifies, upgrades and aligns the sixth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of Homo spiritualis and the ‘star’ children.

135. **Adders Tongue: Guardian of the Upper Heavens**
Calls in one’s personal guardian and protector spirits of the Upper Heavens. Anchors stellar light from the Upper Heavens into the seventh layer of the aura. Re-vivifies, upgrades and aligns the seventh layer of the aura bringing it into energetic alignment with the higher vibrational resonance of Homo spiritualis and the ‘star’ children.

136. **Octopus Flower: Guardian of the Infinite**
Calls in one’s personal guardian and protector spirits of the Infinite. Anchors stellar light from the Infinite into the eighth layer of the aura. Re-vivifies, upgrades and aligns the eighth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of Homo spiritualis and the ‘star’ children.

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**THE SACRED MOUNTAIN GRASS COLLECTION©**

10ml stock Blessings on the Wind

*Keeper of the Sacred Mountains*

The eight native mountain grass essences are essences of spiritual transcendence that are a natural and vital vibrational support at a DNA level for the new wave of highly sensitive children and souls who are now appearing on the planet in ever greater numbers. These essences address the issue of disassociation at a DNA level and are an invitation for stellar light to enter into the DNA so that every breath becomes a prayer sent out to the greater universe.

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137. **Mt. Tititea Blue Grass: Blessings of the North**
Invokes, evokes and transmits the magical blessings of the North. Anchors stellar light from the North into the first layer of DNA. Re-vivifies, upgrades and aligns the first layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo spiritualis and the ‘star’ children.

138. **Mt. Te Aroha Forest Grass: Blessings of the East**
Invokes, evokes and transmits the magical blessings of the East. Anchors stellar light from the East into the third layer of DNA. Re-vivifies, upgrades and aligns the third layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo spiritualis and the ‘star’ children.

139. **Mt. Hikurangi Toe Toe Grass: Blessings of the South**
Invokes, evokes and transmits the magical blessings of the South. Anchors stellar light from the South into the fourth layer of DNA. Re-vivifies, upgrades and aligns the fourth layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo spiritualis and the ‘star’ children.

140. **Mt. Maungapohatu Holy Grass: Blessings of the West**
Invokes, evokes and transmits the magical blessings of the West. Anchors stellar light from the West into the second layer of DNA. Re-vivifies, upgrades and aligns the second layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo spiritualis and the ‘star’ children.

141. **Mt. Tapuae-O-Uenuku Gossamer Grass: Blessings of the Rainbow Bridge**
Invokes, evokes and transmits the magical blessings of the Rainbow Bridge. Anchors stellar light from the Centre into the fifth layer of DNA. Re-vivifies, upgrades and aligns the fifth layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo spiritualis and the ‘star’ children.

142. **Mt. Rakiroa Wind Grass: Blessings of the Lower Earth**
Invokes, evokes and transmits the magical blessings of the Lower Earth. Anchors stellar light from the Lower Earth into the sixth layer of DNA. Re-vivifies, upgrades and aligns the sixth layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo spiritualis and the ‘star’ children.

143. **Mt. Horo Koau Temple Grass: Blessings of the Upper Heavens**
Invokes, evokes and transmits the magical blessings of the Upper Heavens. Anchors stellar light from the Upper Heavens into the seventh layer of DNA. Re-vivifies, upgrades and aligns the seventh layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo spiritualis and the ‘star’ children.

144. **Mt. Aorangi Snow Grass: Blessings of the Infinite**
Invokes, evokes and transmits the magical blessings of the Infinite. Anchors stellar light from the Infinite into the eighth layer of DNA. Re-vivifies, upgrades and aligns the eighth layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo spiritualis and the ‘star’ children.
145. **RED HOOK SEDGE**: Sacred Waters of the North

Creates a powerful magical linkage and connection with the sacred waters of the North. Anchors cosmic light from the North into the base chakra. Purifies, re-vivifies, upgrades and aligns the base chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

146. **GIANT DAGGER SEDGE**: Sacred Waters of the West

Creates a powerful magical linkage and connection with the sacred waters of the West. Anchors cosmic light from the West into the sacral chakra. Purifies, re-vivifies, upgrades and aligns the sacral chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

147. **UMBRELLA SEDGE**: Sacred Waters of the East

Creates a powerful magical linkage and connection with the sacred waters of the East. Anchors cosmic light from the East into the solar plexus chakra. Purifies, re-vivifies, upgrades and aligns the solar plexus chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

148. **SWORD SEDGE**: Sacred Waters of the South

Creates a powerful magical linkage and connection with the sacred waters of the South. Anchors cosmic light from the South into the heart chakra. Purifies, re-vivifies, upgrades and aligns the heart chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

149. **SUNSET SEDGE**: Sacred Waters of the Blue Diamond Bridge

Creates a powerful magical linkage and connection with the sacred waters of the Centre. Anchors cosmic light from the Centre into the ethereal heart chakra. Purifies, re-vivifies, upgrades and aligns the ethereal heart chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

150. **BRONZE EDGE SEDGE**: Sacred Waters of the Lower Earth

Creates a powerful magical linkage and connection with the sacred waters of the Lower Earth. Anchors cosmic light from the Lower Earth into the throat chakra. Purifies, re-vivifies, upgrades and aligns the throat chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

151. **RUBY SEDGE**: Sacred Waters of the Upper Heavens

Creates a powerful magical linkage and connection with the sacred waters of the Upper Heavens. Anchors cosmic light from the Upper Heavens into the third eye chakra. Purifies, re-vivifies, upgrades and aligns the third eye chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

152. **FOREST SEDGE**: Sacred Waters of the Infinite

Creates a powerful magical linkage and connection with the sacred waters of the Infinite. Anchors cosmic light from the Infinite into the crown chakra. Purifies, re-vivifies, upgrades and aligns the crown chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

153. **ELEGANT RUSH**: Sacred Fires of the North

Creates a powerful magical linkage and connection with the sacred fires of the North. Anchors cosmic light into the first layer of the aura. Consecrates, re-vivifies, upgrades and aligns the first layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

154. **KNOBBLY CLUB RUSH**: Sacred Fires of the West

Creates a powerful magical linkage and connection with the sacred fires of the West. Anchors cosmic light into the second layer of the aura. Consecrates, re-vivifies, upgrades and aligns the second layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

155. **TALL JOINTED RUSH**: Sacred Fires of the East

Creates a powerful magical linkage and connection with the sacred fires of the East. Anchors cosmic light into the third layer of the aura. Consecrates, re-vivifies, upgrades and aligns the third layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

156. **FAN FLOWERED RUSH**: Sacred Fires of the South

Creates a powerful magical linkage and connection with the sacred fires of the South. Anchors cosmic light into the fourth layer of the aura. Consecrates, re-vivifies, upgrades and aligns the fourth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

157. **GIANT RUSH**: Sacred Fires of the Blue Diamond Bridge

Creates a powerful magical linkage and connection with the sacred fires of the Centre. Anchors cosmic light into the fifth layer of the aura. Consecrates, re-vivifies, upgrades and aligns the fifth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

158. **BUMBLE BEE RUSH**: Sacred Fires of the Lower Earth

Creates a powerful magical linkage and connection with the sacred fires of the
Lower Earth. Anchors cosmic light into the sixth layer of the aura. Consecrates, re-vivifies, upgrades and aligns the sixth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

159. **SHIELD RUSH**: Sacred Fires of the Upper Heavens
Creates a powerful magical linkage and connection with the sacred fires of the Upper Heavens. Anchors cosmic light into the seventh layer of the aura. Consecrates, re-vivifies, upgrades and aligns the seventh layer of the aura bringing it into energetic alignment with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

160. **UPRIGHT RUSH**: Sacred Fires of the Infinite
Creates a powerful magical linkage and connection with the sacred fires of the Infinite. Anchors cosmic light into the eighth layer of the aura. Consecrates, re-vivifies, upgrades and aligns the eighth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

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**THE SACRED MOSS COLLECTION**

10ml stock  The Pillars of Heaven

**Keeper of the Sacred Altars**

The eight native moss essences are essences of cosmic dedication that help facilitate cosmic alignment at a DNA level. These essences are an invitation for cosmic light to enter into the metaphysical layers of DNA to energetically upgrade them and to support global planetary change.

161. **EMERALD DAGGER MOSS**: Sacred Altars of the North
Creates a powerful magical linkage and connection with the sacred altars of the North. Anchors cosmic light into the first layer of DNA. Dedicates, re-vivifies, upgrades and aligns the first layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

162. **GREAT GOLDEN MOSS**: Sacred Altars of the West
Creates a powerful magical linkage and connection with the sacred altars of the West. Anchors cosmic light into the second layer of DNA. Dedicates, re-vivifies, upgrades and aligns the second layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

163. **GREEN WOODLAND MOSS**: Sacred Altars of the East
Creates a powerful magical linkage and connection with the sacred altars of the East. Anchors cosmic light into the third layer of DNA. Dedicates, re-vivifies, upgrades and aligns the third layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

164. **GIANT ROYAL MOSS**: Sacred Altars of the South
Creates a powerful magical linkage and connection with the sacred altars of the South. Anchors cosmic light into the fourth layer of DNA. Dedicates, re-vivifies, upgrades and aligns the fourth layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

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**THE SACRED FOREST COLLECTION**

10ml stock  Thresholds of the Mystery

**Keeper of the Sacred Sanctuaries**

The eight native sacred forest essences are essences of divine feminine light that bless the eight directions and help facilitate cosmic alignment. These essences are an invitation for cosmic light to anchor the full power of the cosmic feminine into the whole person and to support global planetary change.

165. **JUNIPER MIST MOSS**: Sacred Altars of the Blue Diamond Bridge
Creates a powerful magical linkage and connection with the sacred altars of the Centre. Anchors cosmic light into the fifth layer of DNA. Dedicates, re-vivifies, upgrades and aligns the fifth layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

166. **RED STEM MOSS**: Sacred Altars of the Lower Earth
Creates a powerful magical linkage and connection with the sacred altars of the Lower Earth. Anchors cosmic light into the sixth layer of DNA. Dedicates, re-vivifies, upgrades and aligns the sixth layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

167. **RUBY FAIRY MOSS**: Sacred Altars of the Upper Heavens
Creates a powerful magical linkage and connection with the sacred altars of the Upper Heavens. Anchors cosmic light into the seventh layer of DNA. Dedicates, re-vivifies, upgrades and aligns the seventh layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

168. **GOLDEN FOREST MOSS**: Sacred Altars of the Infinite
Creates a powerful magical linkage and connection with the sacred altars of the Infinite. Anchors cosmic light into the eighth layer of DNA. Dedicates, re-vivifies, upgrades and aligns the eighth layer of DNA bringing it into energetic alignment with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

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**THE SACRED MOSS COLLECTION**

10ml stock  The Pillars of Heaven

**Keeper of the Sacred Altars**

Keepers of the Sacred Altars

**THE SACRED FOREST COLLECTION**

10ml stock  Thresholds of the Mystery

**Keeper of the Sacred Sanctuaries**

Keepers of the Sacred Sanctuaries

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**GIANT ROYAL MOSS**: Sacred Altars of the South
Creates a powerful magical linkage and connection with the sacred altars of the South. Anchors cosmic light into the fourth layer of DNA. Dedicates, re-vivifies, upgrades and aligns the fourth layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.
171. CRIMSON DAGGER LEAFED LILY: Sacred Forests of the East

Creates a powerful magical linkage and connection with the sacred forests of the East and the keepers of the ancient mysteries of true illumination and power. Anchors the full power of the feminine and cosmic light into the whole being during the third stage of the alchemy of the sacred heart - the process of alchemical separation, to align with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

172. FAIRY GARDEN DAISY: Sacred Forests of the South

Creates a powerful magical linkage and connection with the sacred forests of the South and the keepers of the ancient mysteries of true kinship and joy. Anchors the full power of the feminine and cosmic light into the whole being during the fourth stage of the alchemy of the sacred heart - the process of alchemical conjunction, to align with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

173. FOREST DAPHNE: Sacred Forests of the Magenta Diamond Bridge

Creates a powerful magical linkage and connection with the sacred forests of the Centre and the keepers of the ancient mysteries of the true soul self and the spiritual dimension. Anchors the full power of the feminine and cosmic light into the whole being during the fifth stage of the alchemy of the sacred heart - the process of alchemical putrefaction, to align with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

174. FRAGRANT SPIRIT TREE: Sacred Forests of the Lower Earth

Creates a powerful magical linkage and connection with the sacred forests of the Lower Earth and the keepers of the ancient mysteries of the true primal self and the ancient magical ley lines of power. Anchors the full power of the feminine and cosmic light into the whole being during the sixth stage of the alchemy of the sacred heart - the process of alchemical fermentation, to align with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

175. GOLDEN TREE FERN: Sacred Forests of the Upper Heavens

Creates a powerful magical linkage and connection with the sacred forests of the Upper Heavens and the keepers of the ancient mysteries of true wishes, hopes, possibilities and dreams. Anchors the full power of the feminine and cosmic light into the whole being during the seventh stage of the alchemy of the sacred heart - the process of alchemical distillation, to align with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

176. KOHEKOHE: Sacred Forests of the Infinite

Creates a powerful magical linkage and connection with the sacred forests of the Infinite and the keepers of the ancient mysteries of true cosmic limitlessness and original awareness. Anchors the full power of the feminine and cosmic light into the whole being during the eighth stage of the alchemy of the sacred heart - the process of alchemical coagulation, to align with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

177. LOOKING GLASS PLANT: Sacred Temples of the North

Creates a powerful magical linkage and connection with the sacred temples of the North facilitating the influx, reception and manifestation of true wisdom, wealth and prosperity. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the physical realm to manifest full cosmic reverence and to align with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

178. MAKAMAKA: Sacred Temples of the West

Creates a powerful magical linkage and connection with the sacred temples of the West facilitating the influx, reception and manifestation of true emotional wellbeing. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the realm of the emotions and senses to manifest full cosmic non-attachment and to align with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

179. MANAWA-ORA: Sacred Temples of the East

Creates a powerful magical linkage and connection with the sacred temples of the East facilitating the influx, reception and manifestation of true kinship and joy. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the realm of kinship ties to manifest full cosmic compassion and to align with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

180. MANGEAO: Sacred Temples of the South

Creates a powerful magical linkage and connection with the sacred temples of the South facilitating the influx, reception and manifestation of true kinship and joy. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the realm of kinship ties to manifest full cosmic compassion and to align with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

181. MANGROVE: Sacred Temples of the Green Diamond Bridge

Creates a powerful magical linkage and connection with the sacred temples of the Centre facilitating the influx, reception and manifestation of the true soul self and spiritual dimension. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the spiritual realm to manifest full cosmic life purpose, unconditional love and the will to good and to align with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

182. MIST PLANT: Sacred Temples of the Lower Earth

Creates a powerful magical linkage and connection with the sacred temples of the Lower Earth facilitating the influx, reception and manifestation of the true primal self and the ancient magical ley lines of power. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the realm of soul to manifest full cosmic truth and to align with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

183. MOUNTAIN MAT DAISY: Sacred Temples of the Upper Heavens

Creates a powerful magical linkage and connection with the sacred temples of the Upper Heavens facilitating the influx, reception and manifestation of true wishes, hopes, possibilities and dreams. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the realm of spiritual inheritance to manifest full cosmic vision and to align with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.
184. MOUNTAIN VIOLET: Sacred Temples of the Infinite
Creates a powerful magical linkage and connection with the sacred temples of the Infinite facilitating the influx, reception and manifestation of true cosmic limitlessness and original awareness. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the realm of oneness to manifest full cosmic sovereignty and to align with the higher vibrational resonance of Homo cosmicus and the Path of the Priestess and Priest.

COMBINATION ESSENCES
10ml stock  Life Management
Support for 21st Century Energetic Conditions
The 20 combination essences are natural vibrational formulations for holistic wellbeing and support that address the many energetic challenges of today. They are blended from specially selected native flowers, ferns, trees, seeds and plants from the pristine forests of Aotearoa - the land of the ever shining light.

AURA SUPPORT®: Clear and Revitalise  Aura cleanser and re-vitaliser specially formulated to clear, strengthen and protect the aura.

CHAKRA SUPPORT®: Stabilise and Balance  Chakra balancer, energiser and protector specially formulated to support, balance and strengthen the chakras - the metaphysical energy centres of the body.


CRISIS SUPPORT®: Nature to the Rescue  All purpose emergency formula for adults, children and pets; for stability and calm during times of emotional stress, upset, crisis, tension and shock.

DE-STRESS SUPPORT®: Inner Peace and Calm  Poise and tranquillity; use when stressed, over-stimulated by external stimuli or experiencing excess mental activity.

DE-TOX SUPPORT®: Purify and Release  Supports the release of old habits and the elimination of outworn non-regenerative patterns.

DISASTER RELIEF®: Support after Natural Disaster  Specially formulated to energetically support individuals who have experienced natural disasters including earthquakes, hurricanes, volcanic eruptions, tsunami and floods.

EXAM AND STUDY SUPPORT®: Focus and Recall  Supports a calm clear mind; supports the ability to focus for memory recall; for energetically balanced use of intellect and rational thought processes.

EXECUTIVE SUPPORT®: Clarity and Decisiveness  Leadership; supports mental discipline, clarity and presence of mind; energetically supports those who feel mentally exhausted or fatigued.

FEMININE SUPPORT®: Embracing the Feminine  For energetic changes associated with childbirth, pregnancy, birth, menopause, marriage, menarche, motherhood, parenthood, hormonal shifts, mood swings.

FIRST LIGHT® NEW ZEALAND NATIVE FLOWER CARDS
For Daily Insight and Inspiration
Timeless Wisdom, Beauty and Healing Power of Aotearoa
Beautifully illustrated cards with hand painted images of each of the New Zealand native flower and plant essences No’s 1 to 144. These flower cards can be used alone or as a natural complement to the First Light® flower essences and The Sacred Plant Medicine of Aotearoa Vol 1.

Use the flower cards for flower essence selection and to enhance your ability to interact with life and with the spirit of Aotearoa. Use to bring insight for yourself, friends, family or clients.

LARGE FLOWER CARDS: 120 x 80mm  Large hand painted image with flower essence name. Available in three different packaged sets containing flower cards No’s 1-84, No’s 85-128 and No’s 129-144.

SMALL FLOWER CARDS: 95 x 40mm  Hand painted image with flower essence name and keyword. Available in three different packaged sets containing flower cards No’s 1-84, No’s 85-128 and No’s 129-144.
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**Fully Integrated System of Vibrational Medicine**
Learn from award winning vibrational medicine specialists First Light Flower Essences of New Zealand®. Access comprehensive information about the unique and remarkable qualities of New Zealand native flower and plant essences. The online training courses designed exclusively by co-founders Franchelle Ofsoské-Wyber and Anthony Wyber are based on over 50 years of experience and extensive background research in the field of vibrational medicine and indigenous plant medicine. Studying closely with the native flower and plant essences of Aotearoa New Zealand is an educational journey that is both personally and professionally transformational.

**Gain Your Certificate or Diploma Qualification**
First Light Flower Essences of New Zealand® offers students Certificate and Diploma programs in New Zealand Native Flower Essence Therapy. These programs are conveniently flexible, giving you the freedom to complete the required study units at your own pace and in any order. All students are provided with a high level of support throughout the program and are allocated a personal tutor on enrolment to assist with studies.

**First Light® Online School**
Our First Light® Online School provides students, practitioners and members with exclusive access to a wealth of online information, invaluable resources, support and the opportunity to connect with the First Light® community from anywhere in the world. It is easy to get started. When you enrol you will be warmly welcomed into the online school and can enjoy instant access to your course material and the First Light® community.

**NO’S 1-36: Flowers of Transformation**

**NZNFE 101 Unit One:** Introduction to the 36 native flower essences. The personality, its role and purpose. The anatomy of the personality. How to identify your ‘power flower’ - your personal keynote essence.

**NZNFE 102 Unit Two:** Information on the 12 zodiacal signs and the 12 primal urges. How to identify the pain, stress, depression cycle. The twelve departments of life and the 12 body zones. Consultant and client modules.

**NO’S 37-43: Ferns - Life Trauma**

**NZNFE 103 Unit One:** Introduction to the seven native fern essences. The aura, its role and purpose. The anatomy of the aura. The energetic integrity of the aura. Aura maintenance and aura detoxification.

**NZNFE 104 Unit Two:** Information on the seven fundamental traumas and how they can be addressed with fern essences. Trauma, the grief cycle and working with fern essences for holistic wellbeing in the 21st century. Consultant and client modules.

**NO’S 44-50: Trees - Personal Power**

**NZNFE 105 Unit One:** Introduction to the seven native tree essences. The chakras, their role and purpose. The anatomy of the chakras. The energetic integrity of the chakras. Chakra maintenance and chakra detoxification.

**NZNFE 106 Unit Two:** Information on how to work with tree essences for holistic wellbeing in the 21st century. Chakra impactation. The sacred wisdom tradition teachings on trees and chakras. Addressing chakra imbalance. Consultant and client modules.

**NO’S 51-62: Seeds - New Beginnings**

**NZNFE 107 Unit One:** Introduction to the 12 native seed essences. DNA, its role and purpose. The anatomy of DNA. The energetic integrity and maintenance of DNA. Restoring the primordial light codes of power.

**NZNFE 108 Unit Two:** Information on hereditary, ancestral and past life healing. Working holistically with native seed essences in the 21st century. Clearing blocked energies from the past and the future. Accessing the wisdom of the ancestors. Consultant and client modules.

**NO’S 63-84: Plants - Life Enhancement**

**NZNFE 109 Unit One:** Introduction to the 22 native plant essences. The remarkable power of native plants. Plant essence magic. How to establish your current year essence and life path essence.

**NZNFE 110 Unit Two:** Information on working holistically with plant essences in the 21st century. The tarot and plant essences. Universal healing energies and their role in restoring wellbeing. 22 keys to soul growth and development. Consultant and client modules.

**NO’S 85-96: Healers - Working in Harmony With Nature**

**NZNFE 111 Unit One:** Introduction to the 12 healers essences. The sacred role of the healer in society. Discover the unique power and wisdom of the healer’s teacher plants of Aotearoa.

**NZNFE 112 Unit Two:** Specialist essences for the healer and those on the healing journey. The five subtle senses. An introduction to teacher plant wisdom and the rites of passage of the healing journey. Consultant and client modules.

**NO’S 97-120: Shamanic - Treat the Cause Heal the Spirit**

**NZNFE 113 Unit One:** Introduction to the 24 shamanic essences. The sacred role of the shaman-healer in society. Working therapeutically with essences No’s 97-104 for self and clients.

**NZNFE 114 Unit Two:** Hearing the sacred call of the shaman-healer. Working therapeutically with essences No’s 105-112 for self and clients. Self consultation exercises.

**NZNFE 115 Unit Three:** The Lemniscate of the Advanced Healing Matrix®. The shaman-healer in the 21st century. Working therapeutically with essences No’s 113-120 for self and clients.
First Light Flower Essences of New Zealand® produces a comprehensive range of 184 flower and plant essences made from the unique native flora of New Zealand. A powerful yet gentle means of self-transformation, these essences are emotional and spiritual vibrational remedies to support holistic wellbeing and to gently restore balance and harmony. We are at the cutting edge in flower essence therapy, research, development and training worldwide. Our state of the art Certificate and Diploma training programs are available worldwide via our First Light® Online School.

**WINNER** APAC Insider New Zealand Business Awards 2017 for Excellence in Holistic Natural Health Products.

**WINNER** New Zealand Health Industry Distinguished Service Research and Development Award 2008 for pioneering, developing and establishing New Zealand native flower and plant essences to facilitate holistic healing.

Disclaimer: Nothing in this brochure should be interpreted as a claim that First Light Flower Essences of New Zealand® products are concerned with the diagnosis, cure, mitigation, treatment or prevention of any disease, illness or physiological process, or are intended to influence mental functions or the structure or function of the physical body. The information in this brochure is not to be construed as providing or as a substitute for medical advice. If you have a medical condition or illness, consult the appropriate qualified healthcare professional.