



*The Spirit of Aotearoa
Te Wairua o Aotearoa®*

NEW ZEALAND NATIVE FLOWER ESSENCE REFERENCE GUIDE

A comprehensive range of New Zealand native flower and plant essences that work to gently restore emotional and spiritual balance and harmony.

FIRST LIGHT FLOWER ESSENCES OF NEW ZEALAND®

Specialist Producers, Suppliers and Training Providers for New Zealand native flower essences.



THE FLOWER COLLECTION ©

10ml stock Transform Your Attitude - Change Your Life

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; tires 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; strength to cope with difficulties; clear headed. **Procrastination; Monday morning blues; temporary mental fatigue; tiredness; doubts ability to cope.**
6. **N.Z. 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; mentally alert; discernment; tranquility. **Mental hyperactivity; mind chatter; always worrying; distressing unwanted thoughts; nervous tension.**
9. **KORU: Understanding** Concentration; mental discipline and organisation; learns from experience. **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** Regeneration; restored inner vitality and strength; feels special and loved; spontaneous self-expression. **Total exhaustion of body, mind and spirit; no reserves left; feels unable to cope with life.**
14. **RENGARENGA: 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; appre-

ciation 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. **LOVER'S 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; sully; '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 ones 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 task 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. **HEKETARA: 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 other's 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.**

THE FERN COLLECTION ©

10ml stock Moving Beyond Pain - Clearing the Aura

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.**
38. **RASP FERN: Boundaries** Healthy emotional or sexual boundaries; feels emotionally safe; emotional consistency. **Emotional/sexual trauma; emotional abuse; insecurity, dependant, needy, volatile; emotional/sexual dysfunction.**
39. **SHAKING BRAKE FERN: Empowerment** Self-definition; empowered by life experiences **Disempowerment trauma; feelings of inadequacy; mental insecurity or disconnectedness.**
40. **SILVER FERN: Trust** Self-acceptance; self-trust. **Heart felt trauma. Loss, abuse or betrayal of love or trust; grief; rejection issues; heart-break; hatred; jealousy; issues around giving or receiving love.**
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.**
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.**
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.**

THE TREE COLLECTION ©

10ml stock Balance, Strengthen, Protect and Clear the Chakras

44. **KAHIKATEA: Structure** Base chakra. Stable; self-sufficient; grounded; structured; feels supported, safe and secure. **Addiction to security; materialistic; overly strict routines; avoids responsibilities; feels unsupported.**
45. **MATAI: Fluidity** Sacral chakra. Flexibility; ease; emotional balance; **Reactive emotional responses; obsessive emotional attachments; addiction to pleasure; emotional dependency or manipulation.**
46. **TOTARA: Inner Power** Solar Plexus chakra. 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.**
47. **KAURI: Beauty** Heart chakra. Self-acceptance; loving; empathic; self-loving; healthy intimate relationships. **Co-dependency; clinging; inability to give of one's self or respond to love.**

48. **MAIRE: Healing** Throat chakra. Communication; self-expression; knows when to speak and when to be silent. **Too much talking; poor auditory comprehension; unkind speech; difficulty communicating or expressing oneself.**
49. **MIRO: Intuition** Third Eye chakra. Inner awareness; ability to see limitless possibilities. **Overly idealistic; obsessions; delusions; hallucinations; poor memory; blocked intuition; difficulty imagining possibilities or alternatives.**
50. **RIMU: Connection** Crown chakra. Spiritual wisdom; spiritual clarity and focus; open minded. **Overly intellectual; addicted to spiritual beliefs and practices; extreme nervous anxiety; rigid, limited beliefs.**

THE SEED COLLECTION ©

10ml stock Restoring the Master Pattern for Living

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. Enhance 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, 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, facing reality.**
57. **CABBAGE TREE: Sovereignty** True independence of Spirit; able to recognize one's true priorities and path. **Negative hereditary beliefs, life patterns and fears around spirituality, religion, losing control mentally.**
58. **RAMARAMA: Life Purpose** Purposeful living; releases one's personal will to higher 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 and 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, fears or depression 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, fears around the divine feminine as a powerful force in the universe.**
62. **RAUPO: The Will ~To ~ Be** The Divine Masculine. Benevolence; natural expression of masculine power. **Negative hereditary beliefs, life patterns, fears around the divine masculine as a powerful force in the universe.**

THE PLANT COLLECTION®

10ml stock Enhance Life's Experiences - Live Life Consciously

63. **KARAMU: Manifestation** Focused intent; belief in oneself and abilities; multi-tasking; the juggler. **Unable to cope or to manifest what one needs; overwhelmed by life; scattered energies; unable to tap into one's full potential.**
64. **KOROMIKO: Wisdom** Use of intuitive processes; spiritual equilibrium; inner poise and tranquility. **Feels isolated; misunderstood; empty inhibited; questions validity of one's own 'knowing'.**
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.**
66. **RANGIORA: Masculine Power** Leadership; foresight; organisation; personal authority; autonomy. **Dominating; stubborn; unemotional; needs to prove oneself to others; intimidated by authority figures.**
67. **RED RATA: Guidance** Spiritual autonomy; receives a flow of guidance; open to signs and messages of everyday life. **Extreme conservatism; superstitious; fearful of what others will think; ignores own inner prompting.**
68. **PURIRI: Discernment** 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.**
69. **BRACKEN FERN: Triumph** Overcoming challenges; bounces back from adversity; will power; drive for success. **Contradictory thoughts and emotions; feels defeated by obstacles; afraid of opposition or competition.**
70. **HEN AND CHICKEN'S FERN: Strength** Passion for life; inner strength; courage of heart, control over one's animal instincts. **No passion for life, inner rage at not being centre of attention or getting one's way; infantile.**
71. **COASTAL CONVULVULUS: Reflection** Capacity to go within; contemplation; restoration of spirit; self-reliance. **Overly introspective, aloof, melancholy, refuses to take advice or learn from experience.**
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.**
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.**
74. **GOLDEN COROKIA: Grace** Inner grace; patience; devotion; sacrifice; letting go; see matters from a different perspective. **Resignation; stuck in limbo; mid life crisis; meets situation with lack of grace.**
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.**
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.**
77. **CLEMATIS: White Light Protection** Humour; able to keep one's spirits up; power used wisely; faces one's fears. **Fear; manipulation; gives one's power away; attracts negative energies; addictive repetitive scenarios.**
78. **AKEAKE: Change** - Initiates and responds positively to change; re-orientation after shock or crisis; faces the truth. **Hides behind a façade; inner paralysis; state of shock or disbelief; unable to be comforted.**
79. **FRAGRANT FERN: Hope** Healing; connection to higher spiritual

energies; help; protection; inspiration; luck. **Hopelessness; depression; utter despair; feels lost and abandoned by God or spirit; 'dark night of the soul'.**

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.**
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.**
82. **GOLDEN TAINUI: Renewal** Renewal; 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.**
83. **KAKABEAK: Completion** Fulfillment; successful closure; sense of true self; total transformation; the dancer ready to begin a new dance with life. **Instability; life out of balance; lack of composure; has not learned the lessons.**
84. **KAWAKAWA: Faith** Moves forward fearlessly; ready to take a leap of faith; enthusiasm; able to be in the moment; ready for next adventure. **Blind faith; folly; recklessness; foolish; naïve attitude to life; careless.**

THE HEALERS COLLECTION®

10ml stock Working In Harmony With Nature

85. **BLACK MAMAKU: The Healer** Opening up to the healing journey; connecting with ones 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; maintain 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 other's 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.
89. **BLACK SHIELD FERN: Double Protection** Maximum energetic protection; to close off energetically; take time out; choosing to energetically unavailable; recharging your batteries; for high levels of sensitivity to any stimuli.
90. **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.
91. **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.
92. **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.
93. **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.
94. **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.

95. **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.
96. **SWORD FERN: Neutrality** Maintaining objectivity; identifying the main issue; valuing others viewpoints; relaying information concisely; clarity of communication; not twisting words to suit; severing outworn energetic cords or ties.

THE SHAMANIC COLLECTION ©

10ml stock Treat the Cause - Heal the Spirit

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; linking into the fairy folk.
100. **MAHOE: Inner Fire** The shaman's drum; arousing the inner fire; entering the shamanic state; moving into an altered state of consciousness; raising the vibration; the excitation of light; accessing the web of oneness.
101. **HOROPITO: The Past** Accessing the Lower World or underworld – the place of the past; for wisdom, information and healing connected to past lives or events; connecting with your power animal.
102. **TREE DAISY: The Present** Accessing the Middle World - the magical version of our conscious or everyday reality; to gain information or solve everyday problems pertinent to waking life.
103. **NATIVE ANGELICA: The Future** Accessing the Upper World – the place of the future and our spirit guides; to obtain guidance for the future; anchors us safely into the time after 2012 as we evolve into Homo Spiritualis.
104. **RED MATIPO: Soul Retrieval** Calling or singing the soul back home after soul loss; causing the spirit to re-enter the being; welcoming the scattered, fragmented, lost or traumatised parts of the self back home.
105. **TAWA: Self-Integration** Integrating the experience or healing; identifying and addressing the needs of newly found aspects of self; synthesis; absorption into the existing matrix of a new awareness and reality; uniting into one healed whole.
106. **KAWAKA: The River of Time** The akashic records; accessing the eighth chakra; soul scripts; past lives; meeting past keepers; travelling through the river of time; the channel; operating outside the time and space continuum.
107. **TREE NETTLE: Shamans Death and Rebirth** The shaman's guardian; dying to the old self; endurance tests; breaking through self-imposed realities; growing in power through facing one's fears, pain or shadow self; support, protection, care for body and spirit while we travel to other realms.
108. **TARATA: The Spiritual Hero** Reconfiguration; telling the story; overcoming the odds; to cleanse, heal and close psychic wounds; suffuses the being with restorative cleansing energies after exposure to negative energy; a psychic disinfectant.
109. **MARSH RIBBONWOOD: The Spiritual Warrior** Being in divine ego; discipline; true obedience; the healed feminine and masculine energies in alignment; a spiritual antidote for intrusive energies; curses; difficult entities.

110. **PUKATEA: The Seer** Going into the dreamtime; dreaming a new reality; seeing new possibilities; shapeshifting; facilitates the expelling of elemental entities associated with alcohol, drug addictions and medication.
111. **GIANT FLOWERED BROOM: The Sage** Reclaiming or finding your power place; the power of the womb; sweeps clear the karma and energetic debris transmitted from sexual encounters or past relationships.
112. **BROKEN HEART TREE: Initiations of Heart** Retrieval of ones 'heart'; keeping your 'heart' intact when in heartrending situations; recovery from loss or shattered dreams; staying love-full and connected to divine heart.
113. **TITOKI: Initiations of Power** Retrieval of ones 'power or will'; keeping your power, will or intent intact when in devastating or challenging situations; emerging victorious by staying power-full and connected to divine power.
114. **TARAIRE: Initiations of Mind** Retrieval of ones 'mind'; keeping your 'mind' intact when with a strong minded other; staying mind-full and connected to divine mind.
115. **BRIDAL TREE: The Maiden** Intent; seeking to dedicate oneself; working together in dedication to the path of service to spirit; sending out a 'call' for the spiritual partner; the intent to unite with the next appropriate life situation, phase or relationship.
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 SPEARGRASS: 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.

THE ORCHID COLLECTION ©

10ml stock The Fairy Remedies of the Patupaiarehe
- Children of the Stars

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 – true wisdom, wealth and prosperity. Anchors stellar light from the north into the chakra/s. 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 - the place of true emotional wellbeing. Anchors stellar light from the west into the chakra/s. 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 - the place of true illumination and power. Anchors stellar light from the east into the chakra/s. 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 - the place of true kinship and joy. Anchors stellar light from the south into the chakra/s. 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.
125. **ELF SHOOD ORCHID: Fairy of the Rainbow Bridge** Creates powerful magical connections with the faery realm and the gifts of the centre - the place of the true soul self and the spiritual dimension. Anchors stellar light from the rainbow bridge - the centre into the chakra/s. 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 lower earth - the place of one's true primal self and the ancient magical ley lines of power. Anchors stellar light from the dragon power at the earth's core into the chakra/s. 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 12 upper heavens, the place of wishes, hopes, possibilities and dreams. Anchors stellar light from the upper heavens into the chakra/s. Re-vivifies, upgrades and aligns the brow chakra bringing it into energetic alignment with the higher vibrational resonance of homo spiritualis and the 'star' children.
128. **HORNED ORCHID: Fairy of the Infinite** Creates powerful magical connections with the faery realm and the gifts of the infinite, the place of cosmic limitlessness and original awareness. Anchors stellar light from the infinite into the chakra/s. 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.

THE FERN ALLY COLLECTION®

10ml stock The Sacred Kaitiaki - Guardians and Protector Spirits

129. **OWL'S FOOT CLUBMOSS: Guardian of the North** Calls in one's personal guardian and protector spirit/s of the north - the place of wisdom, wealth and prosperity. Anchors stellar light from the north into the first layer of the aura. Re-vivifies, upgrades and aligns the aura bringing it into energetic alignment with the higher vibrational resonance of homo spiritualis and the 'star' children.
130. **CASCADING CLUBMOSS: Guardian of the West** Calls in one's personal guardian and protector spirit/s of the west - the place of true emotional well-being. Anchors stellar light from the west into the second layer of the aura. Re-vivifies, upgrades and aligns 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 spirit/s of the east - the place of true illumination and power. Anchors stellar light from the east into the third layer of the aura. Re-vivifies, upgrades and aligns 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 spirit/s of the south - the place of true delight and joy. Anchors stellar light from the south into the fourth layer of the aura. Re-vivifies, upgrades and aligns 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** Poise and tranquillity; use when stressed, over-stimulated by external stimuli or experiencing excess mental activity. Calls in one's personal guardian and protector spirit/s of the centre, - the place of the true soul self. Anchors stellar light from the centre into the fifth layer of the aura. Re-vivifies, upgrades and aligns the aura bringing it into energetic alignment with the higher vibrational resonance of homo spiritualis and the 'star' children.
134. **FORK FERN: Guardian of Lower Earth** Calls in one's personal guardian and protector spirit/s of lower earth - the place of the true primal self and the ancient magical ley lines of power. Anchors stellar light from lower earth into the sixth layer of the aura. Re-vivifies, upgrades and aligns 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 spirit/s of the upper heavens - the place of wishes, hopes, possibilities and dreams. Anchors stellar light from the upper heavens into the seventh layer of the aura. Re-vivifies, upgrades and aligns 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 spirit/s of the infinite - the place of cosmic limitlessness and original awareness. Anchors stellar light from the infinite into the eighth layer of the aura. Re-vivifies, upgrades and aligns the aura bringing it into energetic alignment with the higher vibrational resonance of homo spiritualis and the 'star' children.

THE SACRED MOUNTAIN GRASS COLLECTION®

10ml stock Blessings on the Wind

137. **MT. TITTEA BLUE GRASS: Blessings of the North** Invokes, evokes and transmits the sacred blessings of the north - the place of wisdom, wealth and prosperity. Anchors stellar light from the north into the first layer of DNA. Re-vivifies, upgrades and aligns DNA 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 West** Invokes, evokes and transmits the magical blessings of the west - the place of true emotional well-being. Anchors stellar light from the west into the second layer of DNA. Re-vivifies, upgrades and aligns DNA 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 East** Invokes, evokes and transmits the magical blessings of the east - the place of true illumination and power. Anchors stellar light from the east into the third layer of DNA. Re-vivifies, upgrades and aligns DNA 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 South Invokes, evokes and transmits the magical blessings of the south – the place of true kinship and joy. Anchors stellar light from the south into the fourth layer of DNA. Re-vivifies, upgrades and aligns DNA 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 centre – the place of the true soul self. Anchors stellar light from the centre into the fifth layer of DNA. Re-vivifies, upgrades and aligns DNA bringing it into energetic alignment with the higher vibrational resonance of homo spiritualis and the 'star' children.

142. **MT. RAKIROA WIND GRASS: Blessings of Lower**

Earth Invokes, evokes and transmits the magical blessings of lower earth – the place of the true primal self and the ancient magical ley lines of power. Anchors stellar light from lower earth into the sixth layer of DNA. Re-vivifies, upgrades and aligns DNA 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 - the place of wishes, hopes, possibilities and dreams. Anchors stellar light from the upper heavens into the seventh layer of DNA. Re-vivifies, upgrades and aligns DNA 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 Heavens Invokes, evokes and transmits the magical blessings of the infinite - the place of cosmic limitlessness and original awareness. Anchors stellar light from the infinite into the eighth layer of DNA. Re-vivifies, upgrades and aligns DNA bringing it into energetic alignment with the higher vibrational resonance of homo spiritualis and the 'star' children.

COMBINATION ESSENCES

Life Management

Natural emotional and spiritual remedies for holistic wellbeing blended from New Zealand's native flowers and plants.

AURA SUPPORT®: Clear and Revitalise Aura cleanser and re-vitaliser specially formulated for 21st century energetic conditions and challenges.

CHAKRA SUPPORT®: Stabilise and Balance Chakra balancer, energiser and protector specially formulated for 21st century energetic conditions and challenges.

CONFIDENCE SUPPORT®: Self-Empowerment Helps restore self-confidence, self-assurance and self-esteem; for all situations - work, school, performance and public speaking.

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

EXAM AND STUDY SUPPORT®: Focus and Recall Calm

clear mind; mental focus and memory recall; for accessing right and left brain function.

EXECUTIVE SUPPORT®: Clarity and Concentration

Leadership; concentration; mental discipline; presence of mind; can help when mentally exhausted, fatigued.

FEMININE SUPPORT®: Embracing the Feminine

For energetic changes associated with childbirth, pregnancy, birth, menopause, marriage, menarche, motherhood, parenthood, hormonal shifts, mood swings.

HEART'S EASE SUPPORT®: Heart and Soul Comforts; uplifts; soothes, nurtures; for loss, anxiety, grief, uncertainty, despair, isolation.

LIFE CHANGES SUPPORT®: Life in Transition Smooth transitions; letting go; moving on; embracing new beginnings.

SENSUAL SUPPORT®: Love and Intimacy Passion, fulfilment; ease of emotional and physical expression.

SLEEP SUPPORT®: Sweet Dreams Calming, relaxing, soothing; can help with tension or stress often associated with lack of sleep.

TRAVEL SUPPORT®: Refresh and Revive Refreshing, re-energising, re-integrating; for the energetic challenges associated with travel.

WEIGHT LOSS SUPPORT®: Natural Weight Management

Helps optimise willpower; supports positive behavioural changes; moving beyond old emotionally based eating patterns.

WHITE LIGHT SUPPORT®: Energetic Protection A natural spaceclearer; safe sacred space; helps clear spaces of discord, tension, negative energies.

21ST CENTURY SURVIVAL KIT ESSENCES®

DISASTER RELIEF® Support after Natural Disaster

Specially formulated to energetically assist individuals who have experienced natural disasters including earthquakes, hurricanes, tsunami, floods etc.

RADIATION SHIELD® Deflect, Shield and Protect

Specially formulated to energetically assist individuals in dealing with radiation in its many forms.

POST-TRAUMA RECOVERY® Recover, Rebuild and Re-establish

Specially formulated to energetically assist individuals with the process of recovery and rebuilding the life after natural disasters.

ALSO AVAILABLE:

CERTIFICATE AND DIPLOMA COURSES IN NEW ZEALAND NATIVE FLOWER ESSENCE THERAPY

Our Certificate and Diploma courses offer the highest standards of training in New Zealand native flower essence therapy. Courses are available in class or by correspondence. Courses are modular and can be taken in any order at your own pace.

THE SACRED PLANT MEDICINE OF AOTEAROA VOLUME ONE By Franchelle Ofoske-Wyber.

This definitive ethnobotanical reference book describes 84 sacred native essences of New Zealand and their spiritual and psychological applications. 472 pages with colour photographs.



Franchelle Ofsoské-Wyber

Anthony Wyber

**The co-creators of First Light Flower Essences of New Zealand
First Light Flower Essences are completely natural vibrational
preparations that are specially prepared using native flowers
and plants, sunlight, and pure water.**

‘I am proud to be associated with First Light Flower Essences of New Zealand and fully support their objectives to provide a range of New Zealand native flower essences to help facilitate the total wellbeing of people.’

By Dr. Rangimarie Turuki Arikirangi Rose Pere C.B.E C.M.
Spiritual patron and protector in perpetuity for
First Light Flower Essences of New Zealand



Franchelle Ofsoské-Wyber co-creator of First Light Flower Essences of New Zealand, was awarded the New Zealand Health Industry Distinguished Service Award for Research and Development. This award was given in recognition of her work with New Zealand native plants and ‘for pioneering, developing and establishing New Zealand native flower and plant essences for 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 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.



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