

Whole Energy Essences Catalog



**Fruit, Flower, Gem,
LifeStage, FullMoon, & Recovery**

Vibrational & Flower Essences

www.essences.com

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Intro to the Whole Energy Essences

Founded in 1992, Whole Energy Essences makes and bottles its products lovingly by hand. The essences are wonderful used on their own, but combined with other healing traditions such as psychotherapy, homeopathy, acupuncture, massage, chiropractic, yoga, meditation, or mainstream medicine, they can be quite amazing. Essences can enhance and amplify the effects of other therapies, speeding their progress.

Essences contain life force energy. Much more akin to homeopathy than aromatherapy, they are unscented and unflavored. With roots reaching back to ancient days, vibrational essences are an increasingly important modern approach to health and wellness. They are safe, easy-to-use, and have proven helpful all around the world.

Vibrational essences are NOT essential oils.
**The latter are used in aromatherapy and
are scented and flavored. Essences are neither!**

Essences Accentuate the Positive

Whole Energy Essences vibrate in harmony with our innate health, wisdom and wholeness. They support our state of wellbeing, awakening us to the knowledge and use of our gifts, talents, and abilities, to our sense of love, peace, and strength. By accentuating our strengths, we reveal the tools needed to remedy our difficulties.

This focus on health represents a real change in perspective from many other forms of care. These essences are not intended to eliminate symptoms or problems. Some users may experience improvement in troublesome symptoms because the essences help them better balance and strengthen themselves.

Selecting the Right Essences

No "wrong" choices can be made in selecting an essence or essences, only more or less optimal ones. However, there may be one or more essences which would be the *most* helpful for you.

We suggest using from 1-5 different essences at any particular time. If you feel drawn to more than five, then we recommend you try White Solstice Rose or Master Harmonizing Mixture for two weeks and then reconsider your other choices.



There are many ways to make a selection; here are four to start you off:

- **Read the label** or essence descriptions. Choose what makes sense for your particular situation.
- **Value your intuition.** Follow your "gut feelings" about which essences call to you, even if they do not make intellectual sense. More knowledge exists than can be understood with the mind alone; honor your hunches.
- **Use the divining method you like most,** including muscle testing, pendulum, etc. We like to frame the questions toward knowing the essence(s) which are the highest good at this time.
- **Consult a professional.** There are a variety of healthcare professionals using essences in their practices. They can help you select the most effective essences for your situation. You may also schedule a consultation with our essence maker, Dr. Deborah Bier. However, we cannot give out selection advice on our order line.



How We Use Essences

There are many ways to use essences. And there are always new ones emerging -- maybe you'll invent one yourself!

We use the essences either straight from the bottle or diluted in the liquid of our choice in the following ways:

- We take them by mouth: 10-20 drops twice daily in water, or as desired/inspired
- Apply them to the skin or add to a bath or compress
- Introduce them into any environment by misting the air with diluted essence(s)
- Add essences to food or drink
- Add to the laundry rinse water
- Plants and non-human animals love them, too!
- When using several at a time, we like to pre-mix them in a dropper bottle. Add 10-20 drops of each essence; dilute to make 1 oz.

Whole Energy Essences are *alcohol-free*.
Care should be taken not to touch the dropper stem
with your hands or mouth as this could introduce
undesirable bacteria to the bottle.

Prices & Ordering Information

Phone us to order using Mastercard or Visa, see our website at www.essences.com for pricing information or to place an order using our secure PayPal shopping cart. Find an order form at the end of this document.

***Practitioner/Wholesale, and Distributor
prices are available.***

What Customers Say About Our Essences

Please let us know about your experiences using our essences. All letters and e-mail will be published anonymously. If you do not wish to see your comments in print, please let us know. All letters become property of Whole Energy Essences, and may be edited for length.

• *"It's been a month since I finished the essences I got from you. I continue to sleep more restfully, and fall asleep more easily. My dreams are more peaceful, yet vivid. As a result, I feel more energetic..."* **Arlington, MA**

• *"Thank you once again for helping me reach the next level of development! The essences have enhanced my life tremendously. ...But most of all, the clarity I feel and being grounded are just two of the significant changes I've noticed...they came at the right time, because I was contemplating using drugs again for that sense of 'false' security and esteem!"*
Cape Cod, MA

• *"I found that...the essences allowed me to get to the bottom of the problem. They helped me see things more clearly. I recommend them highly."*
Cambridge, MA

• *"The essences facilitate change. In both me and others, I have seen how the appropriate ones can make growth gentle yet vivid."* **San Francisco, CA**

• *"Someone should make a TV movie of the week about these essences! It is unbelievable how much change has happened in my family since I started adding one of them to the laundry!"*
Temple, NH



Vibration Magazine & The World Wide Essence Society

Vibration Magazine is a free online quarterly journal of vibrational & flower essences. First published in 1998, it contains hundreds of articles by essence makers, practitioners, educators and consumers all over the world. Find it at www.floweressencemagazine.com. It is published by the WWES (see below).

The World Wide Essence Society (WWES) is an organization of essence educators, practitioners, manufacturers, and distributors. WWES educate the general public and health care practitioners about essences, lists essences resources from around the world, and promotes sharing and collaboration within the field. The WWES offers training for both consumers and professionals. You can find it at www.essences.com/wwes.

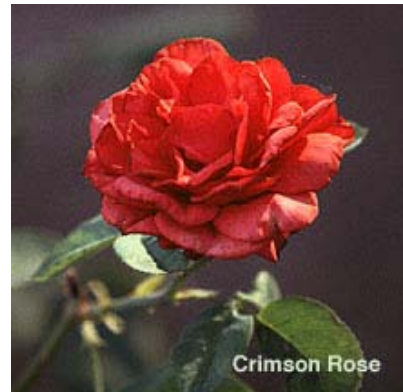
We are a proud sponsor of both the WWES and Vibration Magazine.

Our Founder

Deborah Bier, PhD is an holistic health care educator and practitioner, her practice including energy work, whole food nutrition, counseling, and essences. She has a doctorate in therapeutic counseling and is also a Reiki Master Teacher.

Deborah is the founder and director of the World Wide Essence Society (see above). Medical, holistic health professionals and consumers are among her students. Deborah is a freelance editor and an internationally-published writer on food, health, and healing.

Like all types of truly holistic care, she believes that essences help us reaffirm and strengthen our abilities, strengths, and talents. Deborah feels that essences are one of many ways to reacquaint ourselves with the vibrancy, creativity, and energy we had as children. She emphasizes that while healing can be catalyzed by their use, it is the Life Force within the user that accomplishes the healing.



See her website at www.GreaterWellbeing.com.

Note: Whole Energy Essences are not intended as a replacement for proper medical or psychological care.

Available Essences

Note: All essences come in 1-oz dropper bottles at stock strength, and may be used diluted.

Gem Essences

These gem essences access different aspects and layers of the individual: physical, emotional, spiritual, etc. They work beautifully in concert with the other single and combination essences, allowing them to penetrate the various layers smoothly and gently.

Larimar - I have mental freedom.

Prehnite - I experience myself as one with the Divine.

Tanzanite* - All I am is in harmony with my physical body.

Tourmaline - My emotions are balanced and whole.

Wulfenite - I know and live my spiritual truth.



Single Flower & Fruit Essences

The plants we use for our single fruit and flower essences are grown with loving care in Concord, Massachusetts. Ours is a town with a long history of great revolutions of thought and deed. The Whole Energy Essences express these qualities.

Astilbe - Warrior. The warrior's way brings courage, discipline, and strength to all acts, feelings, and desires.

Buckwheat Flower - Past Lessons. Understanding past patterns of experience and behavior can help break any current-day gridlock.

Clover - Acceptance. Enormous energy and new possibilities are freed within us when we can accept that which is.

Coreopsis - I know and use my gifts and abilities. Whatever our calling, uncovering our gifts and learning their proper use is part of following our life's purpose.

Crimson Rose - My Gifts. It is said that there is only the moment we are in right now. Bringing consciousness to the "now" is the focus of the meditative disciplines.

Daylily - Self Worth. The fullest, most healthy self-esteem comes from inside us...from our own knowledge and trust of who we *really* are.

Iris - Male Energy. Regardless of gender, our own male energy seeks balance, understanding, and acceptance. We also must find peace with other's maleness.

Lavender Chrysanthemum - Creativity. We help to create our day-to-day reality; the more we understand this, the more clear and intentional our creations can become.

Malva - Limitlessness. The nature of human spirit is boundless, it's capacities without limit. Who knows what wonders of talent and creativity are within the realm of possibility?

Marigold - Physical World. Balanced, healthy pleasure and respect for our physical bodies, other living beings, our planet, and all types of material goods creates balance. The physical world is as sacred a part of Creation as any other.

Mint Flower - Innocence. Children raised in a safe, trustworthy environment retain a natural sense of joy. Used with proper discernment, innocence and trust bring magical sparkle to life—qualities which adults also require.

Mulberry Fruit - Female Energy. Regardless of gender, our own female energy seeks balance, understanding, and acceptance. We also must find peace with other's femaleness.

Pale Yellow Lily - My Own Strength. We have many gifts to help us bear the burdens placed upon us. This essence understands our inborn strength, even if we haven't yet learned to tap it.



Peonies - Childlike Excitement. Get excited! Laugh and giggle! Child-like joy is a balm for adult anxiety and seriousness!

Petunia - Clear Thoughts. Used in balance within the whole, the mind is a valuable partner: one worthy of respect and acceptance.

Red Rose - Follow My Path. What calls us into life at this time and place? This essence reminds of us of the road we travel to fulfill our life's purpose.

Rhododendron - Compassion. Compassion is a balanced tenderness of understanding, the grace of empathy towards those in pain—including oneself.

Rudbeckia - Wise Decisions. Decisions based on love and wisdom seldom come back to haunt us. If they do return at all they are usually bearing gifts!

Russet Chrysanthemum Bud - Living in Community. The solo instrument has its own special qualities, but in its harmonious place within the orchestra it soars in new ways.

Sedum - Release from Limits. Go ahead, break that gridlock! Get on with life and look back only to see how far you have come!

Spurge - Wholeness. The truth is that somewhere inside we have everything we need. We are healthy, intact, vibrant, and whole, whether or not we can yet feel or express these qualities.

Sunset Lily - Freedom from Extremes. This essence knows how to hold the point of view of both ends of the spectrum as well as see all points in the middle. It can help clarify all the possibilities, particularly the ones you're not able to see easily.



Tiger Lily - Right Nourishment. Be it food, drink, companionship, ideas, emotional connections, or the spiritual quest, balanced appetites want only exactly what is needed—nothing more, nothing less.

Trillium - Kinship with Others. Many cultures recognize the Life Force in all things, both in the visible and invisible worlds. They understand that everything has its irreplaceable position in the web of life.

White Solstice Rose - Clear Heart. This essence understands the experience of a love-centered life. Here, all emotions are clarified, felt, and embraced.

Wild Strawberry Fruit and Flower - Male & Female Balance. This balance is struck in relationships with others as well as within ourselves. Respect, harmony and admiration between gender energies is a powerful way to call a truce in "the war between the sexes."

Nutrition and Essences: A Beautiful Combination

We *love* vibrational healing! Flower essences are a big part of that. But they work *so much better* when our bodies get *really great whole-food nutrition!* But we don't always take the time to feed ourselves right. But we can help make up the difference!

We are *totally impressed* by the 17 fruits and veggies in **JuicePLUS+**. With over 12,000 natural nutrients exactly in Nature's balance, without the water, sugar, or salt, it is a *perfect complement to all forms of vibrational healing!*



To find out more, including the cutting-edge scientific research on JP+, listen to recorded info 24/7 at 800 624-7671 or see www.FruitsAndVeggies4Health.com.

Special Essence Mixtures

Blends of 2-5 essences working together toward a common focus. Each blend is much more than the sum of its parts, forming a dynamic interplay of energies.

Adjustment Over Time - This special mixture helps us with transitions which have already happened some time ago or which will take place over a long period of time. It is for flexibility over the long-haul.

Bounty - Opportunities, strengths, resources all exist bountifully. At times when we have forgotten that there is more than enough for everyone, this essence helps us to remember.

Effervescence - Like Full Spectrum Light, this is a single essence made from neither fruit, flower, nor gem. Created from potentized water, it is as it sounds.... vibrant, sparkly, lively and bubbly (in character only: it is not carbonated).

Full Spectrum Light - Besides being added in small amounts to each of the other essences to help stabilize, potentize, and extend their shelf-life, by popular demand Full Spectrum Light essence is available packaged on its own.

Gender Harmony - Maleness/femaleness corresponds to many concepts beyond sexuality: cultural/family roles and expectations; many biological processes; nurturing of self and others; comfort with emotions and power; left/right sides of the body; introspection/outward movement; giving/receiving; etc.



Help Is On the Way - We consider this to be a great "rescue" or emergency essence for use before, during or directly following a trauma.

Immediate Adjustment - This mixture is for adjustment to a sudden change. It helps marshal the strength and flexibility needed for the short-term.

Letting Go helps us know when it is still time to hold on and when we need to let go. It reminds us to gracefully accept loss as an important part of the cycle of life.

Master Harmonizing Mixture - "MHM" helps us re-establish and experience our inherent state of harmony. We think of it for general use. It helps us organize, settle, and focus. An essence for general use.

Meditative Consciousness - "Mindfulness" could be another name for this mixture. We experience this as calm awareness and presence to both the inner life and to the outer world.

New Creative Outlook - Ever find yourself in a new situation but stuck in the same old ways of thinking and behaving? We are fabulously creative by nature; this essence helps us use that creativity to find fresh ways to approach our challenges.

Playfulness - So what's so special about being a grown-up? As we know them, "adults" can be a pretty somber and serious bunch. Playfulness recalls our ability to keep things light and in perspective.

Receiving requires the same open heart as giving. In fact, we disrespect ourselves if we give to others without receiving all the nourishment and support we need.

Restedness helps us remember it is important to give ourselves time and opportunity to reflect, heal, and nourish mind, body, spirit.

Security - This mixture helps us consider the safety and stability we have in our lives, and whether it is genuine or false security.

Serenity supports the inner calm that has always been a part of our nature, even if it has become buried under habitual strain and hurry.

LifeStage Blends

These wonderful blends help us through our own and our loved ones' developmental stages. In each phase of life, the individual faces new challenges and strengths. As a result, so do the people around them. So, for example, a mother adjusting to her child's teen years might think of using the Adolescence blend for both of them.

These blends are also fabulous to aid with the progression of a project. Consider the start of the project to be Childhood, the middle to be Mid Life, and the final stage to be Senior, etc., and use the corresponding blend.

Childhood

This essence is both sensual and sensory-enhancing. There is joy as the vital force flows through the body: physical life is easy, right, safe. Playing, exploring, and laughing seem like natural urges. Within this safety is an absence of anxiety...a relief from distress...a calm, fresh warmth.

This essence takes the time needed to build and explore at the beginning of projects. Leave the hurried rush toward the next phase to the anxious adults! All things are unfolding in their right time: no more no less. A more "mature" sense of time is absent, so there is no pressure from obligations and schedules: things take as long as they take! (*Wild Strawberry Fruit and Flower, Calendula**, *Trillium, Helleborine**, *Aquarius Full Moon, Spurge*)



Adolescence

Ah, the extremes of adolescence! Bursting with energy and ideas one moment and bored and spacing out the next. Idealism then cynicism. Withdrawal followed by fervent relationships. Rebellion against authority with simultaneous peer conformity. So mercurial!

But adolescence has its own wisdom. It does not blindly accept the rules handed down by the elders: they constantly peer behind appearances and conventions to find the truths they conceal. If you find yourself stuck in stale beliefs, this essence may help you see where the glue is hidden.

The rate of growth and change in adolescence is astounding and global. At this age it is natural to have so much transition. Older folks could take a lesson from teens about rolling with the punches.

Adolescents do things "big": they do not take half-measures. They may one day to the next contradict themselves and their decisions, but at each step they whole-heartedly throw themselves into their beliefs. If it's time to move a project along in a big way and to stop your uncertainty, this essence may get things moving. (*Sauromatum**, *Astilbe*, *Capricorn Full Moon*, *Spurge*)

Young Adult

This first flush of adulthood is characterized by great energy, sureness, and fire. Of course, more experienced eyes might see things differently, but the belief that life is without bounds, clear-cut, and within one's grasp is a powerful force at any age. The application of a good head-of-steam and a dose of idealism can work wonders!

When your project is ready to go out into the world and make some difference, this essence helps it stay super-charged. Alternately, when you are missing that "fire in the belly," revisiting the excitement and optimism of this essence could make the difference. (*Trillium*, *Lavender C-Mum*, *Aquarius Full Moon*, *Spurge*)



MidLife

Mid Life is a time of review, reconsideration and rededication: review of what has already gone by; reconsideration of one's priorities; a rededication to much life still to come. The energy of this essence goes very deep within, expanding awareness inwardly for this transit.

Once this review has been completed, it may be time for some winnowing. This essence encourages an unsentimental cutting away of the parts of the past no longer serving the present or future. The "crossroads" of this part of the lifecycle resolves and movement goes forward. Letting go of the past may seem sad, but these feelings are without yearning. More is still to come...perhaps the best!

If your ongoing project seems in need of deep review, refinement, or refocusing, this parallels the MidLife phase. It is also appropriate to support those times you've "hit your stride" and are in the race for the long run! (*Coreopsis*, *Calendula**, *Prehnite*, *Tiger Lily*, *Cancer Full Moon*, *Spurge*)

Senior

This essence draws all the loose threads together and weaves them into a large tapestry: the "big picture." New perspectives are discerned with a distance the years lend. Despite the myths of old-age senility, this essence supports fine, clear, higher intellectual functioning and the handing down of earned wisdom.

Senior knows how small the little things truly are. *Finally* feeling comfortable within yourself...finally knowing your soul as a familiar home...*finally* accepting what has been and what is: these are what are important, and the qualities earned with age.

If you are involved in a project that should be coming to an end (gracefully or not) this essence can help show the lessons learned during its lifespan. There may be sadness at the completion of the cycle, but there is also anticipation and excitement. After all, the next great adventure is just about to begin! (*Wild Strawberry Fruit and Flower, Iris, Libra Full Moon, Spurge*)

Our Website & Electronic Newsletter

www.essences.com

Our Website contains a wealth of information about our essences. The information in this catalog is reproduced there...and more, You may also order there via our online PayPal shopping cart.



To receive our free email newsletter, email **subscribe@essences.com** and put "subscribe" in the subject line. This publication is issued between 2-4 times yearly, and contains up-to-date info about essences and their use, classes, The World Wide Essence Society and Vibration Magazine (see page 17), as well as Internet-only specials on our products.

Be assured we will not sell or lend your email address to anyone for any other purpose. We will only use it for our own occasional mailings.

FullMoon Essences

Each of these essences is made from the light and energy during one of the full moons of 1996. Continually moving through its monthly phases, the moon is a symbol of change; the full moon the zenith of change. These are powerful tools for transformation... hang onto your hat!



Full moon energy challenges accepted conventions of reality. We are "loony" during the full moon because what we feel, and think are at odds with what is considered "normal". It is because of this that the energies of the full moon challenge us to break the bounds of our old perspectives, patterns and habits.

Astrologically, the understanding of any one's action is embodied by not just the sign of that particular full moon, but by the positions and energies of all of the planets, asteroids and stars.

"Fresh Perspective" - Aries Full Moon

One of the benefits of travel is that when we come home again we sometimes return with a new perspective. Suddenly, things we've lived with for so long now stand out sharply for our closer examination. Sometimes we like what we see; other times, not. Regardless of the view, we know our day-to-day existence in a new way. Armed with this new and clear knowledge, we can move toward a daily life that is more harmonious with our wishes.

"Recovering Trust" - Taurus Full Moon

Like a hummingbird sipping one lovely flower after another, this essence finds no end of delight. For these *is* no end to the opportunity, creativity, grace, and support we can derive from the material world. Since the challenges in every life bring loss and sorrow, staying in touch with the great possibilities is imperative. Learning to risk again after grief has stopped us short is important to the recovery process. Regaining a sense of plenty may only need the courage to trust again.

"Under the Surface" - Gemini Full Moon

Having risen up from the most concealed subterranean haunts, thoughts, feelings, ideas, inspiration, memories or talents may lie just beneath the surface. They tease us with flashes of their presence, then go back into hiding. This essence understands how to gently birth what lies just under the surface. As it bubbles up into the light, we become more clear and purposeful, permitting us to use and integrate what was hidden in our conscious lives.

"Get Down to Business" - Cancer Full Moon

This essence is generous and embracing; comforting and forthright; confident and secure. It is ready to get things done without a fuss or need to procrastinate...no more waiting...just *do it!* It gets down to the business of organizing and clearing the decks without being overbearing, perfectionistic, or rigid. It brings a firm and nurturing hand to activity and action.

"Power Cleansing" - Leo Full Moon

These energies are driven, forward-moving, action-oriented, precise. There is also something very calming - almost dispassionate - about this essence. But don't mistake dispassion for lack of response. This essence knows how to clear away the debris of the past. It is dispassionate because the job must be done and there is no cause for alarm or worry about the process. In this transformative, process previously hidden qualities emerge from the depths, like stripping away layers of old paint to reveal new, fresh wood beneath.

"Divine Mission" - Virgo Full Moon

This essence is on a mission: a mission filled with Divine purpose and spiritual power. At the same time it has a definite softness, warmth and calm to it. Together, these two principles permit the taking on of great tasks without being stopped cold by a fear of their difficulty. The transformative focus of this essence brings spiritual energies into the physical world easily, naturally, gently. There is a brightness to the senses...a lightness. The chest and heart are open, the head is clear and high, the spine relaxed, voice steady. The body is freed to express the soul's intent without distraction.

"Protective Balm" - Libra Full Moon

Embracing and protective, this essence does not crowd as it comforts. Its energy creates an expansive, safe domain where it is alright to let go of worries and fears...to rest a while...to refuel...heal. This big, round, soothing balm permits feelings of self-worth and adventure to re-emerge from long hiding. What had seemed insurmountable and suffocating beforehand doesn't even look like a problem from this secure vantage point. We can remember finally that there is help when we need it...that in the end, everything will be all right.

"Cosmic Jokester" - Scorpio Full Moon

This buoyant, sprightly essence has all the uplift of the early May evening during which it was made. Worry, cares, and burdens are released and replaced by a fun-loving enthusiasm. But don't make the error of thinking this essence is all surface with no substance. The fool is a mythological archetype showing the true depth of the matter at hand by stripping away unimportant details, revealing the comedy of being human. And a good dose of humor lends perspective and balance to both lofty and practical matters.



"Order Revealed" - Sagittarius Full Moon

This essence sees the "big picture." The connectedness between all things and the reality of wholeness are affirmed, as old patterns and views are broken apart. Acceptance of the mystery in life and trust in the Divine order are empowered by stepping back for a bigger view...stepping into the unknown! Accepting our ignorance can be a huge relief: for some, a giddy excitement. For others, it may be jarring at first because the old perspectives simply do not work, and the result may seem like a loss of focus. But with patience, what seems like a shortcoming might actually be seen as a blessing. Old habits of worry and anxiety are released to reveal a fresh and bright outlook.

"Home Fires" - Capricorn Full Moon

Come inside from the sometimes cold, harsh world and sit by the comforting fire of home. Shake off your cares and remember how good it is to quietly rest close to the hearth. This essence knows how to come home again after a tough time in the expanse of the outside world. Home also means the world inside us, reminding us of the firm base of our internal shelter. Simple, basic values and traditions stem from the asylum of the home fire, nourishing us until we next brave the outside world.

"Open Mind" - Aquarius Full Moon

This essence has no room for narrow thoughts, set-in-concrete ideas, or restrictive preconceptions. It is in harmony with what the mainstream might call "alternative lifestyles." This open-mindedness is part of accepting how we and others yearn to travel the road less taken. Being open-minded also means considering a more traditional approach as all possibilities are valued and respected.

"Vibrant Senses" - Pisces Full Moon

We receive many small and large sensory inputs every moment; information which we must process centrally in order to interpret correctly. Out of these interpretations grow reactions, feelings, and meaning. But our gathering equipment (eyes, ears, nose, etc.) can become dulled by old habits and patterns leading to false interpretation and misperception. This essence knows only clear and vibrant reception. The senses come alive to new information which perhaps we would have seen all along if we weren't so jaded. Message received, loud and clear!

Recovery Essences

Recovery Essences help us return to a vibrant life while recovering from any type of trauma, be it an old or a recent one. Since all sorts of bumps and bruises (emotional or otherwise) are so common and so potentially destructive to one's overall sense of well-being, you'll find lots of ways to use these.



The Recovery Essences help us reconnect to our strengths and abilities, qualities which often become forgotten or disconnected when we've been traumatized. Once firmly back in place, these strengths help us heal our wounds and move forward.

Calendula - Recover Safety. Following trauma, a need to rebuild a sense of safety can be common. Helps soothe over-sensitivity.

Clivia - Recover Inner Voice. Reconnecting to one's inner voice after trauma can mean rediscovering the source of inner wisdom. Helps calm the inner critic.

Coradylis - Recover Trust. Trust breaks from one or several wounds. Coradylis understands it is important to take healthy risks. It IS possible to heal and trust again.

Daisy - Recover Love & Tenderness. Nothing like a few bumps and bruises to close down the heart. Simple daisy teaches sweet, uncomplicated love.

Fireweed - Start Anew. Following that first stunning shock of trauma, Fireweed knows how to help release vitality and life-potential aiding with recovery immediately.

Foxglove - Recover Authority. Trauma can make us over- or under-use our authority. Foxglove helps us strike a healthy balance, helping self-respect recover.

Joe Pye Weed - Recover Resilience. (actually White Snake Root...see below)

Johnny Jumpup - Recover Vitality. Lighthearted, Johnny helps lighten the load of trauma, allowing us to respond to its demands with renewed strength.

Helleborine - Recover Intellect. Complex & elegant like our intellectual abilities, it reminds us to reason, think, plan and learn to our health capacity.



Lobelia - Recover Calm. Trauma can make us edgy, jumpy, irritable, often because we are waiting for the next disaster to strike. Lobelia reminds us that expecting the worse is a habit which can be broken.

Monarda - Recover Commitment. Trauma can divert us from our purpose and focus long after the wounds have healed. Monarda inspires us to recommit to what we love.

Pussytoes - Recover Surrender. We often find ourselves holding back following after trauma. Pussytoes helps us let go of our mistrust and be our most vibrant self.

Sauromatum - Recover Perspective. Made from a terribly stinky flower, this essence helps us notice what "stinks" in our lives, leaving us inspired to make often overdue changes.

Self-Heal - Recover Confidence. Trauma can help us doubt ourselves. Self-Heal knows we would be more effective and fulfilled if we believed in ourselves again.

Wand Flower - Recover Momentum & Purpose. The graceful, waving blooms of this plant remind us to get moving again following trauma; passionately and purposefully moving toward our interrupted goals.

White Snake Root - Recover Resilience. (Formerly called Joe Pye Weed) Following injury, it is natural to want to grow armor for protection. But it's inflexibility can become a habit which works against our survival. Flexibility is a key to recovery.

Yellow Loosestrife - Recover Anger. Righteous anger is a powerful force for health. Yellow Loosestrife speaks to the HABIT of anger, as well as to those who have learned through trauma that it is not good to be angry.

Research Essences

Research essences not been studied enough to publish a good description. Some of them are so popular with those who know of their existence that we have decided to release them to the public despite the lack of full information available. They come in 1-oz dropper bottles and are the same price as our other single essences.

Anise Hyssop & Bee
Apricot Gladiola
Chives
Concord Grape (ripe fruit)
Dandelion
Daphne
Giant Red Hibiscus
Goldenrod
Kundilini Reiki
Nicotiana
Pine Root
Snowdrop
Sweet Violet
Tomato
Yellow Archangel

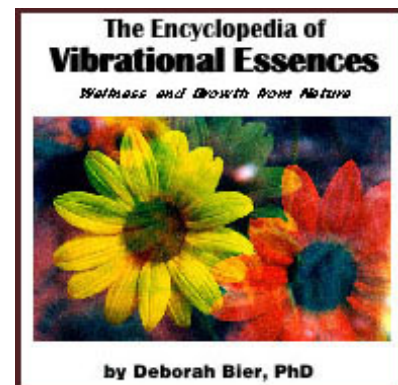


The Encyclopedia of Vibrational Essences:

Wellness and Growth from Nature
by Deborah Bier, PhD

(now available in an updated, color-illustrated E-book, or spiral-bound in print)

This book explores a fascinating and fast-growing aspect of holistic healthcare: vibrational and flower essences. Tracing its roots to both the ancient and modern worlds, vibrational essences offer a unique contribution to energy healing different from other modalities. This book covers 79 different essences, offering specific information about their many uses.



The author is the founder and director of the World Wide Essence Society and editor of Vibration Magazine, both devoted to education about vibrational essences of all types. She is also the maker of the Whole Energy Essences, and lends her experienced and unique view of this approach to growth and wellness.

(Be aware the e-Book document is in Adobe Acrobat format and is 3.4 Mb...it will be sent to you by email.)

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- Crimson Rose
- Daylily
- Iris
- Lavender C-Mum
- Malva
- Marigold
- Mint Flower
- Mulberry Fruit
- Pale Yellow Lily
- Peonies
- Petunia
- Red Rose
- Rhododendron
- Rudbeckia
- Russet C-Mum Bud
- Sedum
- Spurge
- Sunset Lily
- Tiger Lily
- Trillium
- White Solstice Rose
- Wild Strawberry Fruit & Flower

Research Essences

- Anise Hyssop & Bee
- Apricot Gladiola
- Chive
- Concord Grape (ripe fruit)
- Dandelion

- Daphne
- Giant Red Hibiscus
- Goldenrod
- Kundilini Reiki
- Nicotiana
- Pine Root
- Snowdrop
- Sweet Violet
- Tomato
- Yellow Archangel

Recovery Essences

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- Clivia
- Coradylis
- Daisy
- Fireweed
- Foxglove
- Helleborine
- Johnny Jumpup
- Lobelia
- Monarda
- Pussytoes
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- Scorpio
- Sagittarius
- Capricorn
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- Pisces

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- Encyclopedia of Vibrational Essences: \$13.95 (ebook)
- Encyclopedia of Vibrational Essences: \$10.95 (spiral-bound hard-copy)
- Learning About Vibrational Essences: \$3.50 (24 pages)

7/05