

# FINDHORN FLOWER ESSENCES HANDBOOK

Marion Leigh





BELIEVE IN YOURSELF. HAVE TRUST AND CONFIDENCE IN YOUR ABILITIES TO BE WELL AND PROSPER.

# HAREBELL

*Campanula rotundifolia*

## ALIGNMENT

Harebell is a medicinal herb that has been used for a variety of ailments, including depression. The flower is attributed with the qualities of delicacy and sweetness, and in the language of flowers with resignation, grief and submission.

You will attract into your life that which is in resonance with your thoughts and core beliefs ('energy follows thought'). Harebell flower essence can help you to align thoughts, words and actions that are in harmony with manifesting the success you desire in life.

Lack of trust, self-doubt and fear prejudice your ability to realise your potential and prosper. When you are in alignment with your true self that knows no limitations, by thinking and speaking with words that build confidence and keep you motivated towards achieving your goal, you begin to manifest positive results instead of dwelling on potential negative results.

When you have a strong belief in yourself and your abilities by drawing on and listening to your intuition, to the wisdom from deep inside yourself, you become the source of your own fulfilment, abundance and wellbeing.



## ATTRIBUTES

- ▶ Self-reliance and feeling secure in yourself
- ▶ Live in the constant awareness that all is well in your world
- ▶ Confidence in your creative abilities
- ▶ Courage and conviction to embrace your highest path and purpose
- ▶ Faith and trust in yourself
- ▶ Listening to your inner voice to guide you in the right direction

## INDICATIONS

- ▶ Feelings of inadequacy
- ▶ Negative self-talk
- ▶ Lack of faith that prejudices your ability to realise your potential
- ▶ Self-doubt and uncertainty; fear of failure
- ▶ Taking the 'path of least resistance' as the easy choice
- ▶ Not listening to and trusting your inner voice

**AFFIRMATION:** I align myself with the spirit of abundance and have faith that all my needs are met.

## CROSS REFERENCE

Alignment | Confidence | Courage | Decision | Faith | Goal | Grounding | Insecurity  
Manifestation | Negativity | Optimism | Perseverance | Prosperity | Security | Self-acceptance | Self-image | Self-love | Strength | Thinking/Thought patterns | Trust | Will



## CLEAR LIGHT

**For bringing about a peaceful state of mind**

By stilling and focusing the mind, Clear Light can influence mental clarity and brightness and assist in attuning to higher wisdom and inspiration. An excellent aid for meditation and study.

**Broom** concentration and clarity

**Birch** open-minded and clear perception

**Lady's Mantle** integrating rational thinking and the intuitive mind

**Rose Alba** practical and creative expression of intuition

**Scots Pine** trust your inner knowing and intuition

**Wild Pansy** presence of mind and composure



## ENERGY SHIELD

**To cleanse and protect the energy field**

Energy Shield helps you to stand in strength and create the positive energy that you need to feel more confident to handle detrimental vibrations that affect you. Energy Shield helps to purify, transform and release negative energies and influences.

**Scottish Primrose** fosters a sense of inner peace and calm

**Watercress** clear stagnant energies and strengthen inner defences

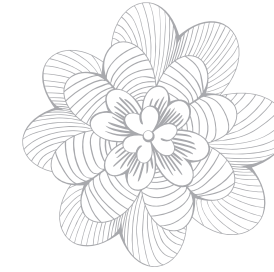
**Wild Pansy** enhance receptivity to and increase circulation of life force

**Wintergreen** stand in strength during crisis or emergency

**Hematite** purify negative energies; clear and calm the mental body

**Diamond** foster fearlessness and a sense of invincibility

**Element essences of Earth, Water, Fire, Air and Ether** stabilise the etheric *chakra* system by the regular anchoring of the life force



## EROS

**Nurture love, sensitivity and intimacy**

Without self-acceptance it is difficult to love and nurture yourself or be a loving partner. Eros can help you to relax, enjoy and be in tune with your body.

**Balsam** open to intimacy; love and nurture the physical and emotional body

**Elder** reveal and radiate your inner beauty and vitality

**Gorse** enthusiasm, passion and enjoyment

**Grass of Parnassus** openness, tenderness and sensitivity

**Rose Alba** effective creative self-expression; patience; staying power

**Sea Pink** balance and harmonise your inner dualities

**Sycamore** draw on inner reserves of strength, softness and flexibility

**Holy Thorn** loving acceptance; open your heart to love



## FEMININITY

**Support for women's issues and cycles**

During times of changing rhythms or mood swings, Femininity can help you to release tension and restore emotional balance and wellbeing.

**Balsam** love and nurture the physical body; emotional availability

**Holy Thorn** self-love and acceptance

**Elder** vibrancy and vitality; stimulate recuperative powers of the body

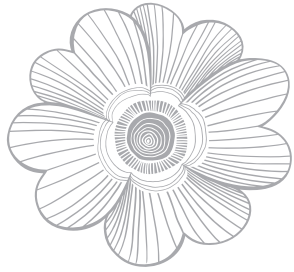
**Sea Rocket** foster an inner sense of security and stability; refresh and replenish

**Scottish Primrose** relaxation, inner harmony and peace

**Sycamore** restore softness and gentleness to your energy flow

**Rowan** release tension and pain

**Lady's Mantle** balance and harmonise your mood and temperament



## HEART SUPPORT

**To heal the heart when affected by trauma or grief**

For all issues connected with the heart and love, Heart Support can help you to feel supported during major life changes that cause stress and tension.

**Scottish Primrose** peace of mind, serenity and calm

**Stonecrop** patience, inner stillness and quietude

**Rowan** release tension and pain; heal the past

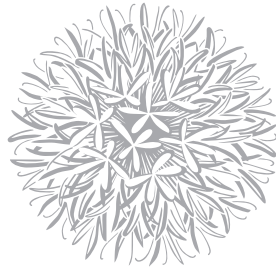
**Grass of Parnassus** open the heart to the healing power of love

**Holy Thorn** love, acceptance and compassion

**Wild Pansy** clear mind and open heart; clear and balance distorted energy patterns

**Gorse** uplift the heart and mind

**Rose Water Lily** strength and courage of heart



## HOLY GRAIL

**To integrate and harmonise the physical, emotional, mental and spiritual bodies**

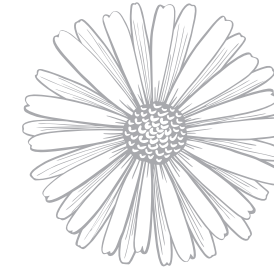
Holy Grail can help bring balance and harmony into all aspects of your life through alignment and synthesis of body, mind and soul. Embody and express your full creative potential.

**Balsam** bountiful embodiment of vitality

**Lady's Mantle** integrating the rational and intuitive mind

**Rose Alba** positive outgoing creativity; intuitive power expressed in words and action

**Globethistle** wholeness through synthesising personality power and soul force



## INNER CHILD

**Nurturing Your Inner Child**

When you react from childhood emotional wounds and attitudes, your experiences of the past dictate how you respond to life today. Inner Child may help to change your behaviour patterns and to honour the child you were, in order to love the person you are.

**Daisy** playfulness; emotional calm and composure

**Grass of Parnassus** heal and transform the past

**Gorse** enjoyment and celebration of life

**Harebell** live in the awareness that all is well in your world

**Lady's Mantle** enlightened emotional balance and harmony

**Sea Holly** let down your self-protective barriers; calm confidence

**Wintergreen** open to receive love and attract support from others



## KARMA CLEAR

**To release the tensions that bring pain, suffering and unhappiness**

Karma Clear can help you heal the past through compassion and forgiveness and by awareness and understanding of the underlying causes of life's predicaments and ailments.

**Birch** insight through broadening your perception and understanding

**Snowdrop** optimism; transformation through surrender and detachment

**Rowan** release resentment and pain; forgive and heal the past

**Holy Thorn** open the heart to love and acceptance

**Cherry** transcend inherited karmic predispositions

**Elf Cup Lichen** clear and cleanse deep-seated emotional trauma



# Elemental Essences

THE FOUR ELEMENTS OF NATURE ARE CALLED INTO PLAY:  
“THE EARTH TO NURTURE THE PLANT, THE AIR FROM WHICH  
IT FEEDS, THE SUN OR FIRE TO ENABLE IT TO IMPART ITS  
POWERS AND WATER...TO BE ENRICHED WITH ITS BENEFICIENT  
MAGNETIC HEALING”.

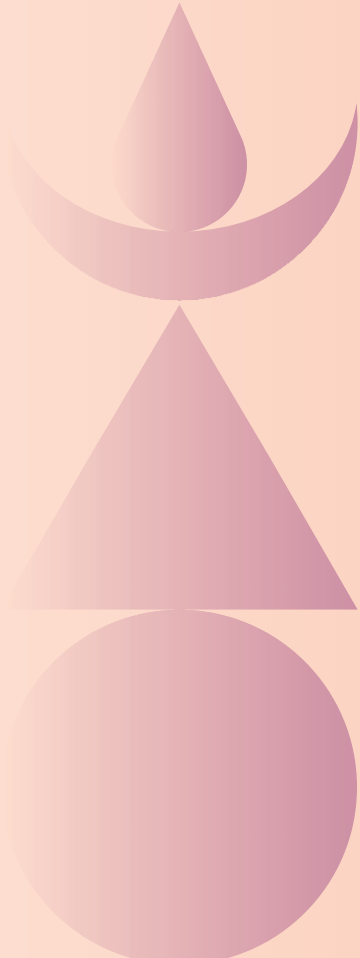
DR. EDWARD BACH

- 146 EARTH  
WATER
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AIR  
ETHER
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Flower essences are sometimes described as being alchemical. The great mystic healer and alchemist Paracelsus (1493-1541) used to collect the dew from plants with which to treat his patients. The alchemists regarded dew as a mystical medium, the vehicle of celestial influences, charged with the life force of the plants from which it is collected.

The four elements were first referred to in 450 BCE by the Greek philosopher Empedocles. His doctrine that the elements manifest in the body as spiritual essences and act in affinity with universal energies provided the foundation for understanding the elements. Aris-

totle's exposition of the theory of the elements held sway from 350 BCE until the emergence of the new generation of science in 17th century Europe. The elements were held in such high esteem because they carried out the work of nature by combining and recombining to create all the different types of matter on earth. The elements were seen as forces or agencies found at the very heart of matter, rather than detectable substances. The four basic elements of nature are earth, water, fire and air. Within each are elemental beings that are the spiritual essences of the element. The fifth element of ether unites them all within space.



A graphic Western representation of a *stupa* from Tibet, that is a small temple building. As a Western ideogram from the “easternization” of the West in the 1960s it is a symbol for the elementary organization of the universe. It is composed from the bottom up of □, the earth element; ○, the element of water; △, that of fire; ☽, the air; and ♂ representing ether or the fifth element.

	EARTH	WATER	FIRE
<b>PHYSICAL/ETHERIC</b>	<ul style="list-style-type: none"> <li>• builds up bones, muscles, tendons, organs, hair and nails</li> <li>• stability, security, balance and the ability to move forward</li> <li>• practicality and material abundance</li> <li>• the will to be; the will to live</li> </ul>	<ul style="list-style-type: none"> <li>• creation of forms (e.g. cells, an embryo)</li> <li>• builds up all the fluids (blood, lymph etc.)</li> <li>• relaxes and refreshes</li> </ul>	<ul style="list-style-type: none"> <li>• digestion and absorption to fuel the body</li> <li>• responsible for the body's temperature, inner combustion (e.g. stomach, intestines), enhances blood circulation</li> <li>• increases vitality in all areas of life, and helps in taking action</li> </ul>
<b>EMOTIONAL</b>	<ul style="list-style-type: none"> <li>• the will to either hold or let go</li> <li>• calm and dependable</li> <li>• mastery of negative emotions</li> <li>• develops the subtle sense of smell</li> </ul>	<ul style="list-style-type: none"> <li>• desire to create and protect that which is created</li> <li>• produces empathy, sensitivity and tenderness</li> <li>• maintains a peaceful and magnetic personality</li> <li>• creates harmonious emotional relationships</li> <li>• dissolves repressed emotions</li> </ul>	<ul style="list-style-type: none"> <li>• desire for pleasure and sweetness of life, aspiration</li> <li>• self-confidence, enthusiasm, optimism, passion and</li> <li>• the desire to help others</li> <li>• affects astral clairvoyance e.g. perception of auras</li> </ul>
<b>MENTAL</b>	<ul style="list-style-type: none"> <li>• the will to think</li> <li>• strengthens patience, perseverance, concentration and discipline</li> <li>• develops extreme sensitivity of touch and physical feeling</li> </ul>	<ul style="list-style-type: none"> <li>• self-education and a sense of responsibility</li> <li>• knowing, understanding, receptivity, adaptability and imagination</li> <li>• develops sensitivity to others' thoughts</li> </ul>	<ul style="list-style-type: none"> <li>• how one thinks about oneself</li> <li>• produces cognition, memory and alertness of mind</li> <li>• self-reliance, courage and leadership</li> <li>• develops mental clairvoyance e.g. perception of etheric body and its energetic functioning</li> </ul>
<b>SOUL</b>	<ul style="list-style-type: none"> <li>• the will to be oneself</li> </ul>	<ul style="list-style-type: none"> <li>• love of family, friends, one's group</li> </ul>	<ul style="list-style-type: none"> <li>• helps you to aspire to the ideals of the soul</li> </ul>

AIR	ETHER	EXALTATION	WESAK
<ul style="list-style-type: none"> <li>• circulation and immune discrimination response</li> <li>• produces gases: (e.g. gas exchange in the lungs)</li> <li>• developing dexterity, solutions to practical problems (e.g. enterprise skills)</li> </ul>	<ul style="list-style-type: none"> <li>• exists as pure life force</li> <li>• concerns the consciousness in the cells</li> <li>• inspires right speech</li> </ul>	<ul style="list-style-type: none"> <li>• direction and coordination of the endocrine system as a whole and linking with the brain</li> </ul>	<ul style="list-style-type: none"> <li>• regulates body rhythms and response to light</li> </ul>
<ul style="list-style-type: none"> <li>• unconditional love</li> <li>• sympathy, subtlety, emotional independence and refinement e.g. poise, gracefulness</li> <li>• developing clairaudience e.g. ability to hear the communications of the spirits in nature</li> </ul>	<ul style="list-style-type: none"> <li>• fosters a desire to serve others</li> <li>• manifests as love</li> <li>• develops the expression of the consciousness, the instinctual intuition</li> </ul>	<ul style="list-style-type: none"> <li>• engenders the love of the humanity and group love</li> </ul>	<ul style="list-style-type: none"> <li>• responsiveness and awareness of emotions</li> </ul>
<ul style="list-style-type: none"> <li>• justice and discrimination</li> <li>• creative intelligence</li> <li>• good analytical skills</li> <li>• clear comprehension</li> <li>• mental versatility</li> <li>• develops clairaudience and to access higher knowledge, the super-conscious (universal) mind e.g. the ability to hear the music of the spheres</li> </ul>	<ul style="list-style-type: none"> <li>• encourages mental flexibility</li> <li>• manifests as the power of synthesis</li> <li>• develops the first forms of psychic abilities, inner communication or 'channelling'</li> </ul>	<ul style="list-style-type: none"> <li>• encourages spiritual study and understanding</li> </ul>	<ul style="list-style-type: none"> <li>• direction of thought</li> </ul>
<ul style="list-style-type: none"> <li>• intuition</li> </ul>	<ul style="list-style-type: none"> <li>• thinking as the soul</li> <li>• manifests as spiritual love</li> <li>• develops direct transmission, the higher psychic faculty</li> </ul>	<ul style="list-style-type: none"> <li>• observe and respond to soul direction</li> </ul>	<ul style="list-style-type: none"> <li>• seeing the vision in the light of the soul</li> </ul>



# Gem Essences of the Seven Rays

“FOR THE SOUL’S FORCES TO BE PROPERLY GROUNDED IN THE PHYSICAL PLANE THERE MUST BE A POINT OF FOCUS. CRYSTALS ARE THIS POINT OF FOCUS, BEING IN A CONSTANT STATE OF RESONANCY”.

GEM ELIXIRS AND VIBRATIONAL HEALING VOL. 1, GURUDAS

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Crystals and gemstones have been used since ancient times as medicines. There is a lot of literature, including ancient sources and sacred texts from around the world that recognise gemstones emit powerful energies.

#### **THEIR MEDICAL AND MAGICAL PROPERTIES**

The tradition of Ayurvedic medicine, for example, gives information as to their medical and magical properties. I think they are best understood in terms of their qualities.

When I was researching this literature, after having made the seven gem essences in 2003, I discovered C. Nelson Stewart’s book *Gemstones of the Seven Rays*. In his book he quotes ‘an enthusiastic worker among precious stones’: “The brilliancy, the colour and the

symmetrical crystal forms of precious stones have in all ages suggested to man some kind of indwelling life and the idea that precious stones are flowers that grow underground”.

He states that gemstones, from their mineral geometric structure of “static equilibrium”, confer “a state of acquiescence in the presence of molecular forces”.

I have made the gem essences using the same sun infusion method I use to make flower essences. They are different from flower essences as their ‘goal’ is to be effective in clearing the *nadi*, the ‘tubes or ducts’ that are the foundation of the subtle etheric body, removing negativity that can impede the flow of life force to the *chakras*. Gem essences are traditionally used to treat *chakra* imbalances.

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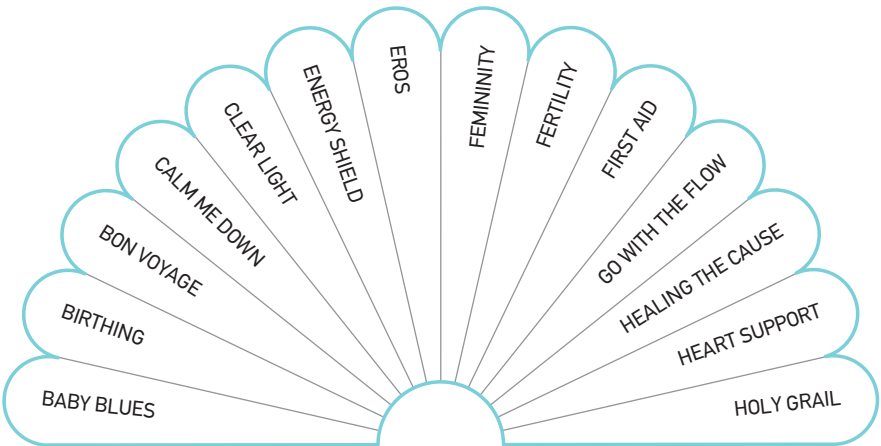
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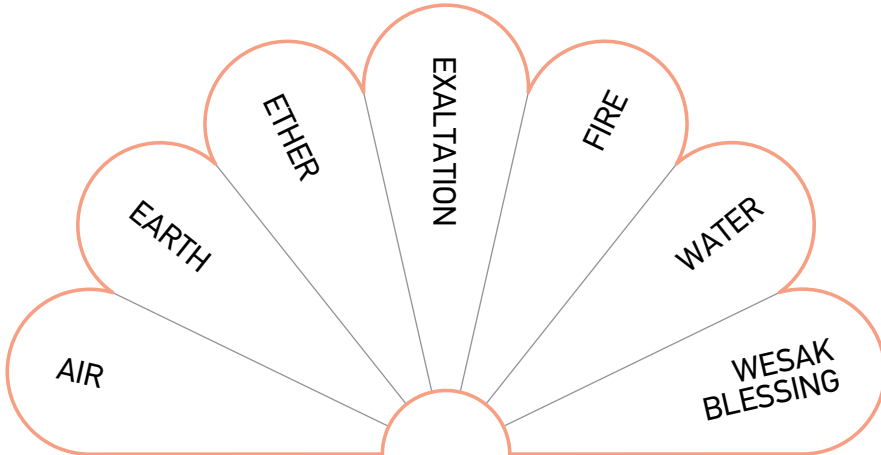
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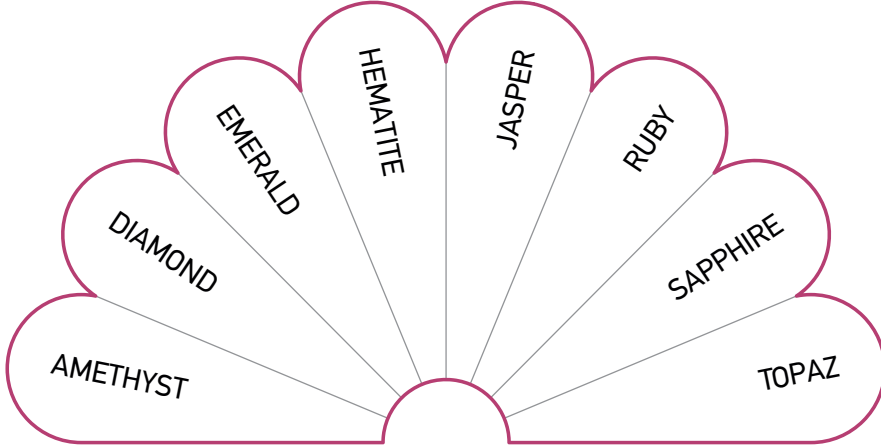
COMBINATION ESSENCES



ELEMENTAL ESSENCES



GEM ESSENCES



# Findhorn Foundation



The Findhorn Foundation is a spiritual community, ecovillage and international centre for holistic learning, helping to unfold a new human consciousness and create a positive and sustainable future.

In 1962, the three co-founders, Eileen and Peter Caddy, their three children, and their friend Dorothy Maclean, towed their caravan to the Findhorn Bay Caravan Park. From these humble beginnings the community has grown in size and complexity and in 2012 celebrates it's 50th birthday with workshops, events and conferences throughout the year.

The founding principles of deep inner listening, co-creation with the intelligence of nature, and service to the world through love in action, have always been at the heart of the community. They remain alive and strong as we stay relevant to the needs of today and evolve into the 21st century.

Eileen, Peter and Dorothy engaged with their inner source of wisdom and the original Findhorn Garden was established through necessity to feed the growing family who were surviving on a low income. The garden flourished and they came to understand they were engaged in a process of co-creation with nature. Enormous vegetables growing in barren soil drew attention to this remote area of Scotland and inspired others to work in similar ways. This, along with the publication of Eileen's guidance, launched Findhorn onto the world stage and drew visitors from all over the globe.

The educational aspect of the community began under the guidance of David Spangler in the early 70's. Experience Week, an essential Findhorn programme, has so far welcomed over 30,000 people to engage in a heart-opening introduction to the rhythms of community life, including meditation, sharing, sacred dance and being in nature.

Spirituality and ecology are closely linked as people strive to live more consciously. The low carbon pioneering Findhorn Ecovillage at The Park began in the mid 80's and sustainable values are expressed through the innovative use of building materials, the beauty in the architecture and gardens, and applied technology in the Living Machine sewage treatment facility and electricity-generating wind turbines.

Throughout its history the Findhorn Foundation has shared the values of the United Nations, aiming to create a more peaceful and sustainable world. In 1997 the Foundation was approved for formal association with the United Nations, through the Department of Public Information, as a recognised Non-Governmental Organisation.

This cooperation has the potential to be a major vehicle for human evolution, as it supports the process of framing current world issues within a context of global interdependence. Our founders would be proud of how the community has developed and how it continues the commitment of applying timeless wisdom to the challenges of modern day life.