



# Heart Radiance

AUSTRALIAN WILD FLOWER ESSENCES



PRODUCT GUIDE



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ABOUT HEARTRADIANCE



## *About HeartRadiance Essences*

HeartRadiance Australia is the home of handmade wild flower essences. Our range of essences and spray mists are an easy to use and prescribe system of vibrational medicine designed to work with the subtle energy anatomy of the human body to nurture emotional, spiritual and physical wellbeing.

HeartRadiance Flower Essences are a system of healing that powerfully supports the journey of reconnection with our own inner landscape and allows us to acknowledge the power and substance of personal and emotional wellbeing, balancing the whole person to promote physical healing.

A reflection of the ever-changing landscape of the energetic world, HeartRadiance Essences embody and support togetherness, unity and energetic health and harmony. Originally emerging from the feminine principle, HeartRadiance endeavours to constantly evolve and grow in response to the rapid shift in society and human consciousness taking place. By occupying the communal space of the heart, the place where inner peace and love resides, our ability to love is expanded, not only for ourselves, but for all beings with whom we cohabit on this beautiful planet we call home.

“When we truly flower as human beings, life is abundant, contented and rich.” - Annie Meredith, founder.

## *About Annie*

HeartRadiance Essences were developed, researched and created by Annie Meredith, expert in flower essences with over 40 years of experience in vibrational medicine, acupuncture and Traditional Chinese Medicine. Annie's passion is working with women's health and well-being. She teaches women in Australia and globally how to honour themselves and to find their own sovereignty within, rather than looking outside of themselves for answers.

Annie wrote her first book, *Essence of Woman* in response to women from all over the world who asked her for support to find the path back to who they really were. Annie's second book, *Spirit of Woman* is a manual for flower essence practitioners and laypeople alike, providing practical, emotional and spiritual tools for individuals to use in their everyday lives to enhance their journey to self-empowerment.

To find out more about Annie, and to gain deeper understanding into the world of Body-Mind healing you can purchase either of her books, check out the online courses, attend a workshop, or subscribe to the HeartRadiance newsletter to keep in touch.





## *HeartRadiance Training Courses*

HeartRadiance Australia and Annie Meredith also offer a range of online and face-to-face personal development training workshops. In these transformative workshops, we draw on Annie's extensive clinical and teaching experience to offer information, strategies, immersive experiences and pathways to grow to optimum life expression through the exploration of the inner landscape in a safe and supported way.

A practitioner training program is also offered in the clinical use of HeartRadiance Essences. In these professional development courses we explore and work with the subtle energy anatomy underpinning the physical, to access mind-body healing and life-style advisory tools.



**OUR PRODUCTS**



## OUR PRODUCTS

### *Pure Essences*

Pure Essences contain the vibrational energy of one flower type. Pure Essences target highly specific issues and are more immediate and direct in their outcomes due to the singularity of the vibrational frequency. Pure Essences can be combined to create customisable personal blends for those needing a more individualised approach.



## *Pure Essences – Dose & Concentrate*

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<b>Acacia</b>	<p><b>Challenges:</b> Vulnerability, anxious feelings, over-influenced, need to isolate oneself, irrational fear and psychic attack.</p> <p><b>Healing Outcomes:</b> Sense of safety, feeling comfortable with others, appropriate connection and trust.</p>
<b>Ajuga</b>	<p><b>Challenges:</b> Feels under duress, insecure or unsafe, indecisive, having bizarre thoughts, feelings of possession.</p> <p><b>Healing Outcomes:</b> Feels protected, trusting, capable and safe, promotes discernment and clarity of mind.</p>
<b>Apostle Plant</b>	<p><b>Challenges:</b> Closed or scared to change, spiritual void, can't let go of old beliefs and values, stagnant attitude, stuck in mind and body, harbours a death wish expressed through unbalanced living.</p> <p><b>Healing Outcomes:</b> For major life transitions, opens to spiritual truth, move through blocks, flexible thinking.</p>
<b>Black Nightshade</b>	<p><b>Challenges:</b> Breastfeeding difficulties, mother-child conflict, poor body image, tiredness and discomfort with gender identity / being female.</p> <p><b>Healing Outcomes:</b> Self-worth, love of body and self, supports digestive processes, ease in mother-child connection.</p>
<b>Bleeding Heart</b>	<p><b>Challenges:</b> Sadness and loss, hurt and pain of lost love, for the closed heart and co-dependency.</p> <p><b>Healing Outcomes:</b> Helps to let go, comforts hurt and pain, opens the heart and encourages positive risk-taking.</p>
<b>Blue Mink</b>	<p><b>Challenges:</b> Feeling stressed, pressured or threatened, aversion to touch, pain from a past relationship, discomfort with skin.</p> <p><b>Healing Outcomes:</b> Relaxes, softens. Restores connection, heals hurt and soothes skin.</p>
<b>Cassia</b>	<p><b>Challenges:</b> Feeling loss, incomplete or victimised, for soul depression, trapped, feeling dull and uninspired and for addictive tendencies.</p> <p><b>Healing Outcomes:</b> For self-empowerment, faith in oneself, new vision, clarity and self-healing. Strengthens the will to transform.</p>
<b>Commelina</b>	<p><b>Challenges:</b> Speaking negatively, critical self-talk, gossip, for recurring difficulties in life situation, relationship or work environment, blocked creativity.</p> <p><b>Healing Outcomes:</b> Integrity and coherence in speech, focus on communicating positive outcomes, aids communication, unblocks frozen creative expression.</p>

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<b>Cordyline</b>	<p><b>Challenges:</b> Fear, co-dependency, issues with the father, sexism, balancing male and female within.</p> <p><b>Healing Outcomes:</b> Acceptance of being female / male/ gender self-recognition, heals relationship with the father and men, balances.</p>
<b>Dandelion</b>	<p><b>Challenges:</b> Overwhelm, feeling disconnected, racing thoughts, scattered and unfocused, mind won't shut down, tired.</p> <p><b>Healing Outcomes:</b> Grounds and centres, clarifies thoughts, aids focus, re-energises, calms.</p>
<b>Freckle Face</b>	<p><b>Challenges:</b> Communication difficulties, shrill words, frustration, feeling criticised, parent/child conflict.</p> <p><b>Healing Outcomes:</b> For safety in expression, for speaking kindly, speaking truth, joy in silence.</p>
<b>Lacebark</b>	<p><b>Challenges:</b> Feels unattractive and sexually 'washed up', empty nest syndrome, fear of ageing, feeling useless and hearing difficulties.</p> <p><b>Healing Outcomes:</b> Joy in sexuality, confidence in passing on wisdom, open to hearing assistance, dancing to life's rhythm.</p>
<b>Lantana</b>	<p><b>Challenges:</b> Guilt, worry, over-nurturing, smother-mother love, masking feelings, muddle-headedness.</p> <p><b>Healing Outcomes:</b> Emotional freedom, faith, calm self-assurance, clarifies personal boundaries, clears negative patterns.</p>
<b>Lomandra</b>	<p><b>Challenges:</b> Jealousy, white rage, resentment, anger gone cold, holding grudges and controlling patterns.</p> <p><b>Healing Outcomes:</b> Forgiveness, co-operation, assertion, flexibility and tolerance, returns the sweetness in life.</p>
<b>Macaranga</b>	<p><b>Challenges:</b> Feeling anxious, relationship anxiety, confusing service with love, co-dependency, over-sensitivity.</p> <p><b>Healing Outcomes:</b> Builds self-worth and self-acceptance, balances loving, brings inner strength</p>
<b>Milkweed</b>	<p><b>Challenges:</b> For the difficult and/or over-dependent child, manipulative behaviour, learning difficulties, bullying and fearful child.</p> <p><b>Healing Outcomes:</b> Develops individuality, encourages sensitivity, improves child's self-confidence. Activates humour and play.</p>
<b>Morning Glory</b>	<p><b>Challenges:</b> Speaking one's truth, timidity and shyness, difficulty confronting others, outshining others, creative blocks and dominating parents.</p> <p><b>Healing Outcomes:</b> For letting your star shine, opens creative channels to sing and heal, empowering.</p>
<b>Native Hibiscus</b>	<p><b>Challenges:</b> Fear of pain in relation to menstruation, residual stress in victims of past sexual abuse, sadness and guilt around abortion or miscarriage and unwanted pregnancy.</p> <p><b>Healing Outcomes:</b> Eases fear of period pain, grants courage to move on from abuse trauma, lightens grief and guilt around past pregnancy decisions.</p>

<b>Pink Shamrock</b>	<p><b>Challenges:</b> Adolescence conflict, child who won't emotionally grow up, teething problems, child behaviour problems, feelings of alienation and rejection, fear of hereditary disease.</p> <p><b>Healing Outcomes:</b> Soothes transition from childhood to adulthood, supports a sense of belonging, assists self-identity, supports healthy lifestyle choices.</p>
<b>Red Kamala</b>	<p><b>Challenges:</b> Emotionally induced frigidity, sexual guilt, shame and fear, loss of interest in sex, stiffness and inflexibility.</p> <p><b>Healing Outcomes:</b> Supports renewed interest in sex, encourages feelings of sexual freedom and enjoyment, assists flexibility and suppleness, inspires creativity.</p>
<b>Seeing Eye</b>	<p><b>Challenges:</b> Indecision, can't see options, feeling trapped or limited in one's life, head in the sand attitude, soul depression.</p> <p><b>Healing Outcomes:</b> Supports easy decision-making, opens to new possibilities, accesses novel ways of seeing, awareness of responsibilities, aids visualisation for better life outcomes.</p>
<b>Sensitive Plant</b>	<p><b>Challenges:</b> Withdrawal into the self, dark night of the soul, inability to balance inner world with outer reality, sense of hopelessness, hyper-sensitivity.</p> <p><b>Healing Outcomes:</b> Fosters trust, facilitates and embraces change, brings balance between inner and outer worlds, encourages hope, cultivates discernment and supports Light-workers.</p>
<b>Silver Wattle</b>	<p><b>Challenges:</b> Melancholy, despair and pessimism, seasonal gloominess, struggle and poverty mentality, for prophets of doom.</p> <p><b>Healing Outcomes:</b> Lifts the Spirit, brings optimism, fosters a sense of renewal and emergence, restores hope and an attitude of abundance, encourages environmental concern.</p>
<b>Snail Vine</b>	<p><b>Challenges:</b> For distress around infertility, frustration with IVF, feels frigid or impotent, confusion over sexual preference, for sexual timidity.</p> <p><b>Healing Outcomes:</b> Stimulates confidence in fertility for females and males, supports trust in IVF process, energetically strengthens ovaries and sperm production, grants clarity with sexual preference and sexuality.</p>
<b>Storm Lily</b>	<p><b>Challenges:</b> For feeling rattled in emergency situations and/or shocked, traumatised, or suffering the emotional after-effects of violence or verbal or sexual abuse. For childhood tantrums and distress.</p> <p><b>Healing Outcomes:</b> Calms the Spirit, brings a sense of balance, cleanses and reclaims equilibrium. Resolves after-effects of shock. Settles a child.</p>

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**Swamp Lily**

**Challenges:** For feelings of tiredness and exhaustion and being weighed down by responsibility, feels like a servant and wants to escape, for the fear of serial miscarriages.

**Healing Outcomes:** Re-moisturises and re-energises, strengthens commitment, supports nurturing the self, for endurance, calm and perseverance, energetically supports the foetus.

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**Verbena**

**Challenges:** Despondency, shyness in connecting with others, loner attitude, exhausted carer, loneliness in the aged and superwoman mentality.

**Healing Outcomes:** Engages the generous spirit, builds confidence to reach out to others, invokes sharing the burden, seeking co-operation from others, collaboration and networking.

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**White Wandering Jew**

**Challenges:** Melancholy, despondency and despair, lack of faith, jetlag, fear of death and ageing, fear of the dark, sleeplessness and spiritual void.

**Healing Outcomes:** Renews trust in life processes, lightens fear, eases dying, assists with channelling Higher Wisdom, balances and deepens spirituality.

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**Wild Iris**

**Challenges:** Fear of childbirth and infertility, denial of the feminine, feeling unbalanced and lack of confidence as a woman.

**Healing Outcomes:** Energetically balances the body, inspires love of the body, supports confidence in natural conception, enhances conviction in mothering role, encourages expression of the feminine.

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## OUR PRODUCTS

### *Blended Essences*

Blended Essences contain the vibrational energy of multiple Pure Essences selected and intentionally combined to target common issues. Blended Essences are popular due their ease of use, ease of selection and their ability to target broader, shared phases of life or transitions, revealing the deeper layers or shifting awareness around the issue at hand. Highly effective, blends are often more subtle and encompassing in their healing process due to the effect of combining multiple vibrational frequencies into one essence.

## *HeartRadiance Blends – Dose & Concentrate*

The essence blends are designed to provide emotional and psychological support through various stages and crossroads in life, as well as to assist in everyday situations with relationships, work related issues, family problems and through all aspects of spiritual development, regardless of whether you are a novice or a seasoned traveller on the road less travelled.

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<b>Abundance</b>	<p><b>Challenges:</b> Feeling impoverished physically, emotionally or spiritually, feeling cut off from the supply chain of life, poverty mentality.</p> <p><b>Healing Outcomes:</b> Opens to the limitless abundance of the Universe. Attunes your spirit to joy, optimism and gratitude. Clears family patterns around the sense of ‘never-enough’.</p>
<b>Body Love</b>	<p><b>Challenges:</b> For repugnance or discontent with body, multiplicity of symptoms, for feeling hormonally imbalanced, not feeling right in your body. For gender dysphoria.</p> <p><b>Healing Outcomes:</b> Assists you to tune into your own unique body’s wants and needs. Energetically supports healthy, balanced functioning of hormones. Helps you feel comfortable and joyful in your own body.</p>
<b>Brain Balance</b>	<p><b>Challenges:</b> For confusion in thinking, perceived learning difficulties, fears of memory failure, feeling not quite right after brain trauma, left-right imbalance issues.</p> <p><b>Healing Outcomes:</b> Energetically balances the wholistic functioning of the brain and assists with brain health following trauma. Supports the brain throughout childhood to maintain developmental milestones. Helps with fear of memory loss and brain changes with age.</p>
<b>Breakup Ease</b>	<p><b>Challenges:</b> Sadness following relationship breakup, loss of a friend, loved one or pet. Separation trauma when leaving home, workplace or job. Struggle with addiction withdrawal.</p> <p><b>Healing Outcome:</b> Supports by easing the pain and angst of a breakup. Helps process feelings of grief, blame, guilt, fear, rejection, and abandonment. Assists recovery by helping you to learn from the past and move on.</p>
<b>Childhood</b>	<p><b>Challenges:</b> Difficult child, parenting challenges, family conflict, sibling rivalry, behavioural issues at school.</p> <p><b>Healing Outcomes:</b> Supports harmony in the growing family. Energetically balances child’s development, through all transitional phases. Opens the parenting heart to understand the child’s developmental milestones, dissolves conflict replacing it with loving kindness.</p>
<b>Clear Skin</b>	<p><b>Challenges:</b> Dislike of skin or skin conditions, feeling toxic, feeling unclean and unattractive.</p> <p><b>Healing Outcomes:</b> Helps you in feeling beautiful inside and out. Assists with energetically clearing emotional patterns that may underlie skin conditions. Helps to clear stress patterns from your body and assists with elimination. Feels like an inner ‘spring clean’.</p>

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**Creative Muse**

**Challenges:** Feeling creatively blocked, inadequate, imperfect, overly comparative or competitive with others, lost in the realm of ideas, can't get things done.

**Healing Outcomes:** Accesses creativity in all fields by transforming old 'not-good-enough' scripts. Opens your creative vision and to you valuing the uniqueness of your ideas as worthwhile. Helps to ground ideas and bring them to fruition.

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**Crisis Calm**

**Challenges:** For feelings of chaos in all emergency crises whether physical, emotional, mental or spiritual, for the shock of rapid change or transition or sudden change in circumstances.

**Healing Outcomes:** Use in all trauma, shock, stress, emergency or crisis situations - emotional, psychological or physical to support you relaxing into, managing the situation and/or adapting to changing circumstances.

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**Exploring Spirit**

**Challenges:** Confusion, angst, fear or panic about a life situation, world events or the state of the planet, feeling stale in your outlook, feels a need to assist others but you don't know where to begin.

**Healing Outcomes:** Helps you honour your Soul's journey, align to your higher purpose and to the Light Source of all life. Opens your heart to communion with others and with your highest potential to create your own reality.

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**Father Love**

**Challenges:** Relationship angst, general anger with males and male dominated world, feels 'less than' the males in your world, holding on to issues with your father or father figure.

**Healing Outcomes:** Helps resolve your relationship with your dad to smooth your present relationships with the men in your life. As a dad yourself, helps you to effectively role model your own son or daughter.

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**Gift of Time**

**Challenges:** Constantly feeling stretched for time, on the run, no time for the self, constantly serving the needs of others, feels time is speeding up, can't meditate or practice mindfulness.

**Healing Outcomes:** Stress less about busy-ness. Assists you to suit your timing rather than rushing to fit in with others. Releases fears about time and life passing too quickly. Accesses the present moment.

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**Intimate Zone**

**Challenges:** For feeling uncomfortable with any aspect of your sexuality, past sexual abuse impacting your current sexuality, sexual inequity in a relationship. Unable to voice your sexual needs and desires.

**Healing Outcomes:** Assists feelings of comfort with your sexuality. Eases stress around your sexual expression and encourages you feeling comfortable in intimate situations. Helps to energetically clear abuse. Supports you expressing your sexual needs.

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**Me Myself I**

**Challenges:** Dogged by health issues, feeling unwell, constantly tired, envious of other's vitality and success, devastated by recent breakup.

**Healing Outcomes:** Helps you to love being fully alive as yourself - physically, emotionally and spiritually. Assists in accessing the joy of life, so that you are restored, refreshed, revitalised, regenerated and rejuvenated. Helps you to 'simply loving being me'.

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**Mother Love**

**Challenges:** Feels unworthy or 'less than' others, negative self-talk and self-image, difficulties with close relationships, including your mother, feels over-weight or under-weight. Feeling unworthy or ineffective as a mother.

**Healing Outcomes:** Grants feelings of deep self-worth and the capacity for self-nurture. Helps clear toxic patterns from your relationship with your mother, resolves distorted mis-perceptions, especially around self-worth and self-nurture. Heals wounds from childhood. Aids digestion. As a mother yourself, helps to smooth your mothering experience and effectively role-model to your child.

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**Pre-conception**

**Challenges:** Feeling uncertain or inadequate when considering a pregnancy, feeling not healthy enough to conceive, stress associated with 'infertility', conflict with partner over starting a family.

**Healing Outcomes:** Helps to energetically prepare both parents in body, mind, and spirit for an incoming baby. Grants confidence to begin preparing for a pregnancy. Use in the 3-6 months before trying to conceive.

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**Quiet Mind**

**Challenges:** Racing thoughts, can't meditate, feeling anxious, fears of sleeplessness, agitated, difficult decision-making, constantly feels unresolved.

**Healing Outcomes:** Supports you gaining inner peace and serenity. Relaxes and quiets your racing mind so that sleep comes easily, and calm prevails in your life. Accesses your intuitive intelligence through an unruffled heart.

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**Self-Heal**

**Challenges:** Panicked with medical diagnosis, feels helpless over a health issue, distrust of your body's capacity to be well again, disconnected from your body.

**Healing Outcomes:** Assists you to connect with your inner knowing that your body wants to be healthy and well. Builds confidence to find ways to change your lifestyle so that you return to a state of optimum wellness.

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**Speak Easy**

**Challenges:** Constantly bickering and argumentative, feels alienated from partner, friends, work colleagues, feels misunderstood. Blunt, harsh or critical communication style.

**Healing Outcomes:** Supports easy, heart-felt communication and clears misunderstandings in your relationships. Helps release patterns of blame and judgement. Opens communication channels for authentic relationships.

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**Teen Transit**

**Challenges:** Negative adolescent behaviour patterns, teen trouble at school, with the law, with sexting or pornography, boy/girl crazy, emotional turmoil, won't communicate, wilful behaviour.

**Healing Outcomes:** Eases the transition from puberty through to adulthood. Helps you to 'hold the space' for your child as he/she goes through the tumultuous body, brain and hormonal changes that herald adulthood. Settles an emotionally-charged and wilful teenager.

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**The Baby Years**

**Challenges:** Anxious, fearful, feels inadequate with new baby, difficulty balancing new arrival with toddlers, older children and demands of work for yourself and your partner, exhausted or post-natal depression.

**Healing Outcomes:** Supports you and baby getting to know one another during the post-natal phase and assists the easy expansion of your family circle. Builds your confidence as a parent and helps replenish your energy. Smooths the transition and enhances connection in the case of an adopted child.

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**Together**

**Challenges:** Relationship feels stale, lack of romance, sex is boring, partner seems full of faults, fear of infidelity.

**Healing Outcomes:** Supports you being in a relationship. Aids in developing trust in your partner so that intimacy can blossom. Assists in acceptance of differences. Helps release struggle around relationship issues and finding the unique relationship style that suits you.

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**Travel Ease**

**Challenges:** Unsure about travel, nervous and apprehensive about change and experiencing new cultures, jetlag, fears about travel acquired illness.

**Healing Outcomes:** Helps to attune your body clock after travelling. Assists your body in staying balanced and hydrated to retain optimum energy while travelling. Eases jetlag. Aids all transitions, including the self-healing journey.

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**Vital Energy**

**Challenges:** Constantly tired, lassitude, no motivation, wants to sleep, worries about endurance for an up-and-coming event or life situation. Nagging, negative thought patterns that devitalize and sabotage.

**Healing Outcomes:** For focus on the matter at hand and protection from burning out through adequate rest, hydration and preparation beforehand. Gives an energetic boost when you're tired or just 'flat'. Aids releasing unnecessary worry, anxiety, and guilt that drains vitality.

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#### OUR PRODUCTS

### *Spirit of Woman Blends – Dose & Concentrate*

The Spirit of Woman range was specially formulated in response to Annie's clinical experience working with women's health, fertility and with helping all human beings connect with the energy of the Divine Feminine. Impassioned to support the feminine biological inscription, Annie felt a calling to develop essences that assisted and acknowledged the intricacy and complexity of female health, wellbeing and relationships.

## *Spirit of Woman Blends – Dose & Concentrate*

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### **Birth Recovery**

**Challenges:** Difficult birth, feels tired and sad about birth process not going to plan, guilt and/or grief around a miscarriage, an abortion or a termination.

**Healing Outcomes:** Supports recovery of mother and baby following caesarean or difficult birth. Assists in kindling bond attachment especially when mother and baby are separated at birth. Helps to rebalance you emotionally following a miscarriage, an abortion or a termination.

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### **Blessed Birth**

**Challenges:** Fear of birthing, lacking confidence in your body to give birth, family patterns for poor birthing outcomes, fears of undue interference in birthing plans, hearing negative stories around birthing.

**Healing Outcomes:** Supports you feeling confident in your body's ability to birth safely and naturally. Helps parents enter into the birthing process as a sacred journey. Assists in adapting the birth plan with ease, if required.

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### **Conception**

**Challenges:** Distress around a medical diagnosis of infertility or enrolment in IVF program, feeling incapable of falling pregnant, despairing of ever falling pregnant.

**Healing Outcomes:** Energetically supports feeling confident of optimum fertility in both parents-to-be. Used in conjunction with consciously trying to fall pregnant. Assists by supporting the body and feeling hormonally balanced.

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### **Empty Nest**

**Challenges:** Sadness, grief and loneliness with children leaving home, feels empty and 'useless' without a family to care for, unsure how to fill the 'hole', feels unskilled to re-join work force.

**Healing Outcomes:** Supports parents' transition to new beginnings, as they re-establish their lives without dependent children. Assists with appropriate letting-go and helps clear resentment, jealousy and loneliness.

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### **Pregnancy Support**

**Challenges:** Emotional swings, fears, uncertainty associated with pregnancy, communication difficulties with partner, fear of impending birth.

**Healing Outcomes:** Supports growing baby gracefully through the swift and profound changes of pregnancy that can create an emotional roller-coaster. Supports emotional and mental wellness in both parents.

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### **Wise Woman**

**Challenges:** Feeling 'old and useless' feels dried up and sexually past used-by date, fear of dying, dislike of ageing body, irritation with age-related conditions

**Healing Outcomes:** Supports ageing gracefully and accessing the deep well of personal power that mature wisdom brings. Assists you to retain the juiciness of life. Helps in graciously passing on your wisdom to younger women.

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### **Woman Worth**

**Challenges:** Timidity, shyness, lack of confidence, feel subjugated to the males in your life, irritated by gender divide, intimidated by work related sexism.

**Healing Outcomes:** Encourages you to stand in your power as a woman. Helps with self-assurance and upholding your own self-worth. Assists you to feel magnetically attractive and confident in all situations.

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#### OUR PRODUCTS

### *Chakra Blends – Dose & Concentrate*

The Chakra Blends are designed to work holistically at the level of the body-mind bringing us into alignment with our Higher Self-awareness. Each blend, made in the sacred presence of a vibrational sound bath, carries an ancient imprint to heal. The blends are reverently prepared for those who are already on the journey of personal healing and want specifically tailored vibrational medicines to intentionally erode barriers to change, bringing about easier transformation.

## Chakra Blends – Dose & Concentrate

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### Base Chakra

*Muladhara*

**Challenges:** Paranoia, fear of survival, dissociated, ungrounded, insecurity, terror, lack of vitality, associated with energetic healing in the lower body.

**Healing Outcomes:** Grounding, connection to the planet, confident in your own body, attuned to your body's signals, functional family connections, trust and faith.

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### Sacral Chakra

*Svadhithana*

**Challenges:** Fear and vulnerability, pain-focused, lacks intimacy, repression of feelings, hypersensitivity, feels numb.

**Healing Outcomes:** Willingness to allow pleasure in body, comfortable connection, healthy but permeable boundaries, trust in others, solid sense of place in the world, flexibility, comfortable with appropriate touch.

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### Solar Plexus Chakra

*Manipura*

**Challenges:** Lacks confidence, feels unsafe in the world, muddy, unclear thoughts, digestive problems, including bowel, over-influenced, feels dis-empowered.

**Healing Outcomes:** Confidence and sense of safety, clarity of thought, easy decision-making, sense of individuality and uniqueness, feels empowered, aids digestion.

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### Heart Chakra

*Anahata*

**Challenges:** Feels embittered, self-loathing, closed to others, greedy, hard on self or others.

**Healing Outcomes:** Filled with gratitude, self-accepting, loving-kindness to all beings, compassion for those in need.

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### Throat Chakra

*Vishuddha*

**Challenges:** No voice, reduced resilience, lacks creative confidence, isolated, feels impoverished.

**Healing Outcomes:** Speaks with truth and integrity, immune to critics, creatively flowing, co-creates with intention, manifests good health in self and others.

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### Third Eye Chakra

*Ajna*

**Challenges:** Feels directionless, hypercritical, confused mental and overwhelm, myopic vision, blinkered reality, unable to connect with intuition.

**Positive Outcomes:** Life purpose, judges with compassion, clarity in understanding, sees big picture reality, opens to new possibilities accesses intuition.

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### Crown Chakra

*Sahasrara*

**Challenges:** Spiritual exhaustion, feels alone and abandoned by God, spiritual arrogance, fear of death and the unknown.

**Positive Outcomes:** Surrenders to Higher Power, has a sense of place in the bigger picture, experiences awe and sense of connection to 'All-That-Is' regularly, comfortable with death and dying.

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## OUR PRODUCTS

### *Chakra Goddess Spray Mists*

The Chakra Goddess Spray Mists are an effective and sublime way to gain the full benefit of the healing power of HeartRadiance Essences. Each Spray Mist has the added potent resonance of Crystal Essences and exquisite essential oils. Working on thoughts and emotions and bringing us into alignment with our Higher Self-awareness, each spray mist resonates with one of the seven major chakras, working deeply in the body and mind to restore harmony and balance in what-ever circumstance is required at the time. Ease of spray administration means Chakra Goddess Spray Mists can be used for individual use, in a room, with a group of people, for children or for animal care. Highly effective for those adverse to oral administration.

## Chakra Goddess Spray Mists

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### **Clear Space**

*Goddess Gaia*

Clears stagnant energy in personal space, home or office. Resonates with the Base chakra and opens you to the presence of NOW.

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### **Divinely Feminine**

*Goddess Venus*

Enhances body image. Resonates with the Second chakra and celebrates the feminine in all of us. Activates love and connection. Deepens sexuality.

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### **Crisis Calm**

*Goddess Tara*

For all emergencies. Resonates with the Third chakra and can be used in all kinds of emergency situations to calm, reassure, centre and ground. Acts quickly on humans (individual or a group), plants and animals alike bringing a stressful situation back into a sense of control.

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### **Protection**

*Goddess Diana*

Transforms negative energy. Resonates with the Fourth chakra helping us to feel safe at all times. Dispels negative energy coming from others leaving you free, open-hearted and fearless. Taps into your inner strength, compassion and courage.

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### **Clarity**

*Goddess Athena*

Aids clear thinking and expression. Resonating with the Fifth chakra its sharp pungent aroma clears the head and sharpens the mind. Enhances easy and appropriate expression. Opens awareness to clear thinking and expression.

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### **Awaken**

*Goddess Sophia*

Enhances spiritual awareness. Resonates with the Sixth chakra engaging you with your Inner Wisdom and attuning to your Higher Self. Opens you up to your intuition so that your body is in tune with your mind and the 'present' moment.

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### **Meditation**

*Goddess Kwan Yin*

Quiets the mind. Resonates with the Seventh chakra opening the pathway to deep contemplation and reflection. In mastering the mind, we live contentedly with the environment and at peace.

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## HOW FLOWER ESSENCES WORK





## *How do Flower Essences work?*

Flower Essences act powerfully on the consciousness or awareness of the individual, opening up pathways of understanding or feelings previously unable to be accessed. Working directly with emotional and energetic wellbeing the ritual of taking Flower Essences helps empower personal transformation and allows you to focus on and embody positive energetic states. Perfect for personal use, HeartRadiance Essences are also popular for use in clinic by natural medicine practitioners of all kinds.

## *What is the difference between dose and concentrate essences?*

All HeartRadiance Essences are available in Dose or Concentrate.

Dose strength essences are made ready to use for oral administration.

Concentrate strength are a stronger version of the same vibrational essences and require preparation into dose strength. Concentrate strength is recommended for those requiring repeat personal use for ongoing persistent, harder to shift issues. Concentrate essences are suitable for practitioner use. Specific use guidelines for concentrates are available [here](#).



## *How to Take*

Dose Strength: 7 drops under the tongue twice daily.

Concentrate Strength: in the bath, diluted as a spray mist, added to creams and moisturisers or blended together for personalised use.

Dose and Concentrate Strength essences can be purchased online [here](#).

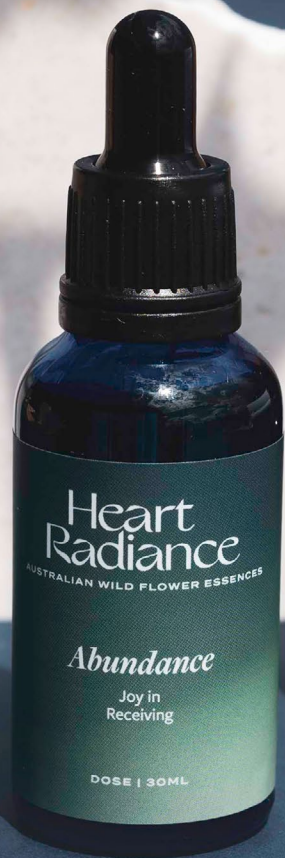
HeartRadiance Australian Wildflower Essences were grown, created and developed in the pristine environment of Mt Nebo in South-East Queensland, Australia using only pure and natural ingredients.

To work with the healing creativity of HeartRadiance Essences visit our website and browse our selection of uniquely created individual essences, blends and spray mists or contact us to discuss and create your personal HeartRadiance Essence experience. Individual online or email consultations with HeartRadiance practitioners are available for the creation of personal blends, unique to you and your journey.

Website: [www.heartradianceaustralia.com](http://www.heartradianceaustralia.com)

Email: [info@heartradianceaustralia.com](mailto:info@heartradianceaustralia.com)

Instagram: [@heartradiance](https://www.instagram.com/heartradiance)



A GUIDE FOR SYMPTOMS

# Repertory of Symptoms - Physical, Emotional and Mental

Flower Essences offer a unique way of rebalancing personal, mental and emotional stress and belief patterns, allowing us to make peace with or transform a particular habit, pattern, issue or situation. In this way they can support transformational healing.

**Abuse physical or sexual** - Acacia, Cassia, Cordyline, Native Hibiscus, Milkweed, Crisis Calm, Me Myself I, Sacral Chakra.

**Aching legs** - Apostle Plant, Red Kamala, Snail Vine, Vital Energy, Base Chakra.

**Acne** - Blue Mink, Lomandra, Clear Skin, Solar Plexus Chakra.

**Addictions to a substance, relationship, cause or life situation** - Cassia, Lantana, Macaranga, Self-Heal, Solar Plexus Chakra.

**Alcohol abuse** - Cassia, Lomandra, Wild Iris, Self-Heal, Me Myself I, Solar Plexus Chakra.

**Allergic sensitivity** - Cassia, Macaranga, Sensitive Plant, Mother Love, Solar Plexus Chakra.

**Anaemia** - Acacia, Cassia, Dandelion, Macaranga, Mother Love, Solar Plexus Chakra.

**Anger** - Acacia, Black Nightshade, Freckle Face, Lomandra, Storm Lily, Crisis Calm, Quiet Mind, Teen Transit, Solar Plexus Chakra.

**Ankylising spondylitis** - Apostle Plant, Lomandra, Seeing Eye, Third Eye Chakra.

**Anorexia** - Black Nightshade, Dandelion, Mother Love, Father Love, Sacral Chakra.

**Anxiety** - Blue Mink, Cordyline, Lacebark, Macaranga, Pink Shamrock, Sensitive Plant, Silver Wattle, Me Mother Love, Pregnancy Support, Self-Heal, Teen Transit, The Baby Years, Together, Woman Worth, Solar Plexus Chakra.

**Atherosclerosis** - Apostle Plant, Lomandra, Seeing Eye, Me Myself I, Heart Chakra.

**Arthritis** - Lomandra, Me Myself I, Solar Plexus Chakra.

**Asthma** - Bleeding Heart, Lantana, Sensitive Plant, Crisis Calm, Throat Chakra.

**Asymmetry, imbalanced** - Apostle Plant, Cordyline, Wild Iris, Vital Energy, Crown Chakra.

**Auric vulnerability** - Acacia, Sensitive Plant, Mother Love, Solar Plexus Chakra.

**Bladder problems** - Red Kamala, Snail Vine, Pregnancy Support, Self-Heal, Sacral Chakra.

**Body image problems** - Black Nightshade, Cordyline, Red Kamala, Sensitive Plant, Me Myself I, Mother Love, Father Love, Solar Plexus Chakra.

**Bowel polyps** - Cassia, Lomandra, Me Myself I, Mother Love, Base Chakra.

**Breast cancer** - Black Nightshade, Cordyline, Wild Iris, Mother Love, Self-Heal, Heart Chakra.

**Breathing difficulties** - Apostle Plant, Lantana, Sensitive Plant, Snail Vine, Crisis Calm, Quiet Mind, Heart Chakra

**Bullying behaviour** - Dandelion, Freckle Face, Milkweed, Childhood, Teen Transit, Me Myself I, Sacral Chakra.

**Childhood abuse of any kind, verbal, physical or sexual** - Milkweed, Sensitive Plant, Childhood, Crisis Calm, Solar Plexus Chakra.

**Circulation** - Apostle Plant, Bleeding Heart, Lantana, Vital Energy, Heart Chakra.

**Clearing toxicity** - Lomandra, Seeing Eye, Clear Skin, Base Chakra.

**Colds, flus and viruses** - Macaranga, Sensitive Plant, Mother Love, Self-Heal, Heart Chakra

**Colon cancer** - Cassia, Seeing Eye, Mother Love, Self-Heal, Base Chakra.

**Communication difficulties** - Commelina, Freckle Face, Lacebark, Seeing Eye, Speak Easy, Teen Transit, Together, Throat Chakra.

**Confusion over sexuality** - Cordyline, Red Kamala, Silver Wattle, Crisis Calm, Father Love, Me Myself I, Mother Love, Sacral Chakra.

**Constantly tired** - Black Nightshade, Dandelion, Snail Vine, Swamp Lily, Abundance, Body Love, Brain Balance, Gift of Time, Quiet Mind, Vital Energy, Sacral Chakra, Solar Plexus Chakra.

**Constantly seeking love** - Bleeding Heart, Macaranga, Body Love, Exploring Spirit, Me Myself I, Mother Love, Heart Chakra.

**Constipation** - Apostle Plant, Cassia, Dandelion, Mother Love, Speak Easy, Vital Energy, Base Chakra.

**Creative blocks** - Apostle Plant, Morning Glory, Pink Shamrock, Red Kamala, Creative Muse, Vital Energy, Throat Chakra.

**Debilitation of the nervous system** - Blue Mink, Sensitive Plant, Crisis Calm, Gift of Time, Quiet Mind, Third Eye Chakra.

**Despair, doom and gloom** – Apostle Plant, Seeing Eye, Silver Wattle, Exploring Spirit, Quiet Mind, Crown Chakra.

**Depression** - Cassia, Lacebark, Seeing Eye, Silver Wattle, White Wandering Jew, Wild Iris, Body Love, Gift of Time, Me Myself I, Mother Love, Father Love, Heart Chakra.

**Desire to escape from the world** – Apostle Plant, Blue Mink, Sensitive Plant, Mother Love, Me Myself I, Solar Plexus Chakra.

**Despondency** – Seeing Eye, Silver Wattle, Abun-Dance, Body Love, Me Myself I, Vital Energy, Heart Chakra.

**Diabetes** – Black Nightshade, Cássia, Dandelion, Mother Love, Solar Plexus Chakra.

**Diarrhoea** – Cássia, Dandelion, Gift of Time, Mother Love, Vital Energy, Solar Plexus Chakra.

**Difficulty in confronting others** - Freckle Face, Macaranga, Morning Glory, Brain Balance, Crisis Calm, Me Myself I, Quiet Mind, Speak Easy, Woman Worth, Solar Plexus Chakra.

**Digestive problems including irritable bowel syndrome, stomach upsets, diabetes** - Black Nightshade, Cassia, Dandelion, Me Myself I, Mother Love, Solar Plexus Chakra.

**Diverticulitis** – Cassia, Dandelion, Lomandra, Quiet Mind, Speak Easy, Base Chakra.

**Domineering parents** – Macaranga, Milkweed, Morning Glory, Mother Love, Father Love, Me Myself I, Speak Easy, Solar Plexus Chakra.

**Dull, constant headaches** - Dandelion, Lomandra, Swamp Lily, Vital Energy, Third Eye Chakra.

**Emotional confusion** – Acacia, Cassia, Sensitive Plant, Brain Balance, Crisis Calm, Gift of Time, Quiet Mind, Third Eye Chakra.

**Emotional and physical pain** - Blue Mink, Native Hibiscus, Sensitive Plant, Brain Balance, Crisis Calm, Quiet Mind, Third Eye Chakra.

**‘Empty nest syndrome’** – Lacebark, Empty Nest, Third Eye Chakra.

**Entity attachments** - Acacia, Ajuga, Sensitive Plant, White Wandering Jew, Exploring Spirit, Me Myself I, Solar Plexus Chakra.

**Excessive weight** – Black Nightshade, Cassia, Dandelion, Wild Iris, me Myself I, Mother Love, Woman Worth, Solar Plexus Chakra.

**Emptiness, feelings of** – Macaranga, Abundance, Breakup, Creative Muse, Exploring Spirit, Gift of Time, Quiet Mind, Self-Heal, Heart Chakra.

**Father issues** – Cordyline, Seeing Eye, Father Love, Heart Chakra

**Fear** - Acacia, Apostle Plant, Black Nightshade, Bleeding Heart, Blue Mink, Commelina, Cordyline, Freckle Face, Lacebark, Lantana, Macaranga, Morning Glory, Native Hibiscus, Red Kamala, Sensitive Plant, Silver Wattle, Snail Vine, Verbena, White Wandering Jew, Wild Iris, Abundance, Exploring Spirit, Woman Worth, Sacral Chakra, Heart Chakra.

**Fear of being alone** - Cordyline, Dandelion, Abundance, Exploring Spirit, Woman Worth, Sacral Chakra.

**Fear around sexuality** - Apostle Plant, Red Kamala, Sensitive Plant, Intimate Zone, Self-Heal, Together, Sacral Chakra.

**Fear of aging** – Lacebark, Creative Muse, Empty Nest, Intimate Zone, Together, Wise Woman, Third Eye Chakra

**Fear of change** –Apostle Plant, Sensitive Plant, Brain Balance, Teen Transit, Sacral Chakra.

**Fear of movement** – Apostle Plant, Lomandra, Red Kamala, Me Myself I, Self-Heal, Vital Energy, Wise Woman, Sacral Chakra.

**Feeling sexually undesirable** - Black Nightshade, Lacebark, Macaranga, Wild Iris, Body Love, Intimate Zone, Together, Empty Nest, Heart Chakra.

**Feeling small** – Macaranga, Seeing Eye, Abundance, Brain Balance, Together, Woman Worth, Solar Plexus Chakra.

**Feeling unattractive** - Black Nightshade, Lacebark, Seeing Eye, Body Love, Woman Worth, Third Eye Chakra.

**Feelings of uselessness and having passed the use-by date** – Lacebark, Empty Nest, Third Eye Chakra.

**Fibroids** – Apostle Plant, Native Hibiscus, Red Kamala, Wild Iris, Intimate Zone, Vital Energy, Sacral Chakra.

**Fragility** – Dandelion, Cassia, Sensitive Plant, Wild Iris, Me Myself I, Heart Chakra.

**Frigidity** – Blue Mink, Native Hibiscus, Red Kamala, Wild Iris, Intimate Zone, Woman Worth, Sacral Chakra.

**Gallstones** – Cassia, Lomandra, Me Myself I, Solar Plexus Chakra.

**Guilt around sexuality and masturbation** - Red Kamala, Intimate Zone, Woman Worth, Sacral Chakra.

**Guilt and shame around periods** - Native Hibiscus, Pink Shamrock, Father Love, Mother Love, Woman Worth, Sacral Chakra.

**Guilt for ‘not doing enough’** – Acacia, Macaranga, Me Myself I, Mother Love, Woman Worth, Solar Plexus Chakra.

**Haemorrhoids** - Acacia, Cassia, Dandelion, Wild Iris, Mother Love, Me Myself I, Base Chakra.

**Headaches** - Blue Mink, Dandelion, Wild Iris, Crisis Calm, Gift of Time, Quiet Mind, Ajna Chakra, Crown Chakra.

**Healing the inner child** – Acacia, Milkweed, Me Myself I, Mother Love, Father Love, Woman Worth, Heart Chakra.

**Hearing difficulties** - Lacebark, Snail Vine, Wise Woman, Vital Energy, Throat Chakra , Third Eye Chakra.

**Harbouring hate** – Apostle Plant, Cassia, Lomandra, Seeing Eye, Quiet Mind, Woman Worth, Heart Chakra.

**Immunocompromised** - Bleeding Heart, Macaranga, Sensitive Plant, Me Myself I, Mother Love, Heart Chakra.

**Infertility** - Red Kamala, Sensitive Plant, Snail Vine, Conception, Preconception, Intimate Zone, Together, Woman Worth, Sacral Chakra.

**Insomnia** – Dandelion, White Wandering Jew, Gift of Time, Quiet Mind, Third Eye Chakra.

**Intolerance** – Cassia, Lomandra, Seeing Eye, Brain Balance, Exploring Spirit, Third Eye Chakra.

**Irritability** - Blue Mink, Cassia, Crisis Calm, Gift of Time, Quiet Mind, Speak Easy, Crown Chakra.

**Isolation, a sense of** - Blue Mink, Sensitive Plant, Verbena, Abundance, Exploring Spirit, Woman Worth, Heart Chakra.

**IVF procedures** - Snail Vine (strength of ovaries), Swamp Lily (implantation), Conception, Preconception, Intimate Zone, Quiet Mind, Together, Woman Worth, Sacral Chakra.

**Lack of humour** – Milkweed, Crisis Calm, Gift of Time, Quiet Mind, Heart Chakra.

**Learning difficulties** – Milkweed, Brain Balance, Creative Muse, Mother Love, Crown Chakra, Third Eye Chakra.

**Lethargic** - Dandelion, Swamp Lily, Vital Energy, Solar Plexus Chakra.

**Libido low or absent** - Cordyline, Lacebark, Red Kamala, Snail Vine, Intimate Zone, Together, Vital Energy, Woman Worth, Sacral Chakra.

**Liver problems** - Black Nightshade, Lomandra, Crisis Calm, Gift of Time, Quiet Mind, Solar Plexus Chakra.

**Loneliness** - Cordyline, Wild Iris, Verbena, Abundance, Woman Worth, Heart Chakra.

**Loss of interest in sex** – Blue Mink, Macaranga, Lomandra, Red Kamala, Intimate Zone, Together, Vital Energy, Woman Worth, Sacral Chakra, Heart Chakra.

**Loss of interest in a sexual partner following birth** - Red Kamala, Snail Vine, Swamp Lily, Wild Iris, Baby Years, Together, Sacral Chakra.

**Loss of temperature control** – Dandelion, Sensitive Plant, Quiet Mind, Self-Heal, Solar Plexus Chakra.

**Low back pain** - Apostle Plant, Red Kamala, Snail Vine, Vital Energy, Base Chakra, Sacral Chakra.

**Low self-esteem or self-worth** – Macaranga, Me Myself I, Woman Worth, Solar Plexus Chakra.

**Lung-related disorders, such as asthma and shallow breathing** – Bleeding Heart, Lantana, Snail Vine, Vital Energy, Heart Chakra.

**Manipulative behaviour** - Cordyline, Milkweed, Seeing Eye, Me Myself I, Self-Heal, Speak Easy, Heart Chakra.

**Mastitis** - Black Nightshade, Vital Energy, Heart Chakra.

**Melancholy** – Apostle Plant, Seeing Eye, Sensitive Plant, Silver Wattle, Vital Energy, Third Eye Chakra.

**Menstrual pain** - Apostle Plant, Lomandra, Native Hibiscus, Red Kamala, Vital Energy, Woman Worth, Sacral Chakra.

**Migraines** – Lomandra, Macaranga, Gift of Time, Me Myself I, Quiet Mind, Crown Chakra, Third Eye Chakra.

**Muddle-headed** - Dandelion, Lantana, Seeing Eye, Brain Balance, Vital Energy, Third Chakra.

**Nausea** – Black Nightshade, Cassia, Dandelion, Crisis Calm, Solar Plexus Chakra.

**Oedema in the ankles** – Apostle Plant, Red Kamala, Snail Vine, Me Myself I, Self-Heal, Vital Energy, Base Chakra, Sacral Chakra.

**Ovarian hypofunction** – Sensitive Plant, Snail Vine, Wild Iris, Preconception, Conception, Vital Energy, Sacral Chakra.

**Ovarian cysts** - Native Hibiscus, Sensitive Plant, Intimate Zone, Me Myself I, Vital Energy, Sacral Chakra.

**Over-dependency** – Apostle Plant, Cassia, Cordyline, Macaranga, Milkweed, Sensitive Plant, Wild Iris, Me Myself I, Mother Love, Solar Plexus Chakra.

**Over-sensitivity** - Bleeding Heart, Macaranga, Milkweed, Sensitive Plant, Brain Balance, Self-Heal, Sacral Chakra.

**Overwhelmed** - Blue Mink, Dandelion, Macaranga, Brain Balance, Speak Easy, Teen Transit, Travel Ease , Solar Plexus Chakra.

**Palpitations** - Bleeding Heart, Blue Mink, Lomandra, Crisis Calm, Gift of Time, Quiet Mind, Woman Worth, Heart Chakra.

**Palpitations, arrhythmia and facial flushing** – Apostle Plant, Lomandra, Sensitive Plant, Crisis Calm, Gift of Time, Quiet Mind, Woman Worth, Heart Chakra.

**Perspires easily** – Apostle Plant, Dandelion, Macaranga, Vital Energy, Throat Chakra.

**Physical pain** - Blue Mink, Native Hibiscus, Sensitive Plant, Brain Balance, Crisis Calm, Quiet Mind, Third Eye Chakra.

**Physical exhaustion** – Apostle Plant, Swamp Lily, Dandelion, Snail Vine, Mother Love, Vital Energy, Base Chakra, Sacral Chakra.

**PMS** - Blue Mink, Native Hibiscus, Sensitive Plant, Intimate Zone, Self-Heal, Sacral Chakra.

**Poor vision** - Cassia, Lomandra, Seeing Eye, Creative Muse, Third Eye Chakra.

**Pregnancy** – Apostle Plant, Sensitive Plant, Snail Vine, Swamp Lily, Wild Iris, Pregnancy Support, Sacral Chakra.

**Pregnancy with an unwanted baby** - Native Hibiscus, Swamp Lily, Me Myself I, Quiet Mind, Heart Chakra.

**Prolapses, including bowel and vaginal** - Acacia, Cassia, Dandelion, Swamp Lily, Vital Energy, Solar Plexus Chakra.

**Quiet, withdrawn child** – Milkweed, Brain Balance, Childhood, Me Myself I, Woman Worth, Solar Plexus Chakra.

**Querulous, timid** – Sensitive Plant, Verbena, Woman Worth, Solar Plexus Chakra, Sacral Chakra.

**‘Retired husband syndrome’** – Lacebark, Creative Muse, Empty Nest, Third Eye Chakra.

**Rigidity of the musculo-skeletal system** – Apostle Plant, Blue Mink, Lomandra, Vital Energy, Third Eye Chakra.

**Sadness and guilt following a miscarriage or abortion** - Bleeding Heart, Lantana, Native Hibiscus, Me Myself I, Exploring Spirit, Woman Worth, Heart Chakra.

**Sexual abuse in the past** - Cordyline, Native Hibiscus, Milkweed, Sensitive Plant, Intimate Zone, Me Myself I, Together, Wise Woman, Woman Worth, Solar Plexus Chakra.

**Shame around masturbation** - Red Kamala, Seeing Eye, Me Myself I, Solar Plexus Chakra.

**Shame around sexuality** - Red Kamala, Seeing Eye, Intimate Zone, Woman Worth, Solar Plexus Chakra, Sacral Chakra.

**Shock, past and present** – Apostle Plant, Sensitive Plant, Storm Lily, Crisis Calm, Heart Chakra.

**Skin blemishes including acne, and skin conditions** - Black Nightshade, Blue Mink, Cassia, Lomandra, Sensitive Plant, Clear Skin, Base Chakra.

**Smoothing circulation** – Apostle Plant, Bleeding Heart, Lomandra, Me Myself I, Vital Energy, Heart Chakra.

**Speaking one’s truth** - Freckle Face, Morning Glory, Speak Easy, Together, Throat Chakra.

**Speaking harshly** – Freckle Face, Sensitive Plant, Speak Easy, Exploring Spirit, Throat Chakra.

**Stage fright** - Morning Glory, Crisis Calm, Sacral Chakra.

**Stiffness** – Apostle Plant, Red Kamala, Seeing Eye, Wild Iris, Vital Energy Third Eye Chakra.

**Stress** – Apostle Plant, Blue Mink, Dandelion, Macaranga, Sensitive Plant, Crisis Calm, Gift of Time, Quiet Mind, Woman Worth, Crown Chakra.

**Strokes and heart attacks due to suppressed anger** – Lomandra, Seeing Eye, Me Myself I, Self-Heal, Solar Plexus Chakra.

**Substance abuse - Marijuana, tobacco** – Lantana, Seeing Eye, Sensitive Plant, Me Myself I, Self-Heal, Solar Plexus Chakra.

**Timidity and shyness in speaking out** - Lacebark, Morning Glory, Verbena, Speak Easy, Heart Chakra.

**Tiredness** - Acacia, Apostle Plant, Blue Mink, Macaranga, Sensitive Plant, Swamp Lily, Mother Love, Vital Energy, Solar Plexus Chakra.

**Trans-generational diseases, mindset** – Pink Shamrock, Seeing Eye, me Myself I, Self-Heal, Sacral Chakra.

**Transition times of childhood/ adolescence** - Milkweed, Pink Shamrock, Childhood, Teen Transit, Solar Plexus Chakra.

**Trauma** – Apostle Plant, Sensitive Plant, Storm Lily, Brain Balance, Crisis Calm, Quiet Mind, Heart Chakra.

**Twisted bowel** - Apostle Plant, Cassia, Lomandra, Speak Easy, Base Chakra.

**Weakened immunity** - Black Nightshade, Bleeding Heart, Macaranga, Sensitive Plant, Me Myself I, Mother Love, Solar Plexus Chakra.

**Weakness of the spine, specifically the middle back** – Acacia, Apostle Plant, Wild Iris, Mother Love, Woman Worth, Solar Plexus Chakra.

**Worry** – Apostle Plant, Dandelion, Lantana, Macaranga, Milkweed, Swamp Lily, Crisis Calm, Gift of Time, Quiet Mind, Throat Chakra.



# HeartRadiance

AUSTRALIAN WILD FLOWER ESSENCES



Heart  
Radiance  
AUSTRALIAN WILD FLOWER ESSENCES

*Conception*  
Energetically assists  
fertility and IVF process

DOSE | 30ML

Heart  
Radiance  
AUSTRALIAN WILD FLOWER ESSENCES

*Pregnancy Support*  
Growing baby gracefully  
and with confidence

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Heart  
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*Blessed Birthing*  
Birthing with confidence  
and joy

DOSE | 30ML

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