



Divine Flower and Nature Essences Guide Sheet

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1	Royal Welcome – Grow desire to: commit to earth journey; welcomed as God’s divine child; release emotional wounds causing illness and depression; release wounds of rejection; be accepted; feel worthy to live fully and wholly	14	Divine Knowing – Grow desire to: know true self; know your wounds; allow your Law of Attraction to show you truth; grow your awareness of everything; know truth of the universe lives within you; accept your Law of Attraction is the greatest teacher
2	Golden Chalice – Grow desire to: open to divine love and divine providence; be aware of true divine heritage; release wounds of deprivation and lack; express grief; release wounds from trauma; release wounds held in the womb and bladder	15	Royal Heart - Grow desire to: open your heart to truly connect with God’s love, to yourself and to your soulmate; feel and give love again; commit to love
3	Divine Feminine – Grow desire to: release wounds of the mother; restore true feminine qualities and power; restore mental clarity of who you are as a woman and true soul desires as a woman, be bold; authentic equality; anger towards male God	16	Divine Passion – Grow desire to: feel and express your soul’s passion; know what your true soul’s desires are; allow your passion to guide you; take ACTION on your desires; to live fully; to love fully; be passionate on every level, be passionate with your soulmate
4	Divine Masculine – Grow desire to: release wounds of the father and father’s wounded feelings of the feminine; restore true masculine qualities; have power without force; be gentle and radiant; authentic equality; anger towards female God	17	Divine Respect – Grow desire to: live fully with all qualities of respect; respect yourself and others; respect all forms of life; respect Law of Free Will; respect all resources; respect feminine creative and nurturing anatomy; respect your body’s wisdom
5	Emissary of Peace – Grow desire to: end the war with the world; end surviving and start living; release wounds of defence affecting nervous and immune systems; release injuries with ownership; express anger safely without projecting	18	Divine Flow – Grow desire to: trust and allow flow of all emotions; release fear of humiliation to show emotion; trust your body’s emotional wisdom; release inhibition through feeling judgement and control by others; trust and flow with instincts
6	Sweet Surrender – Grow desire to: surrender control and place yourself in the hands of God; feel wounds of self deception with procrastination and hesitation; to see big picture; be present in the now; end worry; be vulnerable and open to growth	19	Divine Song – Grow desire to: express your soul’s song and words; sing and perform; amplify your soul’s intention; hear; release wounds of damaging voices; listen to truth; feel and hear rhythm; embrace passion of music; create through intention
7	Divine Purity – Grow desire to: express and release wounds of the past; cleanse soul and body of untruth and injury; be pristine again; live truthfully	20	Divine Ecstasy – Grow desire to: feel and express ecstasy of life; release wounds of suppression of sexuality through religious beliefs; release sexual wounds of abuse; release wounds blocking life force; create life or artistic passions
8	Divine Patience – Grow desire to: live divine qualities of being patient; enjoy the simple pleasure of tasting the sweetness of life; trust that your turn will come; be willing to take action to enable your desires to be fulfilled	21	Divine Trust – Grow desire to: trust God, yourself and life’s process; trust the process of birth and death; release wounds of betrayal; live qualities of trust; release rage and anger safely without projecting onto others; to feel and trust emotions; trust there is always life on earth and in the spirit world
9	Divine Grace – Grow desire to: allow the sweet salve of God’s Law of Grace and Mercy to enter you removing wounds that block your soul’s growth in love; Grace over rides the Laws of Compensation (Karma); flow freely in love and truth	22	Divine Joy – Grow desire to: feel, live and express the qualities of joy; live in a healthy and functional community; contribute your gifts and talents in a community; release the wounds blocking emotions of depression
10	Divine Truth – Grow desire to: receive Divine Truth; seek truth; know your true self; live authentically and honestly; refine personal truth with Divine Truth; express and release blockages in throat; speak truth; trust the process of truth	23	Divine Devotion – Grow desire to: be devoted to your passions whilst being in harmony with all roles and responsibilities; release wounds driving obsession and workaholism; balance priorities; share responsibility when providing for family
11	Divine Revelation – Grow desire to: dismantle castle of pain; reveal self deceptions; seek, express and release causal soul wounds; release wounds of addictions; release entity attachments; reveal true self, agendas, desires and passions, reveal true beauty, gifts and talents	24	Divine Justice – Grow desire to: trust God’s Laws and system; be fully accountable and responsible for all your actions, events and Law of Attraction; release wounds of being a victim; release wounds of being a dominator (bully); live fully without judgement; live without deception and trickery
12	Divine Love – Grow desire to: passionately open to receive Divine Love from God; grow your soul in love, progress as a soul towards God, be in heaven whilst upon earth, be interconnected to Oneness	25	Divine Sovereignty Ceremonial Essence – Grow desire to: release wounds of suppression from sectors of Law, Government, Education, Churches, Finance, Indigenous
13	Divine Timing – Grow desire to: live with internal timing; awaken sense of timing for opportunities; know right timing; to be timeless; be in synch with greater flows; to wait for divine timing; trust sense of divine timing	26	Divine Wisdom – Grow desire to: learn from past errors; release wounds of intellectual humiliation; release wounded desires for intellectual competition; learn through embodiment of experiences; release resistance for further learning; release intellectual arrogance; open physic senses

27	Divine Nurture – Grow desire to: release wounds driving excessive nurturing(breast cancer); release childhood wounds of damaging nurturing using food to shut down emotions; release wounds driving eating disorders; eat healthy; absorb nutrients	41	Divine Completion – Grow desire to: complete projects, accept death as a birth; accept natural process of completion of life, relationships, journeys, era; enjoy lushness of life; fulfil a desire (fruition); complete healing
28	Divine Reconciliation – Grow desire to: release wounds of soul shattering nature; release wounds of extreme sexual abuse and rape; heal and live life fully; reconcile broken parts of the soul	42	Divine Sanctuary – Grow desire to: create a sanctuary; recover from hardship, difficult phases; flourish in harsh conditions; release wounds creating poverty and stress
29	Divine Purpose – Grow desire to: commit to finding and living your souls purpose; release wounds of sacrifice and denial of soul's purpose; release wounds of apathy; be passionate about your soul's purpose; identify and pursue your souls purpose	43	Divine Self Love – Grow desire to: love yourself fully; stop self hatred, punishment and sacrifice; appreciate yourself; release wounds creating expectation of perfection; be a real person in your life; release wounds that create sabotage; allow yourself to feel soul wounds to feel love again
30	Divine Courage – Grow desire to: be courageous identifying and acknowledging your soul's wounds and truth; feel painful emotions to release them; to see, know and feel the true state of your soul; to see yourself as God sees you; see your spirit body	44	Divine Self Worth – Grow desire to: value self according to your TRUE worth; release wounds creating insatiable need for attention; fill the soul emptiness with self love; release wounds creating unworthiness; accept truth of your real worthiness
31	Divine Union Ceremonial Essence – Grow desire to: seek your true soulmate and release all your wounds preventing to be At One with God, fully reunite with your soulmate to become one soul again; feel the true marriage of the feminine and masculine, resolve or dissolve your differences with your soulmate; release childhood wounds blocking relationships	45	Divine Innocence – Grow desire to: be an innocent child again, free of wounding; release wounding received from corporal punishment and emotional abuse from parents, school and other institutions; be a leader; maintain innocence; unaffected by emotional and physical abuse; see yourself as God sees you
32	Divine Growth – Grow desire to: live an extraordinary life; live beyond mediocrity; grow beyond your battles and bruises; shine in fulfilment; release wounds causing you pain and holding you back from desires	46	Divine Guidance – Grow desire to: open to receive guidance from God and spirit guides; open to your own soul; release wounds of unworthiness to speak to God; release emotional wounds to hear, see, smell, feel, know
33	Divine Communication – Grow desire to: communicate through writing; communicate with the spirit world by automatic writing; record events; allow projects to unfold chapter by chapter; clearly record events logically, step by step	47	Divine Tribe – Grow desire to: reunite cultures of many colours; walk to the one drum beat; grow stability between cultures; celebrate difference and unite in common thread; feel the heartbeat and flow of the one blood pulsing through our veins
34	Divine Protection – Grow desire to: release wounds that prevent safety; release wounds that attract harmful events; release wounds of difference and discrimination; open and grow in love; to gather under God's protection	48	Divine Resonance – Grow desire to: attune and calibrate with God's resonance of Love; resonate with earth's frequency; connect and resonate frequencies of love; release wounds causing electromagnetic discord; release harmful effects from computers; support bees from harmful electromagnetic fields
35	Divine Expansion – Grow desire to: allow new information, experiences and events to grow your soul; go beyond perceived limitations; explore new frontiers; experience life beyond fears	49	Divine Glory – Grow desire to: breakthrough barriers to greater levels of love and truth using the key of humility; release wounds causing addiction to power, glory and attention
36	Divine Gratitude – Grow desire to: passionately feel and express gratitude and thankfulness for God, for every person, every event that helps you to grow in love and abundance	50	Divine Giving – Grow desire to: give with love free of need to get something back; release wounds of emotional and physical bankruptcy; humble acknowledgement for good deeds
37	Divine Temple – Grow desire to: enter God's system of love, truth, healing, abundance, freedom – Shangri-la; trusting God to take care of you	51	Divine Receiving – Grow desire to: open to emotionally receive with love; release wounds that block receiving love and support
38	Divine Ascension – Grow desire to: grow your soul to bloom and flourish on every level of love; to ascend the levels of love that make up the universe, grow towards God	52	Divine Humility – Grow desire to: open fully to feeling and experiencing all your emotions; open to learning emotionally regardless of how much you think you know; release wounds that cause arrogance; be no more and no less than you really are
39	Divine Unity – Grow desire to: unite in desire and action to work together as One nation to heal and grow in love; grow in maturity; release wounds of separation	53	Divine Prayer – Grow desire to: pray with your whole soul to God; pray for love and truth; pray to know your causal wounds; pray to heal; pray to change; pray for others
40	Divine Initiation – Grow desire to: birth into higher levels of love and truth; release painful wounds of birth and initiation rituals; grow in courage to enter the unknown passages of change; be aware of signs and directions	54	Divine Gift – Grow desire to: be aware of daily gifts we receive; gifts of love that are being given to us without our knowing; release the wounds that reject gifts of love; grow your Law of Attraction for blessings and surprises

55	Divine Rebirth for Women – Grow desire to: release deep soul wounds received in womb from our parents and their parents that create your Law of Attraction of difficult events in your life	58	Tears From Heaven – Grow desire to: be vulnerable; be emotional; allow tears to flow freely; release wounds that cause you to be stoic, unemotional; release shame of tears; release wounds and expectations that men don't cry
56	Divine Remembrance – Grow desire to: remember who you truly are; remember your life; release wounds of blocked memory	59	Divine Faith – Grow desire to: have faith; grow trust in self to have faith; release wounds that cause you not to have faith; take risks in souls progress
57	Divine Fearless – Grow desire to: be fearless; release wounds that cause fear; move forward in your desires and passions; change your challenging Law of Attraction events	60	Divine Redemption – Grow desire to: forgive and repent all harmful events that you caused others, yourself and all harmful events that caused you pain; release the wounds of unwillingness to forgive and repent; <i>rapidly</i> grow your soul in love
61	Divine Resurrection – Grow desire to: take risks and embrace change; live fully; hope; eternal life; restoring health from illness; fear of life, death and spirit world; fear of overwhelm; allowing love enter us; heal; dissolve resistance and stagnation	62	Divine Mother – Grow your desire to: clear fear of angry women (mother); clear toxic narcissi mother emotions; clear mother guilt; repent harm to children; acknowledge all people as brother and sisters; increase longing for Divine Mother

Blends

Divine Wealth Royal Welcome, Golden Chalice, , Divine Giving Receiving, Respect, Gratitude, Temple, Self Love, Self Worth, Passion, Flow, Faith	Grows desire to identify and release blocked emotions to be open and receptive to true wealth and abundance on all levels. Preparing you for the changes of monetary system of the New Earth	Divine Phoenix Sweet Surrender, Divine Trust, Love, Truth, Grace, Flow, Purity, Joy, Justice	Grow desire to embrace change and transformation with trust. An essence for times of great change including death
Divine Twin Flame Divine Feminine, Divine Masculine, Emissary of Peace, Purity, Patience, Royal Heart, Self Love, Self Worth	Grows desire to open your heart and soul to your soulmate reunion by identifying and releasing childhood emotional injuries from mother and father. Your soul's longing using the Law of Attraction calls to your SoulMate to come. Ultimate attraction for soulmate is self love and free of neediness.	Divine Man Divine Masculine, Emissary of Peace, Divine Devotion, Trust, Truth, Wisdom, Song, Justice, Reconciliation, Royal Heart	Supporting men to return to their natural and healthy state of Divine Masculine – a powerful radiant man without force.
Divine Harmony Divine Grace, Divine Purity, Divine Patience	Cultivates temporary harmony whilst growing desire to identify and release emotions causing disharmony. Wonderful for children to relax. Boosts immunity	Divine Woman Divine Feminine, Purity, Grace, Truth, Revelation, Respect, Love, Nurture, Joy, Reconciliation, Flow, Patience, Trust	Supporting women to balance and restore their true feminine nature physically, emotionally and spiritually
Divine Success Royal Welcome, Golden Chalice, Divine Timing, Knowing, Passion, Love, Respect, Flow	8 flowers to grow an emotional environment for truthful transactions for success in business and learning. Helpful for people requiring focus and effort towards a desire and goal	Divine Path Divine Purpose, Courage, Passion, Love, Truth, Flow, Royal Heart, Expansion, Initiation	Supporting clarity of soul desires and purpose that engages their Law of Attraction to illuminates their true path in life for career, service and spirituality
Divine Cleanse Sweet Surrender, Divine Purity, Patience, Grace, Truth, Respect, Flow, Trust	Cultivates an environment to spring clean on all levels – Physical, Spiritual and Emotional	Divine Space Divine Sovereignty, Sanctuary, Protection, Purity, Unity, Grace, Love Respect, Joy, Temple, Emissary of Peace, Golden Chalice, Royal Welcome	Bringing nature's divinity inside creating a loving space for you to live and work
Paradise Heart Divine Passion, Love, Grace, Respect, Joy, Truth, Golden Chalice, Royal Heart	Grows environment of "holiday in paradise". Be in the beautiful creative feeling space of the Garden of Eden.	Divine Child Royal Welcome, Golden Chalice, Royal Heart, Divine Self Love, Self Worth, Innocence, Protection	Supporting children to be unburdened and innocent amidst unloving environments. Perfect for big children who have deep wounds from childhood
Awaken Intuition Divine Feminine, Knowing, Timing, Truth, Guidance Communication, Flow, Trust, Wisdom, Resonance, Prayer, Revelation,	Release emotional blockages to open your intuitive senses. They are all there, just blocked by fear and emotional injuries	Divine Meditation Divine Guidance, Sweet Surrender, Divine Innocence, Protection, Expansion, Temple, Trust, Truth, Grace, Purity, Love	Supporting constant awareness of guidance and prayer as we go about our daily life. Creating stillness within the busyness of our day
Divine Freedom Golden Chalice, Divine Justice, Purity, Revelation, Love, Respect, Truth, Trust Nurture	Grows desire to identify and release emotional wounds that drive addictions that imprison you.	Divine Help Royal Welcome, Golden Chalice, Emissary of Peace, Divine Growth, Trust, Unity, Protection, Courage, Guidance, Tribe	Support during times of trauma, stress and difficult times
Divine Service Divine Resonance, Divine Glory, Divine Giving, Divine Self Love, Divine Self Worth	Grow desire to truly give service without expectations or agendas to receive back	Divine Family Royal Welcome, Golden Chalice, Divine Tribe, Unity, Respect, Grace, Humility, Union	Support to embrace the family's diversity with respect, acceptance and love for each other, ensuring everyone has a place at the table. Restoring foundations

Divine Teen Divine Respect, Truth, Humility, Song, Justice, Gratitude, Unity, Self Love, Self Worth, Flow, Emissary of Peace, Revelation, Ecstasy, Nurture, Initiation	Supporting teens to be true to their own desires and freewill with self love and self worth. Ability to communicate their desire, truth and love to others.	Divine Lovers Royal Heart, Divine Song, Ecstasy, Passion, Flow, Joy, Trust, Respect, Love, Union	Supports a soulheart to soulheart entwining during lovemaking as a divine act of love and truth. Anoint chakra's in foreplays dance
Opening to God Divine Love, Truth, Humility, Sweet Surrender, Courage, Purity, Grace, Passion, Royal Heart, Prayer, Flow, Revelation, Justice, Guidance, Trust, Faith Grow desire to open to God through the keys of Love, Truth and Humility			
Divine Earth - A unique blend of 40+ essences for the restoration of water/land quality and fertility. It supports the improvement of soul condition and imprinting to assist in the clearing pollution, contamination, war, bloodshed, drought, fire & de-forestation, and to assist our bees. Place in drains, toilets, waterways, mines, housing development, veggie garden, polluted areas and wherever you are guided to use it. <i>Not to be taken</i>			

Welcome to One Garden Divine Flower and Nature Essences

Flower essences are vibrational medicine which is alchemically imprinted with the energy of flowers, trees and ferns. From ancient Egyptians times, flower healing has been used by many cultures. Each flower has messages of truth displayed in their sacred geometric patterns that show us how to live in harmony with ourselves and others. Like wholistic gardeners, they cultivate an emotional environment for us to flourish and bloom in love and truth. One Garden Essences identify our soul's weeds of untruth and grow our desire to re-establish our natural flow of emotions that restore our health and wellbeing. They also enhance our soul's natural qualities of love, patience, courage, faith and trust etc to be present in our daily transactions in our world.

One Garden Essences are the next generation of vibrational essences, acknowledging your maturity and anticipation for the next level of truth. They truly want to support your desire to heal, once and for all. They work to support you in regaining the most vital part of your natural healing system of all time – **your emotions**. Unfortunately, due to cultural conditioning, our emotions became feared and abnormal. This blocks their flow and stores the energy within your body (similar to a blocked sewerage system) creating infinite forms of illness. By treating symptoms (effects) only, we simply quieten the vital messenger and relocate them to another part of your body to silently continue undermining your health. When you address causes of illness through emotional processing, you clear it forever.

One Garden Essences support your natural healing system. They vibrationally cultivate a supportive environment for you to re-establish the natural flow of emotions. Each essence guides your attention to your body's messages and feelings. Listening, feeling, expressing, journaling your true nature, allowing you to be child like again – innocent, in awe and wonder, to be free and natural again.

One Garden acknowledges the power that lives within you to heal. **This is the healing system of the New Earth.** One Garden Essences are perfect partners with all forms of healing particularly that involve emotional processing techniques, whilst helping managing your symptoms. More information about emotional processing can be gained through our workshops and website.

Stock Essence can be diluted to make a **Dose Essence**. This way you can extend the **Stock Essence** substantially. Alternatively, you can take the **Stock Essence** by placing 8 drops under your tongue two times per day.

Dose Essence is made by placing 8 drops of the **Stock Essence** into 25% brandy and 75% pure water. Use a 25 – 30 ml dropper medicine bottle. These measurements apply up to 30mls of brandy/water solution. If you wish to make more, double the drops. That is 31 – 60 mls is 16 drops, 61 – 90 mls use 24 drops etc. Take 8 drops x 2 per day until finished.

The optimal time to take flower essences is morning and night. This is the time you are most receptive to the influence of the essences. However, any other time is fine. Trust your own intuition.

Please store away from any electromagnetic fields or extreme heat. Flower Essences have no known contra-indicators and can be taken with western medicines and other natural remedies including homeopathies. Flower Essences can be taken if you have allergies to pollens etc. Place on skin for babies. There are alternative solutions for alcohol sensitive people. Flower essences do not replace professional medical advice. If problems persist seek professional health care.

These essences can be taken orally, applied to skin, sprayed into the environment, added to baths (8 drops) or added to food and beverages.

We recommend that you keep a journal whilst taking the essences. This is a way of tracking changes that occur. We love your feedback. Please let us know of your experience when taking these essences.

Infinite Blessings, Gratitude and Love



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