

Flower Essence Ranges which I use

- ✿ Bach / Healing Herbs Essences
- ✿ Alaskan Essences
- ✿ Australian Bush Flower
- ✿ Moonflower Essences
- ✿ The Energy Centre Essences
- ✿ Wildflower Essences
- ✿ Living Tree Orchid Essences
- ✿ Wild Earth Animal Essences
- ✿ Indigo Essences
- ✿ Trinity Haven Essences



Trinity Haven Essences Range

How Essences Help

It is important to understand that these essences do not take the place of medical treatment, nor do they take the place of GPs or other health professionals.

The essences work on subtle and emotional levels, they are not medications for physical ailments.

Essences help in giving support to the overall recovery process by working on emotional issues which may impact on or exacerbate the physical ailment. Essences assist by bringing the individual back into balance and help one let go of blocks or patterns.

My background

Based in Edinburgh, I am a qualified Flower & Vibrational Essence Practitioner available for one to one consultations. I see children, adults and sometimes also pets.



Maria Doherty

Flower & Vibrational Essence Practitioner

In a consultation session, the client and I choose specific essences to meet their individual requirements.

A consultation session usually lasts an hour and can take place in person or via Internet.

Through conversation and colourful flower essence cards, a selection is made to help with current circumstances.

Maria Doherty

Trinity Haven Essences

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Trinity Haven Essences



What Is A Flower Essence?

An essence is the energetic imprint of the life-force or vibration of the flower.

The imprint is captured using sunlight in spring water to create a "Mother Tincture".

A preservative such as brandy is added and from this mother tincture the stock bottle is made which in turn is used to make a dosage bottle. Alternatives to alcohol are available, though the amount of brandy in the dosage bottle is small.

The flower essence dose is measured in drops taken orally, usually four drops four times a day.

As there is no biological content of the original flower, the essences are non-toxic. It is not possible to overdose, there are no side effects and they do not interfere with medication.

Flower essences are safe to use with babies, children, adults and the elderly and may also be effective with animals.

Purple Fuchsia

Purple Fuchsia essence helps the individual to feel more grounded, calm and peaceful. It can help with change of any kind as well as assisting in transformation and aligning with our true self. It also brings in the balance of Heaven and Earth so we are grounded and able to develop spiritually.



Nasturtium

This essence helps to restore energy levels when the individual feels tired, and where there are feelings of hopelessness or despair. It promotes liveliness, cheerfulness, happiness and joy of living.



Purple Orchid

Purple Orchid essence helps us to let go of rigid thought patterns, to trust and go with the flow. It facilitates us to trust our intuition and assists with developing our connection with nature. It helps with transmutation by releasing negative emotions and connects us with our Higher Self. It assists us to access the Violet Flame of St Germain to release negativity in our aura. Purple Orchid helps draw down the angelic divinity to the earthly realms for the benefit of all mankind.



Pale Pink Rose

Pale Pink Rose essence promotes a sense of childhood awe and innocence. It facilitates feelings of peace, comfort, purity and sweetness. It helps to open the heart to unconditional love of self and others. Helps us to see the world through rose coloured glasses, through the eyes of a child seeing the wonder and beauty in Nature. Helps us to be still and to find peace within our own heart.



Yellow Autumn

Crocus

Yellow Autumn Crocus essence promotes feelings of courage and strength in times of stress or conflict. This essence facilitates self-empowerment and strengthens the Solar Plexus chakra. Helps us to speak our truth and opens us to the light within ourselves.



Instructions for Use

These are "Stock Bottles". Add two drops to a Dosage Bottle filled three quarter full of spring water and top up with a little brandy as a preservative. Take four drops four times a day. One Dosage Bottle lasts three to four weeks. You can take essences straight from the Stock Bottle, just two drops four times a day, however, it is less economical.

Hydrangea

The energy of Hydrangea is about facilitating gentle transformation. It is also helpful for decision making, especially those decisions that require significant changes in your life. Hydrangea can help with this process so that it can happen with ease. Hydrangea supports you to take one step at a time rather than be fazed by the transition thus enabling positive life changes to occur at a comfortable pace.



Mexican Orange Blossom

Mexican Orange Blossom essence enables us to "just be" in the present moment. It enables us to feel joyful and uplifted. Helpful when one is tired or overburdened.

Encourages us to slow down and take time out and see joy in the simple things in life.

Its energy is joy, radiance, purity and light.

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