



ONE HEART
BODY ESSENTIALS®

One Heart Flower Essences

The Divine feminine essences

Bringing Harmony and Peace into Your Life

Greetings and Welcome to the One Heart Flower Essences –
Created individually at sacred sites in the
Languedoc region of the South of France.

The Languedoc region of the South of France has traditionally been a place of healing and rejuvenation. For centuries people have come from all over the world to enjoy and take advantage of its healing and vitalizing waters, its pure and healthy foods and its abundance of Herbal remedies. The region is steeped in many spiritual traditions and is particularly home to Mary Magdalene and her sacred feminine lore. All the One Heart Flower Essences are infused with her blessings and healing energies.

Indeed, the water, the soil and the very air one breathes while walking the land is imbued with a heightened frequency that is nurturing, elevating and exalting. One cannot help but feel the powerful healing energies of this land.

One Heart Flower Essences are vibrational remedies that assist us in achieving optimal health in all aspects of our being by flooding our body with positive energies that resonate with our true nature, which is our ability to love, to forgive, to be compassionate, to trust and to have wisdom, understanding and tolerance for ourselves and others. With repetitive use One Heart Flower Essences will build up and strengthen these innate qualities, helping us become stronger, more balanced and in more harmony with ourselves and our environment, helping us heal and to move forward in life.

The One Heart Flower Essences are particularly effective in strengthening and magnifying our Soul's Light in our bodies and as such they carry a strong healing energy that is both powerful yet gentle. They help lift our consciousness, so that we can live our lives with more enlightened awareness, giving us a greater sense of joy, peace and wellbeing. They are the perfect remedy to assist us in the 21st century and their healing abilities are specifically matched to alleviate the current human problems and concerns of our times.

One Heart Flower Essences are completely safe to use in conjunction with any other remedies or medications and they have no harmful 'side effects'. They are safe to give to pregnant mothers, children and babies. They are also effective with animals. Take 4 drops of essence 4 times a day directly on/under your tongue or diluted in water. They can also be used in your bath water.

The 35 Languedoc Flower Essences:



© One Heart Body Essentials

Alfalfa

Communication and Communion

Assists us receive angelic guidance and communication from our spirit guides and guardians. Helps us connect with, develop and strengthen the channels of communication between us and our inner spiritual realms.



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Birth Wort

Safety and Security

Helps to feel safe and secure, protected, guided and connected to self, others and God. Helps strengthen trust in self and in others and belief in self and in others. For lack of confidence in one's actions, feelings and intuition. For feeling disconnected to the world and to God. Helps us move on and move ahead in life.

* Good for the birthing process of both mother and baby!

Use these affirmations when taking Birth Wort:

"I am worthy to be alive"

"I am connected to God"

"I trust myself and my own guidance"

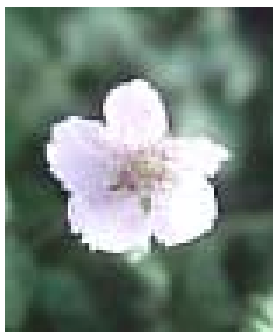


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Blue Gromwell

Let Go and Surrender

Helps us let go and surrender wholly and completely to the divine infinite flow of spirit. It is not about disintegrating or becoming powerless or subservient, it is about yielding and allowing oneself to flow, like water. This remedy helps free us and helps dissolve rigidity in our minds and bodies. It also helps those who need to move more into their feminine side. Helps to relax muscles, release tension and calm our intestinal tract.



© One Heart Body Essentials

Bramble

Compassion

Helps us see the beauty, the innocent delicacy, the 'reality' of the person who is hiding behind a prickly surface. Many people put up barriers of protection to prevent others from getting too close to them, because of traumas they have received in the past. Often these shields are so effective (and nasty) that they keep people away from them permanently. This essence helps us see beyond and go beyond these 'thorns' so that we can access and communicate with the true essence of the person.

Bramble helps us develop compassion.



© One Heart Body Essentials

Buddleia

Union

Helps to marry and unite spirit and matter in our consciousness. Buddleia helps to end our inner conflict, repression and judgment of our bodies and our human nature. Helps to see and experience the Divine in all matter. Heals the split between heaven and earth, between our upper and our lower chakras.



© One Heart Body Essentials

Century

Nourish Self

For people who over nurture others and neglect to take care of themselves, to the extent that they 'bleed themselves dry'. This essence brings balance back by helping one pull in their reserves of nourishment and focus on nourishing themselves. This is a great flower essence for balancing the sacral chakra. Century is a wonderful aid for circulatory disorders.



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Chicory

Masculine Empowerment

Empowers the masculine energies, primarily within men. For men who are shy, insecure and lacking confidence. This essence helps men re-connect with their role (purpose) of being providers, suppliers, enablers, protectors and anchors in life. The essence strengthens the vulnerable part of the male...their sexuality. It can help impotency and sexual issues.

Helps build confidence within the male and builds their sense of security and inner strength.



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Clary Sage

Clarity

Brings mental clarity and focus by calming and stabilizing the emotional body. Brings balance to the sexual organs in both men and women and stabilizes the sacral and throat chakras.

* Excellent to use for enhancing all your creativity.



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Delphinium

Help and Guidance

This is THE essence to use when you need help, support and guidance from your guides, angels, Masters and Teachers. Invoke them while taking the essence and you will feel their presence. Always give thanks! This flower essence is great to make into a spray for Aura protection. Helps reduce anxiety and fear.



© One Heart Body Essentials

Elegant Bindweed

Moving On

This essence helps plug up and stop the leakage and loss of energy from our wounds. Often we do not heal due to our wounds 'staying open' and being kept alive, no matter how much we do trying to 'fix' them. We continue to suffer energy drain even years after the event. This remedy helps to put a final stop and an end to this suffering, so that we can finally let go and move on.



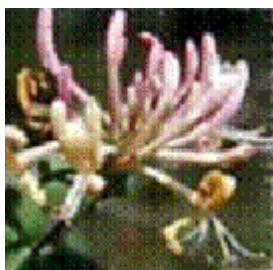
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Helichrysum

Illuminated Child

Another name for this essence could be the Christed Child. This essence taken over time literally illuminates the brain! It brings in the Christ light/consciousness into the brain cells and as a result not only the brain but the whole body steps up and improves its functioning. It brings in Wisdom, Love and Guidance so that we are able to see and experience the world not just through our rational, linear thinking, but via the integrated totality of who we are, i.e. physical, emotional, mental and spiritual beings. We are talking about the integration of all aspects of our being... body-mind-soul, so that we experience the world as it really is, in connection to the ALL. In this consciousness our whole being plays a part and there is no hierarchy of any parts of us – all aspects of ourselves operate in the world as a synergistic whole. We become Macrocosmic beings. A Oneness essence.

* Perfect for 'Inner Child' work!



© One Heart Body Essentials

Honeysuckle

Trust the Feminine

This flower essence helps restore the love and trust in the feminine energies of both men and women. It is for those who have been wounded, misled and betrayed by women in the past or by the feminine energies in the past (such as one's intuition) and have closed off to women in general or to the expressions of feminine energies in others or themselves. It helps us re-open to and appreciate all the feminine attributes of beauty and grace. Honeysuckle helps us develop discernment and wisdom in relation to the feminine energies.



© One Heart Body Essentials

Large Self Heal

Discernment

This essence helps us discern what information, knowledge and input to take in and what to disregard. This essence also protects us from miss-information which is either harmful to us or irrelevant. In today's world we are bombarded with so much information. This essence helps us discern what to take in and what to reject. Then it helps us digest and assimilate this information and life's' experiences. This essence also helps us see things clearly – strengthening our perception and inner vision.



© One Heart Body Essentials

Lavender

Infinite Synergy

The Lavender bush has been so generous with us. She has given us one of the most powerful and versatile essential oils of all time and now she has also given us one of the most helpful flower essences for our human existence. Helps to bring about balance to groups and groupings, i.e., our physical organs and our physical organ systems (as in circulatory, lymphatic, nervous, etc.); Our various bodies (as in physical, emotional, mental, spiritual). Additionally, this flower essence helps bring about balance and harmony between all these groups, so that we have infinite synergy within our entire 'bodily' systems.

Lavender flower essence is also effective to help bring about group harmony when individuals and groups of people are working together.

* Excellent for Travel and Jet Lag.



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Lizard Orchid

Ascension

If you want to "get high" on energy this is the essence. The Lizard Orchid flower essence resonates to the AUM sound and is a master essence for the pineal gland. This wonderful flower essence is powerfully uplifting and elevating and carries us directly to God consciousness. Also lifts our vision so that we can view our life/situations from a higher perspective. Use abundantly!!!!



© One Heart Body Essentials

Long Lipped Serapias

Remembrance and Freedom

Helps unveil the mysteries of ourselves and helps us discover who we truly are - light beings. It removes the veils of illusion that hide our inner essence from ourselves. Helps to heal and remove obsessions, fanaticism and negative, false programming. Clears and heals the genetic bloodline. Helps us access our own genetic coding and our original DNA blueprint. Cleanses and builds the blood.



© One Heart Body Essentials

Milfoil

Adornment and Abundance

Helps those who are shy, timid and fearful to come out of themselves and beautify themselves and their surroundings. Helps us drop our fears of standing out, of drawing attention to ourselves. Helps us become more confident and secure in who we are, physically and in the way we express ourselves in the world. Good for those with low self image. As such this essence also helps us open up and attract abundance. Helps us to feel deserving of abundance in all good ways...since abundance is another expression and form of Love.



© One Heart Body Essentials

Pink Mallow

I Am Love

This is THE essence for all abandonment issues. For people who feel abandoned, left out, unimportant, not good enough, who give no value to themselves, who have no voice, who feel unwanted and discarded by the world, family or society. This essence heals the deepest wounds due to lack of love, which result in lack of love for self. It is good for all the issues of image that plague our youth today, eating disorders such as Anorexia and the different forms of self-hatred and escapism. This essence helps to bring feelings of Love back into oneself, gives a feeling of self worth and self acceptance and rekindles the feeling of belonging and being a valuable part of society.



© One Heart Body Essentials

Poppy

Spiritual Exaltation

This flower essence conveys the purity and inner code of our Spirit. Helps to develop in us and align us to the highest attributes of spiritual conduct so that we can embody and be the guardians of that which is sacred and pure.

It expands our Ajna (third eye), helping put the Will of God into action. Conveys the honour of God and Nature and Love in All that Is.



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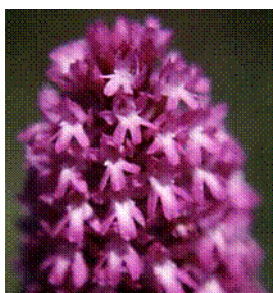
Potato Bush

Dreamtime

Helps us to enter Dreamtime from where all creation is birthed.

Potato Bush flower essence is great for those who are involved in creative dream work and creative visualization in order to change and create greater harmony in their present, past and future. Use to assist expansion into heightened states of consciousness and spiritual connectedness.

* Excellent on a physical level for sleeping and to relieve insomnia.



© One Heart Body Essentials

Pyramid Orchid

Soul Radiance

Strengthens and anchors the soul presence in our body. Also strengthens our soul body itself and one of its correlating physical glands – the pineal gland. Helps bring forth clarity and a knowing of one's higher self and one's spiritual purpose – a great gift in one's life.



© One Heart Body Essentials

Red Rose

Devotion

Inspires in us devotion to our soul's purpose. Promotes loyalty and devotion to our spiritual goals and ideals. It strengthens us especially when the world and the structures and forms that we know appear to be crumbling and falling down around us. Helps to bring out our true strength and beauty.



© One Heart Body Essentials

St. John's Wort

Master Healer

St. John's Wort heals the physical body by way of absolution and forgiveness of the 'sins' of the body, which have lead to disharmony and disease in the body. Sin means missing the mark in Greek. By bringing in the energies of love and forgiveness, our physical body is transformed and made 'innocent' again; free of karma, free of sin. Use for any and all illnesses and for transformation on all levels.



© One Heart Body Essentials

Salsify

Receive Life

Reach out and embrace the Sun. Salsify flower essence embodies the consciousness of the giver of life, the one who brings us fire, joy, happiness and comradeship. Put a smile on your face, be uplifted and happy and receive the sunlight and life energy that the Sun showers on us! Receive the transformer, the one that burns away the dross, the lethargy, the gloom, the weakness and the cold. Receive the radiance and love of the Benefactor, our Father Sun. Helps reconnect us to our inner light and uplifts our spirit.

* Very good to aid depression.

* Boosts physical energy.



© One Heart Body Essentials

Sanfoin

Hope and Faith

Restores hope and faith in the renewal of life. For those who have lost everything and feel that their life is over. This essence helps us step back into life with hope and faith and with the belief that we can continue and that life is worth living again. Helps to re-build trust in life, rising from the ashes again – the Phoenix essence.



© One Heart Body Essentials

Scabieuse

Feminine Power

This flower essence helps us accept and strengthen the true essence of the feminine energies in ourselves. There has been a lot of oppression and suppression concerning the feminine expression in the last centuries and as a result there has been and still is a lot of misconceptions about how women 'should' be. Women themselves are confused about the nature of their own feelings, thoughts and behaviour. This essence helps women overcome their fears so that they can bring forth the beauty and power of their innate nature, gently and permanently. This essence is also good for men, to help strengthen and balance the feminine aspect of their makeup.



© One Heart Body Essentials

Spanish Broom

Mother Creation

This flower essence is "the mother" of the One Heart Flower Essence system and she embodies the consciousness of the Languedoc region. The Goddess mother is the creative void who gives birth to all physical manifestation on earth. When the male energies nourish her she reciprocates and bestows HER gift of life and nourishment. From her comes the wisdom of spiritual evolution. This essence helps one step into the divine flow of creation, into the divine consciousness of the mother goddess. It strengthens our ability to create and restores Yin Yang balance in our body and in our consciousness. Particularly for women – it helps us discover and manifest what we need in order to be fulfilled and complete in our lives.



© One Heart Body Essentials

Spiny Restharrow

Speak Truth

The action of this flower essence is two-fold. It first stabilizes the emotional body and calms our emotional storms, so that we can gain clarity. Then it helps us reach the core of our being, so that when we express ourselves, we are coming from our heart and only speaking our truth. It helps us express what we really want to say and empowers our words.



© One Heart Body Essentials

Soft Urospermum

Mind Expansion

Strengthens the mind and assists the mind to comprehend abstract thought. Helps the mind to see the big picture without losing sight of the details, hence, is good for all work in science, philosophy and mysticism. Opens our crown chakra and the higher chakras above the crown. Assists us to see and experience harmony and the oneness of All Life.

* Good for study and all creative mental work, taken with Helichrysum.



© One Heart Body Essentials

Thistle

Master Cleanser

This essence cleanses the body on many levels... physical, emotional and mental. It clears any toxic debris and helps in any detoxification program or any emotional cleansing and healing program. Helps to remove and brush away negativity from the mental and emotional bodies.

This essence is great to assist liver cleansing, colon cleansing and any organ cleansing.



© One Heart Body Essentials

Valerian Pink

Heart Balm

This essence acts as a balm for the wounded heart. It is for the person who has suffered deeply and has many wounds in their heart chakra. It is for lack of love and for feelings of abandonment. This flower essence is excellent for those who have done much heart chakra work and who are aware that there are still some deep-seated wounds that haven't been healed. This essence absorbs the heart pain and transmutes it, so it is safe to let go.



© One Heart Body Essentials

Valerian Red

Heart Renewal

Another essence for the wounded heart, but it acts differently. It helps renew our passion for love and for life. It gives the heart fire energy, helping us continue despite the wounding and the pain. This is not prana energy as given to the etheric body, this is very specific energy that is given to the heart... 'heart energy'. This essence helps us to reopen our hearts with renewed hope, trust, passion and love.



© One Heart Body Essentials

Valerian White

Heart Wisdom

For the person who has suffered heart wounds as a result of the fanatical and zealous actions of others. This kind of abuse is the result of a disconnection and a separation between the perpetrator's mind and heart. This essence is not for the inflictor; rather, it is for the one who has received abuse, since their healing of these abusive actions comes by way of Wisdom, which then leads to forgiveness.



© One Heart Body Essentials

Viperine

Heal Addictions

The Viperine is an incredible healer! This flower essence heals damage to the aura due to smoking cigarettes, alcohol, surgery or taking other drugs. Viperine also helps heal physical, emotional and mental addiction to pain, which is at the root of all aversions and addictions. This pain is actually our resistance to the experience of life. The essence opens the heart to receive more unconditional love from the universe and as a result the heart expands and more self-love is generated – going to the pain that led to the addiction in the first place. Then the old wound has the opportunity to be healed and transmuted. A very powerful essence needed by most of humanity!



© One Heart Body Essentials

Yellow Rattle

Singing Essence

For exalted and inspired singing....lifting us up, soaring into the sky, like a bird in flight, into higher dimensions. Helps us sing with joy, with love, with innocence, connecting us and transporting us to realms of joy and freedom.

* this essence helps all singers and orators, by opening and expanding their throat chakra.

Synergistic Blends

Flowers to the Rescue

This is a blend of 10 Languedoc Flower essences for the purpose of instant rebalancing and restoration of Calm, Clarity and Peace to the body. It helps with any fears and anxieties, any physical, emotional and mental stress or trauma and helps deal with pain. It is great for fear of flying and for panic attacks, etc. Use liberally and often until balance is restored. Can be put directly on the body, or taken orally as traditionally one would use flower essences.

All Heart

A special blend to support the healing and nourishment of all emotions associated with the heart. Helps to open the heart and revitalize it. Helps attract love, care and kindness to us. Helps us heal painful relationships and enjoy life.

Brain Power

Helps with focus and concentration and the need for long study and work hours. Helps creativity and expansion of ideas. Helps clear confusion and keeps the mind alert, bright and clear. An all around brain boost.

Cleanse and Detox

An invaluable aid for any one undergoing a cleansing program. Works on the physical and emotional bodies. Supports all healing processes.

Energy Boost

Supports the physical body, brings in extra vitality when tired, run down or stressed. Strengthens the Chi and Prana in the entire body. Supports recovery processes with all physical illnesses. Good to use before and after all strenuous physical activity and sports activities.

Happy Pet

By popular request from my animal lover friends. A remedy to support any animal that is stressed, anxious, nervous, hyperactive or traumatised. Good to use when travelling with your pet, changing houses or environments, illness, pre and post surgery or if any disturbed behaviour is displayed.

I Am Woman

For balancing and strengthening the feminine energies within. Good for sexually developing teenagers. Helps with PMS and any hormonal imbalances. Also supports Goddess work and consciousness development where women are discovering their own special gifts and powers.



What Some People Have Said About the Languedoc Flower Essences

A beautiful creation, of the highest order, has been brought alive through you dear Carol. The feeling generated by the essences is a richness and deepness not generally felt with flower essences. They are of the new light healing order, brought through to help us in the now and they have very clear and very strong results.

*Deborah Gaehl.
Automatic Writer, Shell Essence Consultant, Melbourne Australia*

The workshop on the Languedoc Flower Essences was a powerful and enriching experience. Each essence spoke strongly for itself, vibrating at a high frequency, which echoed its roots in that special part of the earth. When the day was over, I was immediately aware of being in touch with and speaking my inner truth with a new level of assurance. The essences work at a very profound level and are continuing to unfold in my life.

*Hilary Bee.
Occupational Therapist, Oneness Teacher, Arizona USA*

My experiences with the Languedoc Flower essences from France were both joyful and powerfully healing. It is my belief that, as we heal and fully integrate the divine vibrational beings we are, higher frequencies are needed to assist us. I felt these flower essences on many levels - soul, mental, emotional and physical. I am truly grateful for the gifts they and Carol Asher share with us.

*Karen L. McLaren. R.N.,
Flower essences consultant, Aura-soma practitioner, Arizona*

For Information and Ordering:

One Heart Flower Essence System

Complete Kit (35 essences)	Aus \$695.00
Individual Stock Bottles	Aus \$22.00
Combos and Flowers to the Rescue Remedy	\$26.00

One Heart Flower Essence 2-day Certification Course

2010 France Sacred Site Tour

For international enquiries and prices please contact us at

OneHeart@tpg.com.au



Shreshta Carol Asher
Creator of the One Heart Flower Essences