

Dear One Heart friends,

We are growing and expanding faster into higher consciousness, and Nature, flower essences and essential oils, can be of great help to us. Did you know that once you align yourself and activate the **"core intelligence"** of essential oils, they become the most powerful healers? Did you know that once you set an intent to heal your **core issues**, the One Heart flower essences can play a huge role in transforming your life? They are able to **"dissolve"** core issues, as they work at the core level of your DNA.

I started working with essential oils and flower essences on this higher rung in 1996, and over the years they have enabled me to go deeper into my psych, heal and transform painful issues that have been deeply buried and inaccessible to me via other healing modalities.

As my essential oil teacher says:

"Essential Oils are the single most important element that provides people the means of accelerating their personal evolutionary progress. They are light filled, and they evaporate darkness and negativity in the human physical, etheric, emotional, and mental bodies. They cleanse, allowing the soul to shine through".

Milli D. Austin, Creator of Essential Oil Bath Therapy

This is why I am so passionate about flower essences and essential oils and I am committed to encouraging and inspiring you to share in the same experience.

This September issue I am offering great specials and wonderful **REDUCED** prices (amazing what the dollar fluctuations can do)... check them out, you can already start planning for your Christmas shopping.

Hope to hear from you!
Many Blessings,
Shreshta Carol
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Essential Oil of the Month

Lavender - Lavandula Angustifolia

True Lavender

It is common knowledge that Lavender essential oil is used for calming and de-stressing, and for healing the nervous system.

It is also a famous remedy to treat burns, and I also personally use it as an insect repellent.

But, did you know that on an energetic/vibrational level it is a powerful healer and repairer of Auric Damage?

What does this mean?...

If we are carrying old or recent emotional trauma and wounds, if we are holding onto damaging, self destructive thoughts, if we have had serious injuries or any surgery, if we are exposed to radiation from computers, cell phones, microwaves etc. this creates damage to our Aura, in the form of cracks, tears and holes. This means that we are not



fully protected by our Aura (one of it's functions is to be a shield – like an invisible skin) and that we have an innate weakness which leaves us vulnerable to all sorts of interferences from the external world.

This also means that we are hindered in our growth and development and in achieving our goals and dreams, as the Aura contains all of our emotions and thoughts, which have to be healthy and strong for the journey.

We witness this principle naturally in the physical world. If we break a leg, we don't expect to go running or play sports, and we wait until the bone is healed. Our energy body is exactly the same. If there is damage in any aspect of our Etheric, Emotional or Mental bodies, or even Soul Bodies, we are hindered and we cannot expect to move forward in life with our full energy and strength until we are healed.

- Etheric body damage contributes to physical weakness and disease.
- Emotional body damage contributes to emotional instability, inability to 'go with the flow of life', and to troubled relationships.
- Mental body damage contributes to wrong thinking and self sabotage.
- Soul body damage contributes to an inability to connect with our Souls' purpose, and with the innate LOVE and GRACE that can help us manifest our dreams.

This is why it is so important to heal and strengthen our Aura*, as part of our progress towards health and happiness.

This healing is the core purpose and potential of **True Lavender Essential Oil***.

To activate this purpose of the oil for this specific healing, we need to be in communion with the Over Lighting Devas (Angels) of the plant.

All my One Heart essential oils are activated to their highest potential - they are all live potent healers, over lighted by powerful energies/beings/consciousnesses of LOVE.

To get the full benefit of the Lavender essential oil for the healing purpose of healing your Aura, I recommend taking baths in 8-12 drops of Lavender E.Oil, or by putting a few drops directly on the skin, all over the body, daily. You can test or intuit how long (how many days, weeks) you need to do this for.

You may also want to use a blend of Lavender essential oil PLUS another essential oil, that targets another aspect of your healing.

For example, if you are wanting to eliminate radiation damage, you can add Fennel essential oil to the bath as well.

Call or email me for personal recommendations.

You can also use the essential oil in a body lotion or carrier oil, for a milder healing process. All my Aura Care sprays contain True French Lavender, as a component of their healing formulas. Note the **SPECIAL on the Aura Sprays** below.

When using the essential oil for this purpose, I recommend that you connect with it first and 'ask' it (the devas connected with it) to heal you for your highest good. This conscious intent an invocation (which takes a few seconds of your time) will bring out the full potency of the essential oil.

[Check out my Lavender special and give it a try.](#)

* Our Chakras are part of our Aura.

* Only True 100% pure Lavender works in this way.

Flower Essence Of The Month From The South Of France

Viperine - Heal Addictions

I first came across this flower as I was coming down a mountain, (Dr.Usui would have a chuckle) having just made up the 3 Valerian flower essences for the heart chakra. My heart was wide open and I was still in an altered space. I saw it in the corner of my eye as it tried to grab my attention and 'talk to me' saying that it could help heal Auric damage due to smoking. I told it that I couldn't make it on this trip, as my travelling time had run out, but I promised it that I would come back and make it into an essence on my next trip to South of France. And I did. ☺

What it revealed is beautiful – if you look at the photo on the right you will see little fibers on the leaves and stems of the plant. These are actually very prickly and make the flower very difficult to pick as these prickles are under the flower petals as well. These little fine fibers are representative of the cracks that occur in the Aura, when there is aura damage and also of how 'prickly' people become when they have such damage. Furthermore, if the Aura is full of these little cracks, it is not stable and it takes a lot of energy to 'hold it together'. You can visualize this easily... imagine this happening to the windscreen of your car.

Based on the communication with the flower that I had the previous year, I did receive a download of how excessive smoking/nicotine damages the Aura, by 'dehydrating' it, and how this flower essence can work to heal the damage.

But, there was more information that the flower offered ...

The 'watery' aspect of the Aura is representative of the feminine energies, the yin energies.

We comprise both Feminine and Masculine energies, Yin and Yang, and we have to have a balance of both throughout our physical and energy bodies, in order to maintain health on all levels. *

Smoking "dries out" the water/Yin aspect of our Auras, leaving us imbalanced with excessive Yang, too much heat, too dry, hard and brittle, and therefore innately weak and vulnerable, as we have lost our flexibility and softness, and our ability to adapt and to 'flow' with life.

Too much heat in any form creates the same Auric damage, such as radiation, microwaves, certain drugs, and any extreme "yin" element introduced to the Aura.

The healing aspect of the flower essence is remarkable.

First it activates and focuses our Soul qualities of unconditional love and forgiveness, which are of a "watery" nature, into the damaged Aura, and starts to re-hydrate the damage – the cracks and tears with these energies.

Second, most beautifully, it actually draws on the intelligence of our soul to flood our core and primal wound with this unconditional love and compassion, allowing us to heal and transform the original pain and suffering that brought on the addiction (whether it be to nicotine, alcohol or any other drug). Thus, it helps you heal the cause of the addiction.

The flower showed me that the cause of any addiction is the inability to experience the suffering or the pain that one was experiencing and that the addiction was actually the addiction to the mode of 'escape' from the suffering. This flower essence activates the strength and the ability to face and experience this original pain, enabling it's release and transmutation, so that it would no longer be there to fuel the addictive behavior.



So, this flower essence doubles up in its' action of healing and repairing the Aura and also in healing the core emotional issue that led to the addiction in the first place.

Wow! Right?!

No wonder I had to come back and sit with the flower and devote proper time to communing with it. Making an essence on the run just wouldn't have given it justice. ☺

How do you take this flower essence? You can take 4 drops directly in the mouth 4 times a day, or you can add 4 drops to your water bottle and sip throughout the day.

You can also add 8 drops to your Lavender essential bath or add it to your spray bottle.

Viperine flower essence is in the combination essences -

"Flowers To The Rescue", "Cleanse and Detox", "I Am Woman" and "Brain Power".

Check out my specials below!

* The Aura comprises vibratory bodies enveloping and interpenetrating each other including our physical body – thus each of our bodies affects the other.

SEPTEMBER SPECIALS



Once a year I have a BIG special on my [Aura Care sprays](#) – so here it is!

Buy 2 and Get 1 FREE!

Special 1

Choices are:

Group 1: \$25 each, buy 2 for \$50 and get the third, value of \$25!

Aura

Cleanser

Aura Healer

Aura Protector

Special 2

Group 2: \$28 each, buy 2 for \$56 and get the third free, value of \$28 FREE!

Initiation Spray

Angel Wings

Meditation

I have been able to GREATLY reduce the price of the

Flower Essences, due to the bulk buying of the Miron Glass bottles, you'll enjoy this!

Special 3

Group 1: \$18 each, buy 2 Combination essences for \$36 and receive the third free, value of \$18!

Flowers To The Rescue
Brain Power
Happy Pet
I Am Woman
All Heart
Energy Boost
Cleanse and Detox

Special 4

Group 2: \$16 each, buy 2 single essences for \$32 and receive the third free, value of \$16! Viperine is one of these and for the full list of the 35 essences please click on this link

http://www.oneheartbe.com/pdf/LFE_Catalog.pdf

And here's the special to further support your Aura!

Special 5

True Lavender essential oil and Viperine flower essence special

Buy 2 True Lavender (French Alpine Lavender) for \$33 and receive the Viperine flower essence, value \$16 FREE!

Well, this is my BIG special for the year, enabling you also to stock up for Christmas in advance.

You can **call or email me** to order and also for further recommendations to tailor remedies for you.

I can take credit cards over the phone or send you a paypal link for secure payment which gives you the option to pay from your own bank account.

Looking forward to hearing from you!

Many blessings to you!

Shreshta Carol Asher

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