

# FIRST LIGHT

FLOWER ESSENCES OF NEW ZEALAND®

The Spirit of Aotearoa ~ *Te Wairua o te Aotearoa*®



## FIRST LIGHT FLOWER ESSENCES OF NEW ZEALAND® REFERENCE GUIDE

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Award-winning universal vibrational medicine system.  
185 First Light Flower Essences of New Zealand®  
made from native New Zealand flowers and plants.  
A powerful yet gentle means of self-transformation  
to support holistic wellbeing and to gently restore  
balance and harmony.

Specialist producers, suppliers and training providers.  
We are at the cutting edge of flower essence therapy,  
research, development and training worldwide. Our  
groundbreaking Certificate and Diploma training  
programs are available worldwide via our First Light  
Flower Essences of New Zealand® Online School.

[www.firstlightfloweressences.co.nz](http://www.firstlightfloweressences.co.nz)



# NATURAL HOLISTIC WELLBEING

Leading Edge Vibrational Medicine System from  
New Zealand Native Flowers and Plants

First Light Flower Essences of New Zealand® produces a comprehensive range of 185 New Zealand native flower and plant essences for natural holistic wellbeing. These natural vibrational formulations are arranged in 15 essence collections or families of essences that focus on different aspects of life and wellbeing. They provide a powerful yet gentle means to help you meet and address the many challenges of the 21st century.

## What Are Flower Essences?

First Light Flower Essences of New Zealand® are the energetic keynotes of a specific order of New Zealand native plants that gently support alignment, harmony and balance on all levels of the holistic organism, including the emotional, mental and spiritual levels. They can be used on an ongoing basis for holistic wellbeing, support and personal development.

First Light Flower Essences of New Zealand® are pristine plant vibrations or plant energy, held in water. New Zealand flora has evolved in isolation for millions of years producing plants that have unique vibrational blueprints that can be accessed when the plants are worked with in a particular way. In the making of our essences the highly developed state of consciousness of the maker and the process of conscious cooperation between the maker and the plant kingdom has ensured that each plant has released its full vibrational healing potential and is transferred to a person who takes the First Light Flower Essences of New Zealand®.

## First Light® Nature's Holistic Healing Matrix®

Franchelle Ofsoské-Wyber discovered a natural five-fold process that exists in all healing whether it's nature itself or a human being going through a healing process. She named it Nature's Holistic Healing Matrix®. Referred to as 'nature's holistic healing matrix' this process is a core aspect of First Light Flower Essences of New Zealand® structure and training. It is a perfect reflection of the sacred holistic healing methods used by medicine women and men for countless generations. By working with this process and with nature, an individual can restore their own inherent energetic wellbeing and wholeness.

## How to Use

First Light Flower Essences of New Zealand® are simple to use and come in 10ml stock bottles. They can be used directly from the stock bottle or made into flower essence blends.

### Directly From Stock Bottle

- Place 3 drops of stock essence under the tongue or add to a glass of water.
- Repeat 3-4 times daily or as required.

### Making a Flower Essence Blend

- Add 5ml or one teaspoon of brandy (cider vinegar if preferred) to a 20-25ml glass dropper bottle and fill with pure spring water.
- Add 3 drops of the stock essence. Up to eight flower essences from the First Light Flower Essences of New Zealand® No's 1-184 can be used to make up a blend. First Light Flower Essences of New Zealand® No 0 Black Orchid can be added to any blend.
- Place 2-4 drops from the treatment bottle under the tongue 3-4 times a day or as required.
- Treatment blends should be used within 4-6 weeks.





# THE FIRST LIGHT FLOWER ESSENCES OF NEW ZEALAND® STORY

The Spirit of Aotearoa - *Te Wairua o te Aotearoa*®

In 1975 in response to a directive from the ancient people to 'bring back the healing waters' Franchelle Ofsoské-Wyber, creator of First Light Flower Essences of New Zealand®, took her research with New Zealand native flower and plant essences to another level. This research and work progressed and in 1999 she launched First Light Flower Essences of New Zealand®.

## The Age of Cherishing Waters

At the dawn of the new millennium in July 1999 when the ancient people traditionally celebrated the New Year, a call was sent out by the two co-founders of First Light Flower Essences of New Zealand® Franchelle Ofsoské-Wyber and Anthony Wyber at a special ceremony conducted to officially welcome the Aquarian Age, 'The Age of Cherishing Waters'. The call asked the gods and goddesses, the nature power of Aotearoa, New Zealand to provide the people of the world, the world community, with the healing necessary for the unprecedented holistic and spiritual challenges and difficulties to be faced by them and the planet in the 21st century.

In the ancient shamanic tradition of call and response, the call first must be sent out and the answer must then be clearly received. As the first light of a new millennium appeared on the eastern horizon, the powerful spiritual forces of Aotearoa answered this call and First Light Flower Essences of New Zealand® formally entered into the world.

## A Sacred Treasure

With the help of the ancient Earth guardians and in total cooperation with nature, the range of 185 First Light Flower Essences of New Zealand® were created from the unique native flowers and plants of New Zealand. Made in accordance with ancient processes and protocols, First Light Flower Essences of New Zealand® are a sacred treasure and a pure living embodiment of the sacred plant medicine of New Zealand.

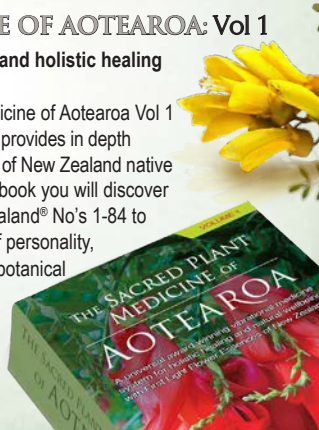
*"The award winning universal vibrational medicine system that is First Light Flower Essences of New Zealand® is based on the premise that the holistic human organism can be likened to a musical instrument. Like all musical instruments it needs to be kept perfectly tuned."*

Franchelle Ofsoské-Wyber

## THE SACRED PLANT MEDICINE OF AOTEAROA: Vol 1

Written by award winning vibrational medicine and holistic healing expert Franchelle Ofsoské-Wyber

This groundbreaking book - The Sacred Plant Medicine of Aotearoa Vol 1 completely revised and expanded Second Edition, provides in depth information on the extraordinary vibrational qualities of New Zealand native flower, fern, tree, seed and plant essences. In this book you will discover how to use First Light Flower Essences of New Zealand® No's 1-84 to support every day holistic wellbeing at the levels of personality, aura, chakras, DNA and soul. This definitive ethnobotanical reference book provides access to a vast pool of wisdom on vibrational medicine, holistic healing and natural wellbeing to everyone who wishes to learn how to work practically with Nature to empower themselves and others.







## FLOWER COLLECTION<sup>®</sup>

10ml stock Transform Your Attitude - Change Your Life

### Personality Expressions and Attitudes

The 36 First Light Flower Essences of New Zealand<sup>®</sup> flower essences No's 1-36 focus on the personality, addressing the 36 personality archetypes, expressions and predispositions that can express in a positive or negative manner. They also address disharmonious attitudes, emotions, mindsets, responses and states held at the level of the personality.

- 1. POHUTUKAWA: Initiative** Self-awareness; self-assertion; power used with wisdom; personal will and strong sense of self. **Weak willed; can't say no; over-eager to please; easily influenced; submissive; anger.**
- 2. NATIVE FLAX: Enthusiasm** Eager; forthright; motivated; lively; quick thinking and acting; patient. **Impatient; tense; frustrated; irritable; flares up quickly; impetuous; abrupt; headstrong; overly enthusiastic; tires easily.**
- 3. COOK STRAIT GROUNDSEL: Confidence** Direct self-focused action; self-motivated; undeterred by challenges. **Lack of self-confidence; despondency; convinced of failure; doubts abilities so won't try.**
- 4. MARLBOROUGH ROCK DAISY: Self-Worth** Feels good about self; trusts instincts; clear values; quiet courage; positive relationship with life. **Low self-worth; nervous; anxiety prone due to fear of known things.**
- 5. NATIVE PASSIONFRUIT: Abundance** Inner vitality and strength to cope with difficulties; the 'money' flower. **Procrastination; Monday morning blues; temporary mental fatigue; enervated; doubts ability to cope.**
- 6. NEW ZEALAND JASMINE: Perseverance** Endurance; resourceful; turns negatives into positives; knows own strengths. **Exhaustion from taking on too much; workaholic; struggles on despite adversity; exaggerated sense of duty; shoulders others' burdens.**
- 7. MOUNTAIN PARAHEBE: Communication** Inner release; powerful balanced mental activity; astute; sees new options. **Utter mental despair; has reached limits of endurance but not suicidal; future feels dark.**
- 8. MATATA: Adaptability** Flexibility; versatile; open-minded; optimistic; constructive thought; discernment; tranquility. **Busy mind; mind chatter; always worrying; distressing unwanted thoughts; mental stress.**
- 9. KORU: Understanding** Mental discipline and organisation; learns from experience; problem solving skills. **Feels mentally blocked or stuck; repeats mistakes; poor or slow learner, cannot concentrate due to being distracted by too much mental stimuli; feels mentally inferior or misunderstood.**
- 10. STARRY HIBISCUS: Tenderness** Selfless love; cares for self; motherliness; inner emotional security. **Over-possessive of others; clingy; needy; demands attention; manipulative; self-pity; interfering; martyr-like.**
- 11. CHATHAM ISLAND GERANIUM: Nurturing** Caring; love of family; emotional independence. **Excessive concern for others; worry or over-attachment to loved ones; fearful for others' wellbeing; over-protective.**
- 12. NATIVE HAREBELL: Tenacity** Loyalty; emotional resolve; resilience; emotional maturity; emotional stability; lives in the present. **Dwells in the past; nostalgia; homesickness; sad memories; emotionally stuck; difficulty with change.**
- 13. KANUKA: Spontaneity** Restored inner strength; feels special and

loved; spontaneous self-expression; not afraid to shine. **Feels totally drained in body, mind and spirit; no reserves left; feels unable to cope with life.**

14. **RENGARENGA LILY: Creativity** Positive idealism; healthy ego; demonstrative; highly creative. **Preoccupied; indifferent; day-dreams; can't focus on reality; lost in own thoughts; feeling lost; withdrawn; listless.**
15. **MINGIMINGI: Dignity** Cheerfulness; serenity; self-respect; consistent creativity. **Depressing feelings - black or heavy - that come and go suddenly with no apparent known cause; feels sad and low.**
16. **SMALL WHITE RATA: Perfection** Purity; order; discernment; composure; energetic integrity; wholeness. **Feels unclean, ashamed, not good enough; self-dislike and disgust; obsessive; overly focused on minor issues; perfectionist.**
17. **AKEPIRO: Synthesis** Tolerant; sympathy; constructive criticism; appreciation of difference; inclusivity. **Critical, tense, narrow-minded; intolerant of others; focuses on negatives; over-analytical; feeling rigid in body or mind due to overly fixed outlook on life.**
18. **PURPLE KOROMIKO: Simplicity** Sees the obvious; keeps it simple; efficiency; practical service; desire to assist others in need. **Guilt; blame; regret; self-reproach; self-doubt; victim mentality.**
19. **LOVERS DAISY: Love** Poise; inner balance; stays true to self; empowered relating; intuitive decision-making. **Indecision; uncertainty; lacks inner balance; fluctuating moods; power games in relationships.**
20. **WINEBERRY: Cooperation** Diplomacy; social skills; peace loving; generosity; fairness; sees problems in the right light. **Hides worries or anxieties; mental anguish disguised by cheerfulness; plays down difficulties.**
21. **HINAU: Sacred Space** Inner certainty; trusts own knowing and intuition; listens to 'inner' voice. **Self-doubt; uncertainty, especially of own ability; easily influenced; needs approval of others; seeks others' opinion.**
22. **MANUKA: Purification** Self-regeneration; metamorphosis; in touch with own power; depth of inner experience; balanced sexuality/sensuality. **Jealousy; hatred; envy; suspicion; intense frustration; rage; temper.**
23. **LACEBARK: Fearlessness** Openness; composure; expresses deeper feelings easily; sharing and intimacy. **Overwhelming apprehension about breakdown or losing one's mind; coping mechanisms overloaded.**
24. **POROPORO: Willpower** Staying power; personal resolve; constructive emotional and mental responses. **Resentful; bitter; self-pity; blames others; sulky; 'a wet blanket'; victim of fate attitude; smouldering anger.**
25. **KOWHAI: Growth** Personal development; able to move on or break bonds with the past; the spirit of adventure. **Finds change painful or difficult; difficulty adjusting to changes in life circumstances; unhealthy risk-taking.**
26. **KARO: Foresight** Finds one's life purpose, potential, skill and ambition and open to where this may lead. **Unchannelled talents; uncertainty regarding life meaning, purpose, goals, life path; dissatisfaction; boredom.**
27. **KARAKA: Knowledge** Knows each day brings opportunity; believes everything will work out; passes on wisdom and experience. **Easily discouraged and depressed; pessimistic; can't see the meaning in anything.**
28. **CHATHAM ISLAND FORGET-ME-NOT: Aspiration** Carries self with authority and conviction; secure in one's place in the world; self-recognition. **Dominating; ruthless; over-ambitious; power seeking; inflexible.**
29. **MAIREHAU: Achievement** Detached; neutral; uninvolved; performs at optimal level; strong and capable; leadership abilities. **Temporary feelings of inadequacy; overwhelmed by tasks or responsibilities.**
30. **NGAIO: Responsibility** Consolidation; commitment; accepting limitations; rekindled optimism. **Utter despair; hopelessness; dependency;**

apathetic; has lost sense of humour.

31. **NATIVE IRIS: Individuality** A torchbearer; able to inspire and uplift others; the activist; creates change. **Lives on nerves; overbearing; inflexible; fanatical; excessive zeal; inciting unrest.**
32. **ICE PLANT: Freedom** Adaptability; open minded idealist; broadminded; high principled standards. **Self-denial; hard on self; rigid strict views and outlook; sanctimonious; intensely dogmatic.**
33. **REWAREWA: Participation** Tactful reserve; wisdom; approachable; social consciousness and awareness. **Aloof; a loner; appears proud but feels emotionally isolated and lonely; social alienation or withdrawal.**
34. **HEKETARA: Unity** Compassion; sensitivity; aware of others' pain, grief and suffering. **Anxiety due to painfully high levels of sensitivity; foreboding; apprehension; fear of unknown things; escapist tendencies result in not managing material responsibilities.**
35. **CREEPING PRATIA: Empathy** The psychic; clairvoyant; interested in others; helpful but able to say no without feeling guilty. **Self-centred; seeks attention; saps others' energy; a poor listener; fixated by own troubles.**
36. **NATIVE LINEN FLAX: Service** Devotion; kindness; self-directed; inner motivation; lives one's ideals and dreams. **Resigned; apathetic; lack of interest; underdog; no effort for self-improvement.**



## FERN COLLECTION®

10ml stock Moving Beyond Pain - Clearing the Aura

### Holistic Aura Clearing and Maintenance Kit

The seven First Light Flower Essences of New Zealand® fern essences No's 37-43 focus on the aura and help address the seven types of fundamental traumas that we can experience. These fern essences help to clear energetic imprints of trauma from the layers of the aura. The human aura is a multi-layered energetic structure or energy field that surrounds us. It holds within it the influences of everything we have ever experienced. Consequently, any unresolved traumas of any type or degree will continue to energetically exist within our aura, until they are cleared.

37. **KING FERN: Security** Self-preservation; feels alive, present and physically safe and secure. **Physical/survival trauma; physical abuse; insecurity; energetic depletion; avoidance issues around life or death; accident prone. Layer of the aura: Physical / etheric.**
38. **RASP FERN: Boundaries** Healthy emotional or sexual boundaries; feels emotionally safe; emotional consistency. **Emotional/sexual trauma; emotional abuse; insecurity; dependant; needy; volatile; emotional dysfunction; sexual challenges. Layer of the aura: Emotional.**
39. **SHAKING BRAKE FERN: Empowerment** Self-definition; feels adequate; empowered by life experiences. **Disempowerment trauma; mental insecurity or disconnectedness; feelings of inadequacy. Layer of the aura: Lower mental / intellectual.**
40. **SILVER FERN: Trust** Self-acceptance; knows who and what to trust; self-trust. **Heartfelt trauma; loss, abuse or betrayal of love or trust; grief; rejection issues; heart-break; hatred; jealousy; issues around giving**



or receiving love. Layer of the aura: Egoic.

41. **PRINCE OF WALES FEATHERS FERN: Respect**  
Self-respect; feels heard; creative expression. **Humiliation trauma; judgement; shame; issues around speaking out or being heard; lacks respect for self or others.** Layer of the aura: Higher mental.
42. **STAR FERN: Authenticity** Self-reflection; knows one's own reality; living authentically. **Reality trauma; self-doubt; sense of unreality or disillusionment; life in constant turmoil; invalidation of one's personal reality.** Layer of the aura: Lower spiritual.
43. **PLUMED MAIDENHAIR FERN: Direction**  
Self-knowledge; sense of purpose; clear expression of spirituality; inner direction. **Spiritual trauma; confusion; feels directionless or lost; uncertainty; escapist or self destructive tendencies.** Layer of the aura: Higher spiritual.



## TREE COLLECTION<sup>©</sup>

10ml stock Balance, Strengthen Protect, Energise and Clear the Chakras

### Holistic Chakra Balancing and Maintenance Kit

The seven First Light Flower Essences of New Zealand<sup>®</sup> tree essences No's 44-50 focus on the chakras. They work to balance, strengthen, protect, energise and clear the chakras, enhancing our capacity to deal with the rapidly growing number of 21st century challenges and influences. Each of these seven tree essences correlate to one of the seven major chakras. The chakras are centres of energy that influence all our thoughts, feelings and actions; they establish the quality of our personal life and our experience of life.

44. **KAHIKATEA: Structure** Inner stability; self-sufficient; grounded; structured; feels supported, safe and secure. **Addiction to security; materialistic; overly strict routines; avoids responsibilities; feels unsupported.** Chakra: Base chakra.
45. **MATAI: Fluidity** Flexibility; ease; emotional balance; tranquility and wellbeing; natural healthy desires and feelings; open to and comfortable with change. **Reactive emotional responses; obsessive emotional attachments; addiction to pleasure; emotional dependency or manipulation.** Chakra: Sacral chakra.
46. **TOTARA: Inner Power** Personal power; balanced use of power; strength of will; positive self image. **Dominating; power hungry; temper tantrums; weak will; feelings of inferiority; the bully or the victim.** Chakra: Solar plexus chakra.
47. **KAURI: Beauty** Self-acceptance; loving; empathetic; self-loving; healthy intimate relationships. **Co-dependency; clinging; inability to give of one's self or respond to love; insincerity in love; intolerant of self and others.** Chakra: Heart chakra.
48. **MAIRE: Healing Voice** Communication; self-expression; knows when to speak and when to be silent; enriched creative self-expression. **Too much talking; poor auditory comprehension; unkind speech; lack of ease or experiences difficulty with communication or self-expression.** Chakra: Throat chakra.
49. **MIRO: Intuition** Inner awareness; ability to see limitless possibilities; intuitive; perceptive. **Overly idealistic; obsessions; delusions; illusions or**

fantasies; cannot remember dreams; blocked intuition; difficulty imagining possibilities or alternatives. **Chakra:** Third eye chakra.

50. **RIMU: Connection** Spiritual wisdom; spiritual clarity and focus; open minded; inner connection; aware. **Overly intellectual; addicted to spiritual beliefs and practices; extreme anxiety due to issues around one's direction; rigid limited beliefs.** **Chakra:** Crown chakra.



## SEED COLLECTION<sup>©</sup>

10ml stock Restoring the Master Patterns for Living

### Primordial Light Codes of Power

The 12 First Light Flower Essences of New Zealand<sup>®</sup> seed essences No's 51-62 focus on the metaphysical layers of DNA and work to help restore the original divine blueprints or energetic patterns of right living at a DNA level. They can help to release us from powerful core negative beliefs that have blocked or limited us from being who we feel we truly are. DNA holds the energetic blueprints that are the expression of our perfected nature. They are 'primordial light codes of power' - 12 primary patterns that equate to the 12 original patterns that constitute our true relationship with all life.

51. **BROADLEAF: Reverence** Right living; care for one's physical environment, self and family. **Negative hereditary beliefs, life patterns and fears around life, death, money and material matters.**
52. **NIKAU PALM: Non-Attachment** Right emotional behaviour; enhanced emotional awareness. **Negative hereditary beliefs, life patterns and fears around emotional expression, sex, sensuality, enjoyment, pleasure, nurturing and partnership.**
53. **WHARANGI: Non-Judgement** Right use of power; empowered from within; measured responses. **Negative hereditary beliefs, life patterns and fears around inner power, empowerment and expression of power.**
54. **HOUPARA: Compassion** Right relationship; compassion; empathy; deep genuine heartfelt relatedness. **Negative hereditary beliefs, life patterns and fears around intimate relationships, compassion, trust and beauty.**
55. **HANGEHANGE: Truth** Right speech; truthful; sincerity; integrity; high levels of creativity; ease of communication. **Negative hereditary beliefs, life patterns and fears around creativity, communication and humiliation.**
56. **INKBERRY: Inner Vision** Right thought; being guided by inner wisdom; insight; create a new personal vision; inspired revelations. **Negative hereditary beliefs, life patterns and fears around ideals, dreams, intuition and facing reality.**
57. **CABBAGE TREE: Sovereignty** True independence of spirit; able to recognise one's true priorities and path. **Negative hereditary beliefs, life patterns and fears around spirituality, religion and losing control mentally.**
58. **RAMARAMA: Life Purpose** Purposeful living; releases one's personal will to divine will; instrumental in the restoration and creation of order. **Negative hereditary beliefs, life patterns and fears around life purpose and place in the world.**
59. **STAR LILY: Unconditional Love** Universal love; divine love and



compassion; sees all-encompassing beauty and unity of all life. **Negative hereditary beliefs, life patterns and fears around unconditional love, the oneness of life and being spiritually forsaken.**

60. **DRAGON LEAF: The Will ~To ~ Good** Compassionate wisdom; consciously working with divine mind. **Negative hereditary beliefs, life patterns and fears around right creation and participating in the divine plan.**
61. **MOUNT COOK LILY: Peace** The divine feminine; peace; forgiveness; natural expression of feminine power. **Negative hereditary beliefs, life patterns and fears around the divine feminine as a powerful force in the universe.**
62. **RAUPO: The Will ~To ~ Be** The divine masculine; benevolence; natural expression of masculine power. **Negative hereditary beliefs, life patterns and fears around the divine masculine as a powerful force in the universe.**



## PLANT COLLECTION<sup>®</sup>

10ml stock Enhance Life Experiences - Live Life Consciously

### The Soul's Evolutionary Journey

The 22 First Light Flower Essences of New Zealand<sup>®</sup> plant essences No's 63-84 focus on the soul and are designed to help enhance life's experiences and to assist the soul to move through the 22 universal archetypal life challenges and situations encountered on the journey of life. The soul is that part of us that is here to learn and evolve on its individual journey of growth and development. The challenges, tests, trials and initiations that we meet on that journey are an opportunity to progress and emerge more empowered and whole.

63. **KARAMU: Manifestation** Focused intent; directed will; capable; belief in oneself and abilities; multitasking; the juggler. **Unable to cope or to manifest what one needs; overwhelmed by life; scattered energies; unable to tap into one's full potential. Soul lesson:** Knowing one has all the resources needed at one's disposal.
64. **KOROMIKO: Wisdom** Use of intuitive processes; personal equilibrium; inner poise and tranquility; clear perception; self-knowledge. **Feels isolated; misunderstood; empty; feels alienated; inhibited; withdrawn; questions validity of one's own 'knowing'. Soul lesson:** Remaining neutral and detached to access wisdom and understand deeper significances.
65. **TREE FUCHSIA: Feminine Power** Abundance; receptivity; inner harmony; secure within one's femininity. **Emotional dissatisfaction; suppressed or unsuccessful creativity; always giving; neglects own feelings and needs. Soul lesson:** Living abundantly, harmoniously and creatively with others.
66. **RANGIORA: Masculine Power** Leadership; foresight; organisation; personal authority; autonomy. **Dominating; stubborn; unemotional; needs to prove oneself to others; intimidated by authority figures. Soul lesson:** Embracing leadership; taking responsibility and acting in an empowered and purposeful manner.
67. **RED RATA: Guidance** Spiritual autonomy; receives a flow of guidance; open to signs and messages in everyday life. **Extreme conservatism; fearful**

- of what others will think; superstitious; ignores own inner prompting. **Soul lesson:** Being directed by inner guidance and one's spiritual connectedness.
68. **PURIRI: Discernment** Discrimination; appropriate life choices; balance, inner unity and wholeness. **Inner conflict; poor choices in love or in life; entering into relationships for the wrong reason. Soul lesson:** Developing powers of discernment and discrimination.
69. **BRACKEN FERN: Triumph** Overcoming challenges; bounces back from adversity; willpower; drive for success. **Contradictory thoughts and emotions; feels defeated by obstacles; afraid of opposition or competition. Soul lesson:** Mastering opposing forces and influences.
70. **HEN AND CHICKENS FERN: Strength** Passion for life; inner strength; courage of heart; emotional stamina; control over one's animal instincts. **No passion for life; inner rage at not being centre of attention or getting one's way; controlled by one's inner weaknesses; infantile. Soul lesson:** Harnessing the power of emotions.
71. **COASTAL CONVULVULUS: Reflection** Capacity to go within; contemplation; restoration of spirit; self-reliance; draws wisdom from life experience. **Overly introspective; aloof; melancholy; life weighs heavily on one's shoulders; refuses to take advice or learn from experience. Soul lesson:** The capacity for self-examination and self-reflection.
72. **SHINING SPLEENWORT: Synchronicity** Timely action; going with the flow; attuned to natural cycles, rhythm and timing. **Missed opportunities; unlucky; trapped in negative cycles of karma; gets lost in side issues. Soul lesson:** Aligning oneself with the synchronicity of the universe.
73. **COASTAL LOBELIA: Decisiveness** Equanimity; mental strength and clarity; cool logic; fairness; neutrality. **Lack of objectivity; difficulty making a decision; prejudice; biased attitude; victim mentality. Soul lesson:** Enhancing one's capacity for objectivity and decisiveness.
74. **GOLDEN COROKIA: Grace** Inner grace; patience; devotion; sacrifice; letting go; sees matters from a different perspective. **Resignation; stuck in limbo; midlife crisis; meets situations with lack of grace. Soul lesson:** Being able to see life from a different perspective.
75. **WHAU: Release** Rebirth; regeneration; death type situations; loss; endings; eliminating and shedding the old; ready for change. **Fear of death and endings; inertia; burnt out; feels dead or utterly lost inside. Soul lesson:** Being comfortable with death or endings.
76. **NATIVE HAWTHORN: Moderation** Restraint; forbearance; diplomacy; steadiness of effort; adaptability. **Mood swings; wastes one's energy; over-reactive; intolerant; out of balance; everything feels in a muddle. Soul lesson:** The ability to use one's energies wisely in a balanced way.
77. **CLEMATIS: White Light Protection** Humour; able to keep one's spirits up; comfortable with one's own power; power used wisely; unafraid; faces one's fears. **Fear; manipulation; gives one's power away; attracts negative energies; addictive repetitive scenarios. Soul lesson:** Remembering to not take oneself too seriously.
78. **AKEAKE: Change** Initiates and responds positively to change; re-orientation after shock or crisis; faces the truth. **Hides behind a facade; inner paralysis; state of shock or disbelief; unable to be comforted. Soul lesson:** The ability to dismantle what is false or artificial in life.
79. **FRAGRANT FERN: Hope** Healing; connection to higher spiritual energies; help; protection; luck; inspiration; assistance from higher sources. **Hopelessness; depression; utter despair; feels lost and abandoned by God or spirit; 'dark night of the soul'. Soul lesson:** Redefining oneself and aligning with one's destiny.

80. **RAGLAN ROSEBERRY: Clarity** Listens to one's gut feeling; access super-sensory and psychic abilities. **Total confusion; feelings and emotions run high; feels lost or completely in the dark; feels one is going crazy. Soul lesson:** Developing increased levels of supersensory capacity and psychic ability.
81. **TANEKAHA: Joy** Happiness and optimism; sunny disposition; ordinary activities give pleasure; freedom at a soul level. **Despondent; gloomy; jaded outlook on life; doubtful; weary; pessimistic; boredom. Soul Lesson:** The enhanced capacity to radiate increased levels of joy.
82. **GOLDEN TAINUI: Renewal** Transformation; responds to the soul's call to action; new possibilities; revitalisation. **Stuck at the crossroads; delays decisions; closed mind to new possibilities; refuses to respond to inner call. Soul lesson:** Being receptive to totally new possibilities.
83. **KAKABEAK: Completion** Fulfillment; successful closure; sense of true self; spiritual development; total transformation; the dancer ready to begin a new dance with life. **Instability; lack of resolution; life out of balance; lack of closure; has not learned the required lessons. Soul lesson:** Wholeness and stability resulting from successful closure and resolution.
84. **KAWAKAWA: Faith** Moves forward fearlessly; ready to take a leap of faith; enthusiasm; interest for life; able to be in the moment; ready for the next adventure; open to new experiences. **Blind faith; recklessness; folly; foolish; naïve attitude to life; careless. Soul lesson:** Moving in faith into deeper levels of the unknown.



## HEALERS COLLECTION<sup>©</sup>

10ml stock Working In Harmony With Nature

### The Wisdom and Path of the Healer

The 12 First Light Flower Essences of New Zealand<sup>®</sup> healers essences No's 85-96 have been created from specially selected native New Zealand teacher plants that are of a particular potency and high order. They are for practitioners, those in the healing and helping professions, caregivers and all those who are personally walking the healing path or working with those in need of support on their healing journey.

85. **BLACK MAMAKU: The Healer** Opening up to the healing journey; connecting with soul and one's inner healer; stepping onto the path of the healer; move into timeless healing space; invoke the healer's powers; hearing the call to heal.
86. **ANCIENT KAURI: Path of Heart** Staying in heart; sustain a heart centred healing focus; tap into the wealth of healing knowledge of the ancestors of the land; accessing the wealth of knowledge of the past; healing from the heart.
87. **MAIRE TAWAKE: Autonomy** Staying in your own power centre; self-reliance; not needing anything from the client; not being swamped by others' processes; learning to prevent negative energy from clinging to you.
88. **WHEKI: Self-Care** Caring for your healer self; knowledge of and practical application of the principles of holistic healing and living; being alert to your own needs; staying open to expansion; continuing to grow on your path.



89. **BLACK SHIELD FERN: Double Protection** Maximum energetic protection; to close off energetically; take time out; choosing to be energetically unavailable; recharging your batteries; for high levels of sensitivity to any stimuli.
90. **SMOOTH SHIELD FERN: Healers Protection** For those in the counselling, healing, caring or health professions; allows one to stay open and empathetic while maintaining personal objectivity and energetic autonomy.
91. **TRIANGULAR FERN: Triangle of Power** Activating the triangle of healing power; linking in yourself and the client with the highest spiritual energy; calling on the highest spiritual forces for assistance or information.
92. **LACE FERN: Energetic Integrity** Restoring and maintaining the auric pattern and energetic integrity; recalibration of one's own perfect energy pattern; honouring one's uniqueness and gifts; fulfilling one's healing destiny.
93. **KIOKIO: Metaphysical Sensitivity** Feeling for the energy; enhances clairvoyant abilities; useful for the practitioner wishing to feel, sense, identify and physically register their clients' energies clairvoyantly.
94. **FIVE FINGER: Supersensory Gifts** Equal development and use of the five subtle senses; activating the five subtle senses - clairvoyance, clairaudience, clairknowing and clairgustus - psychic taste and smell.
95. **TOOTHED LANCEWOOD: Responsible Creation** The power of thought; awareness; truthfulness; creating your own reality; for understanding thoughts are things; for the after effects of a challenging client; helps remove psychic barbs or arrows of negative thought from the energy field.
96. **SWORD FERN: Neutrality** Maintaining objectivity; identifying the main issue; valuing others' viewpoints; relaying information concisely; clarity of communication; not twisting words to suit; severing outworn energetic cords or ties.



## SHAMANIC COLLECTION®

10ml stock Treat the Cause - Heal the Spirit

### The Wisdom and Path of the Shaman

The 24 First Light Flower Essences of New Zealand® shamanic essences No's 97-120 are a specialist range of native New Zealand teacher plants of a particular potency and high order. Medicine men, women, shaman and wise men and women throughout the ages and throughout all cultures have always worked with teacher plants for wisdom and guidance. These shamanic essences are for practitioners and all those who are personally walking the shamanic pathway or working with those in need of more specialised shamanic levels of assistance and intervention.

97. **PARATANIWHA: The Shaman** Accessing the spirit world; walking between the worlds; connect with one's inner shaman; bridges the gap between ordinary and non-ordinary reality; connecting with one's guide to the spirit world.
98. **NATIVE DAPHNE: Reading the Signs** Being guided daily by the signs in life; interpreting correctly the signs in nature and the spirit world; recognising omens and true messages and knowing what they mean.
99. **PALE FLOWERED KUMERAHOU: Devic Connections** Linking in with the spiritual forces of the land/place; sacred offerings; payment for

accessing magical pathways; earth magic; nature power; the 'fairy tree'; linking into the fairy folk.

100. **MAHOE: Inner Fire** The shaman's drum; arousing the inner fire; entering the shamanic state; moving into an altered state of consciousness; raising the vibration; the excitation of light; accessing the web of oneness.
101. **HOROPITO: The Past** Accessing the Lower World or Underworld – the place of the past; for wisdom, information and healing connected to past lives or events; connecting with one's power animals.
102. **TREE DAISY: The Present** Accessing the Middle World – the magical version of our conscious or everyday reality; to gain information or solve everyday problems pertinent to waking life.
103. **NATIVE ANGELICA: The Future** Accessing the Upper World – the place of the future and our spirit guides; to obtain guidance for the future; acts as a bridge to facilitate the connection with the future.
104. **RED MATIPO: Soul Retrieval** Calling or singing the soul back home after soul loss; causing the spirit to re-enter the being; welcoming the scattered, fragmented, lost or traumatised parts of the self back home.
105. **TAWA: Self-Integration** Integrating the experience or healing; identifying and addressing the needs of newly found aspects of self; synthesis; absorption into the existing matrix of a new awareness and reality; uniting into one healed whole.
106. **KAWAKA: The River of Time** The akashic records; accessing the eighth chakra; soul scripts; past lives; meeting past keepers; travelling through the river of time; the channel; operating outside the time and space continuum.
107. **TREE NETTLE: Shaman's Death and Rebirth** The shaman's guardian; dying to the old self; endurance tests; breaking through self-imposed realities; growing in power through facing one's fears, pain or shadow self; support, protection, care for body and spirit when journeying to other realms.
108. **TARATA: The Spiritual Hero** Reconfiguration; telling the story; overcoming the odds; to cleanse, heal and close psychic wounds; suffuses the being with restorative cleansing energies after exposure to negative energy; a psychic disinfectant.
109. **MARSH RIBBONWOOD: The Spiritual Warrior** Being in divine ego; discipline; true obedience; the healed feminine and masculine energies in alignment; a spiritual antidote for intrusive energies; curses; difficult entities.
110. **PUKATEA: The Seer** Going into the dreamtime; dreaming a new reality; seeing new possibilities; shapeshifting; facilitates the expelling of elemental entities associated with alcohol, drug addictions and medication.
111. **GIANT FLOWERED BROOM: The Sage** Reclaiming or finding your power place; the power of the womb; sweeps clear the karma and energetic debris transmitted from sexual encounters or past relationships.
112. **BROKEN HEART TREE: Initiations of Heart** Retrieval of one's 'heart'; keeping your 'heart' intact when in heartrending situations; recovery from loss or shattered dreams; staying love-full and connected to divine heart.
113. **TITOKI: Initiations of Power** Retrieval of one's 'power or will'; keeping your power, will or intent intact when in devastating or challenging situations; emerging victorious by staying power-full and connected to divine power.
114. **TARAIRE: Initiations of Mind** Retrieval of one's 'mind'; keeping your 'mind' intact when with a strong minded other; staying mind-full and connected to divine mind.
115. **BRIDAL TREE: The Maiden** Intent; seeking to dedicate oneself; working together in dedication to the path of service to spirit; sending out a 'call' for a spiritual partner; the intent to unite with the next appropriate life situation, phase or relationship.

- 116. ALPINE BABY FERN: The Mother** Breath of spirit; times of spiritual gestation or inner growth; giving birth to oneself; connect with and call in the spirit of a child, creation or enterprise; assist or make peace with a child in spirit.
- 117. CLUTHA RIVER DAISY: The Crone** Spiritual initiations; birth, life, death; assists the spirit of those in transition on the web; releases and clears souls who are lost, stuck or grounded in otherworld realms; clears ancestral lines.
- 118. SILVER PINE: Language of the Stones** Environmental shamanism; ghostbusting; lays the spectre, ghosts or grievances of the past to rest; clears or liberates the energies trapped in locations, land or buildings; transformation of the energy of spaces; liberates old stuck unproductive energy.
- 119. HUTU: Council Fire** Calling on higher forces for divine intervention; divine justice; mediation on behalf of another; the restoration of divine order; invoking universal law; the Knowledge Tree; aligning with the ancient path; a warning in spirit to those cutting across the oneness.
- 120. GOLDEN SPEARGRASS: Standing for the Sacred** Standing for a better world; master of light; light in extension; awakening the kundalini, a conduit through which the power of the creator can flow; the small still point; the thunderbolt; dispeller of the darkness associated with possession.



## ORCHID COLLECTION®

10ml stock The Fairy Remedies From the Stars

### Keeper of the Fairy Realm

The eight First Light Flower Essences of New Zealand® orchid essences No's 121-128 are essences of spiritual transformation that are a natural and vital vibrational support at a chakra level for the new wave of highly sensitive children and souls who are now appearing on the planet in ever greater numbers. These essences address the issue of disconnection at a chakra level and are an invitation for stellar light to enter into the chakras enabling the chakras to be transformed into chalices radiant with stellar light.

- 121. FOREST ORCHID: Fairy of the North** Creates powerful magical connections with the faery realm, the element of earth, and the gifts of the North. Anchors stellar light from the North into the base chakra. Re-vivifies, upgrades and aligns the base chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.
- 122. FAIRY BOUQUET ORCHID: Fairy of the West** Creates powerful magical connections with the faery realm, the element of water and the gifts of the West. Anchors stellar light from the West into the sacral chakra. Re-vivifies, upgrades and aligns the sacral chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.
- 123. SPRING ORCHID: Fairy of the East** Creates powerful magical connections with the faery realm, the element of air and the gifts of the East. Anchors stellar light from the East into the solar plexus chakra. Re-vivifies, upgrades and aligns the solar plexus chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.
- 124. FAIRY SCEPTRE ORCHID: Fairy of the South** Creates



powerful magical connections with the faery realm, the element of fire and the gifts of the South. Anchors stellar light from the South into the heart chakra. Re-vivifies, upgrades and aligns the heart chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.

- 125. ELFSHOOD ORCHID: Fairy of the Rainbow Bridge**  
Creates powerful magical connections with the faery realm and the gifts of the Rainbow Bridge. Anchors stellar light from the Centre into the etheric heart chakra. Re-vivifies, upgrades and aligns the etheric heart chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.
- 126. TREE OF LIFE ORCHID: Fairy of the Lower Earth**  
Creates powerful magical connections with the faery realm and the gifts of the Lower Earth. Anchors stellar light from the Lower Earth into the throat chakra. Re-vivifies, upgrades and aligns the throat chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.
- 127. SUN ORCHID: Fairy of the Upper Heavens** Creates powerful magical connections with the faery realm and the gifts of the Upper Heavens. Anchors stellar light from the Upper Heavens into the third eye chakra. Re-vivifies, upgrades and aligns the third eye chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.
- 128. HORNED ORCHID: Fairy of the Infinite** Creates powerful magical connections with the faery realm and the gifts of the Infinite. Anchors stellar light from the Infinite into the crown chakra. Re-vivifies, upgrades and aligns the crown chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.



## FERN ALLY COLLECTION®

10ml stock The Sacred Guardians and Protector Spirits

### Keeper of the Sacred Guardians

The eight First Light Flower Essences of New Zealand® fern ally essences No's 129-136 are essences of spiritual transmutation that are a natural and vital vibrational support at an aura level for the new wave of highly sensitive children and souls who are now appearing on the planet in ever greater numbers. These essences address the issue of disengagement at an aura level and are an invitation for stellar light to enter into the aura to build the bands of power and create the personal power shield.

- 129. OWLS FOOT CLUBMOSS: Guardian of the North**  
Calls in one's personal guardian and protector spirits of the North. Anchors stellar light from the North into the first layer of the aura. Re-vivifies, upgrades and aligns the first layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.
- 130. CASCADING CLUBMOSS: Guardian of the West**  
Calls in one's personal guardian and protector spirits of the West. Anchors stellar light from the West into the second layer of the aura. Re-vivifies, upgrades and

aligns the second layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.

**131. UPRIGHT CLUBMOSS: Guardian of the East**

Calls in one's personal guardian and protector spirits of the East. Anchors stellar light from the East into the third layer of the aura. Re-vivifies, upgrades and aligns the third layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.

**132. HANGING CLUBMOSS: Guardian of the South**

Calls in one's personal guardian and protector spirits of the South. Anchors stellar light from the South into the fourth layer of the aura. Re-vivifies, upgrades and aligns the fourth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.

**133. NAKED FERN: Guardian of the Rainbow Bridge**

Calls in one's personal guardian and protector spirits of the Rainbow Bridge. Anchors stellar light from the Centre into the fifth layer of the aura. Re-vivifies, upgrades and aligns the fifth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.

**134. FORK FERN: Guardian of the Lower Earth**

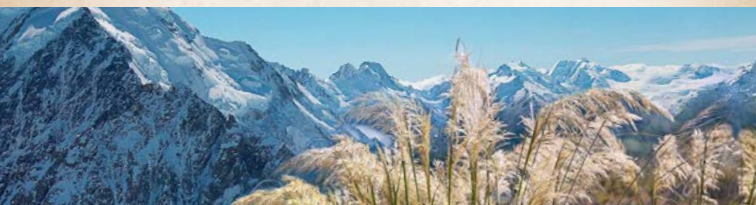
Calls in one's personal guardian and protector spirits of the Lower Earth. Anchors stellar light from the Lower Earth into the sixth layer of the aura. Re-vivifies, upgrades and aligns the sixth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.

**135. ADDERS TONGUE: Guardian of the Upper Heavens**

Calls in one's personal guardian and protector spirits of the Upper Heavens. Anchors stellar light from the Upper Heavens into the seventh layer of the aura. Re-vivifies, upgrades and aligns the seventh layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.

**136. OCTOPUS FLOWER: Guardian of the Infinite**

Calls in one's personal guardian and protector spirits of the Infinite. Anchors stellar light from the Infinite into the eighth layer of the aura. Re-vivifies, upgrades and aligns the eighth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.



## SACRED MOUNTAIN GRASS COLLECTION<sup>©</sup>

10ml stock Blessings on the Wind

### Keeper of the Sacred Mountains

The eight First Light Flower Essences of New Zealand<sup>®</sup> sacred mountain grass essences No's 137-144 are essences of spiritual transcendence that are a natural and vital vibrational support at a DNA level for the new wave of highly sensitive children and souls who are now appearing on the planet in ever greater numbers. These essences address the issue of disassociation at a DNA level and are an invitation for stellar light to enter into the DNA so that every breath becomes a prayer sent out to the greater universe.

### 137. **BLUE GRASS: Blessings of the North**

Invokes, evokes and transmits the magical blessings of the North. Anchors stellar light from the North into the first layer of DNA. Re-vivifies, upgrades and aligns the first layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.

### 138. **FOREST GRASS: Blessings of the West**

Invokes, evokes and transmits the magical blessings of the West. Anchors stellar light from the West into the second layer of DNA. Re-vivifies, upgrades and aligns the second layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.

### 139. **TOE TOE GRASS: Blessings of the East**

Invokes, evokes and transmits the magical blessings of the East. Anchors stellar light from the East into the third layer of DNA. Re-vivifies, upgrades and aligns the third layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.

### 140. **HOLY GRASS: Blessings of the South**

Invokes, evokes and transmits the magical blessings of the South. Anchors stellar light from the South into the fourth layer of DNA. Re-vivifies, upgrades and aligns the fourth layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.

### 141. **GOSSAMER GRASS: Blessings of the Rainbow Bridge**

Invokes, evokes and transmits the magical blessings of the Rainbow Bridge. Anchors stellar light from the Centre into the fifth layer of DNA. Re-vivifies, upgrades and aligns the fifth layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.

### 142. **WIND GRASS: Blessings of the Lower Earth**

Invokes, evokes and transmits the magical blessings of the Lower Earth. Anchors stellar light from the Lower Earth into the sixth layer of DNA. Re-vivifies, upgrades and aligns the sixth layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.

### 143. **TEMPLE GRASS: Blessings of the Upper Heavens**

Invokes, evokes and transmits the magical blessings of the Upper Heavens. Anchors stellar light from the Upper Heavens into the seventh layer of DNA. Re-vivifies, upgrades and aligns the seventh layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.

### 144. **SNOW GRASS: Blessings of the Infinite**

Invokes, evokes and transmits the magical blessings of the Infinite. Anchors stellar light from the Infinite into the eighth layer of DNA. Re-vivifies, upgrades and aligns the eighth layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of *Homo luminous* and the 'star' children.





## SACRED SEDGE COLLECTION<sup>®</sup>

10ml stock The Life Giving Waters

### Keeper of the Sacred Waters

The eight First Light Flower Essences of New Zealand<sup>®</sup> sacred sedge essences No's 145-152 are essences of cosmic purification that help facilitate cosmic alignment at a chakra level. These essences are an invitation for cosmic light to enter into the chakras to energetically upgrade them and to support global planetary change.

#### 145. **RED HOOK SEDGE: Sacred Waters of the North**

Creates a powerful magical linkage and connection with the sacred waters of the North. Anchors cosmic light from the North into the base chakra. Purifies, re-vivifies, upgrades and aligns the base chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

#### 146. **GIANT DAGGER SEDGE: Sacred Waters of the West**

Creates a powerful magical linkage and connection with the sacred waters of the West. Anchors cosmic light from the West into the sacral chakra. Purifies, re-vivifies, upgrades and aligns the sacral chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

147. **UMBRELLA SEDGE: Sacred Waters of the East** Creates a powerful magical linkage and connection with the sacred waters of the East. Anchors cosmic light from the East into the solar plexus chakra. Purifies, re-vivifies, upgrades and aligns the solar plexus chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

148. **SWORD SEDGE: Sacred Waters of the South** Creates a powerful magical linkage and connection with the sacred waters of the South. Anchors cosmic light from the South into the heart chakra. Purifies, re-vivifies, upgrades and aligns the heart chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

149. **SUNSET SEDGE: Sacred Waters of the Blue Diamond Bridge** Creates a powerful magical linkage and connection with the sacred waters of the Centre. Anchors cosmic light from the Centre into the etheric heart chakra. Purifies, re-vivifies, upgrades and aligns the etheric heart chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

150. **BRONZE EDGE SEDGE: Sacred Waters of the Lower Earth** Creates a powerful magical linkage and connection with the sacred waters of the Lower Earth. Anchors cosmic light from the Lower Earth into the throat chakra. Purifies, re-vivifies, upgrades and aligns the throat chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

151. **RUBY SEDGE: Sacred Waters of the Upper Heavens** Creates a powerful magical linkage and connection with the sacred waters of the Upper Heavens. Anchors cosmic light from the Upper Heavens into the third eye chakra. Purifies, re-vivifies, upgrades and aligns the third eye chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

- 152. FOREST SEDGE: Sacred Waters of the Infinite** Creates a powerful magical linkage and connection with the sacred waters of the Infinite. Anchors cosmic light from the Infinite into the crown chakra. Purifies, re-vivifies, upgrades and aligns the crown chakra bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.



## SACRED RUSH COLLECTION<sup>©</sup>

10ml stock The Ancient Beacon Fires

### Keeper of the Sacred Fires

The eight First Light Flower Essences of New Zealand<sup>®</sup> sacred rush essences No's 153-160 are essences of cosmic consecration that help facilitate cosmic alignment at an aura level. These essences are an invitation for cosmic light to come into the layers of the aura to energetically upgrade them and to support global planetary change.

- 153. ELEGANT RUSH: Sacred Fires of the North** Creates a powerful magical linkage and connection with the sacred fires of the North. Anchors cosmic light into the first layer of the aura. Consecrates, re-vivifies, upgrades and aligns the first layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

- 154. KNOBBLY CLUB RUSH: Sacred Fires of the West** Creates a powerful magical linkage and connection with the sacred fires of the West. Anchors cosmic light into the second layer of the aura. Consecrates, re-vivifies, upgrades and aligns the second layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

- 155. TALL JOINTED RUSH: Sacred Fires of the East** Creates a powerful magical linkage and connection with the sacred fires of the East. Anchors cosmic light into the third layer of the aura. Consecrates, re-vivifies, upgrades and aligns the third layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

- 156. FAN FLOWERED RUSH: Sacred Fires of the South** Creates a powerful magical linkage and connection with the sacred fires of the South. Anchors cosmic light into the fourth layer of the aura. Consecrates, re-vivifies, upgrades and aligns the fourth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

- 157. GIANT RUSH: Sacred Fires of the Blue Diamond Bridge** Creates a powerful magical linkage and connection with the sacred fires of the Centre. Anchors cosmic light into the fifth layer of the aura. Consecrates, re-vivifies, upgrades and aligns the fifth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

- 158. BUMBLE BEE RUSH: Sacred Fires of the Lower Earth** Creates a powerful magical linkage and connection with the sacred fires of the

Lower Earth. Anchors cosmic light into the sixth layer of the aura. Consecrates, re-vivifies, upgrades and aligns the sixth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

**159. SHIELD RUSH: Sacred Fires of the Upper Heavens**

Creates a powerful magical linkage and connection with the sacred fires of the Upper Heavens. Anchors cosmic light into the seventh layer of the aura. Consecrates, re-vivifies, upgrades and aligns the seventh layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

**160. UPRIGHT RUSH: Sacred Fires of the Infinite**

Creates a powerful magical linkage and connection with the sacred fires of the Infinite. Anchors cosmic light into the eighth layer of the aura. Consecrates, re-vivifies, upgrades and aligns the eighth layer of the aura bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.



## SACRED MOSS COLLECTION®

10ml stock The Pillars of Heaven

### Keeper of the Sacred Altars

The eight First Light Flower Essences of New Zealand® sacred moss essences No's 161-168 are essences of cosmic dedication that help facilitate cosmic alignment at a DNA level. These essences are an invitation for cosmic light to enter into the metaphysical layers of DNA to energetically upgrade them and to support global planetary change.

**161. EMERALD DAGGER MOSS: Sacred Altars of the North**

Creates a powerful magical linkage and connection with the sacred altars of the North. Anchors cosmic light into the first layer of DNA. Dedicates, re-vivifies, upgrades and aligns the first layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

**162. GREAT GOLDEN MOSS: Sacred Altars of the West**

Creates a powerful magical linkage and connection with the sacred altars of the West. Anchors cosmic light into the second layer of DNA. Dedicates, re-vivifies, upgrades and aligns the second layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

**163. GREEN WOODLAND MOSS: Sacred Altars of the East**

Creates a powerful magical linkage and connection with the sacred altars of the East. Anchors cosmic light into the third layer of DNA. Dedicates, re-vivifies, upgrades and aligns the third layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

**164. GIANT ROYAL MOSS: Sacred Altars of the South**

Creates a powerful magical linkage and connection with the sacred altars of the South. Anchors cosmic light into the fourth layer of DNA. Dedicates, re-vivifies, upgrades and aligns the fourth layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of



*Homo cosmicus* and the Path of the Priestess and Priest.

- 165. JUNIPER MIST MOSS: Sacred Altars of the Blue Diamond Bridge** Creates a powerful magical linkage and connection with the sacred altars of the Centre. Anchors cosmic light into the fifth layer of DNA. Dedicates, re-vivifies, upgrades and aligns the fifth layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.
- 166. RED STEM MOSS: Sacred Altars of the Lower Earth** Creates a powerful magical linkage and connection with the sacred altars of the Lower Earth. Anchors cosmic light into the sixth layer of DNA. Dedicates, re-vivifies, upgrades and aligns the sixth layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.
- 167. RUBY FAIRY MOSS: Sacred Altars of the Upper Heavens** Creates a powerful magical linkage and connection with the sacred altars of the Upper Heavens. Anchors cosmic light into the seventh layer of DNA. Dedicates, re-vivifies, upgrades and aligns the seventh layer of DNA at a metaphysical level bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.
- 168. GOLDEN FOREST MOSS: Sacred Altars of the Infinite** Creates a powerful magical linkage and connection with the sacred altars of the Infinite. Anchors cosmic light into the eighth layer of DNA. Dedicates, re-vivifies, upgrades and aligns the eighth layer of DNA bringing it into energetic alignment with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.



## SACRED FOREST COLLECTION<sup>®</sup>

10ml stock Thresholds of the Mystery

### Keeper of the Sacred Sanctuaries

The eight First Light Flower Essences of New Zealand<sup>®</sup> sacred forest essences No's 169-176 are essences of divine feminine light that bless the eight directions and help facilitate cosmic alignment. These essences are an invitation for cosmic light to anchor the full power of the cosmic feminine into the whole person and to support global planetary change.

- 169. BLACK MAPOU: Sacred Forests of the North** Creates a powerful magical linkage and connection with the sacred forests of the North and the keepers of the ancient mysteries of true wisdom, wealth and prosperity. Anchors the full power of the feminine and cosmic light into the whole being during the first stage of the alchemy of the sacred heart - the process of alchemical calcination, to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.
- 170. CAPE REINGA RATA: Sacred Forests of the West** Creates a powerful magical linkage and connection with the sacred forests of the West and the keepers of the ancient mysteries of true emotional wellbeing. Anchors the full power of the feminine and cosmic light into the whole being during the second stage of the alchemy of the sacred heart - the process of alchemical dissolution, to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.

- 171. CRIMSON DAGGER LEAFED LILY: Sacred Forests of the East** Creates a powerful magical linkage and connection with the sacred forests of the East and the keepers of the ancient mysteries of true illumination and power. Anchors the full power of the feminine and cosmic light into the whole being during the third stage of the alchemy of the sacred heart - the process of alchemical separation, to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.
- 172. FAIRY GARDEN DAISY: Sacred Forests of the South** Creates a powerful magical linkage and connection with the sacred forests of the South and the keepers of the ancient mysteries of true kinship and joy. Anchors the full power of the feminine and cosmic light into the whole being during the fourth stage of the alchemy of the sacred heart - the process of alchemical conjunction, to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.
- 173. FOREST DAPHNE: Sacred Forests of the Magenta Diamond Bridge** Creates a powerful magical linkage and connection with the sacred forests of the Centre and the keepers of the ancient mysteries of the true soul self and the spiritual dimension. Anchors the full power of the feminine and cosmic light into the whole being during the fifth stage of the alchemy of the sacred heart - the process of alchemical putrefaction, to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.
- 174. FRAGRANT SPIRIT TREE: Sacred Forests of the Lower Earth** Creates a powerful magical linkage and connection with the sacred forests of the Lower Earth and the keepers of the ancient mysteries of the true primal self and the ancient magical ley lines of power. Anchors the full power of the feminine and cosmic light into the whole being during the sixth stage of the alchemy of the sacred heart - the process of alchemical fermentation, to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.
- 175. GOLDEN TREE FERN: Sacred Forests of the Upper Heavens** Creates a powerful magical linkage and connection with the sacred forests of the Upper Heavens and the keepers of the ancient mysteries of true wishes, hopes, possibilities and dreams. Anchors the full power of the feminine and cosmic light into the whole being during the seventh stage of the alchemy of the sacred heart - the process of alchemical distillation, to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.
- 176. KOHEKOHE: Sacred Forests of the Infinite** Creates a powerful magical linkage and connection with the sacred forests of the Infinite and the keepers of the ancient mysteries of true cosmic limitlessness and original awareness. Anchors the full power of the feminine and cosmic light into the whole being during the eighth stage of the alchemy of the sacred heart - the process of alchemical coagulation, to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.



SACRED TEMPLE COLLECTION®

10ml stock Dwellings of the Presence

## Keeper of the Sacred Temples

The eight First Light Flower Essences of New Zealand® sacred temple essences No's 177-184 are essences of divine masculine light that inspire the eight directions and help facilitate cosmic alignment. These essences are an invitation for cosmic light to anchor the full power of the cosmic masculine into the whole person and to support global planetary change.

- 177. LOOKING GLASS PLANT: Sacred Temples of the North** Creates a powerful magical linkage and connection with the sacred temples of the North facilitating the influx, reception and manifestation of true wisdom, wealth and prosperity. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the physical realm to manifest full cosmic reverence and to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.
- 178. MAKAMAKA: Sacred Temples of the West** Creates a powerful magical linkage and connection with the sacred temples of the West facilitating the influx, reception and manifestation of true emotional wellbeing. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the realm of the emotions and senses to manifest full cosmic non-attachment and to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.
- 179. MANAWA-ORA: Sacred Temples of the East** Creates a powerful magical linkage and connection with the sacred temples of the East facilitating the influx, reception and manifestation of true illumination and power. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the realm of uniqueness to manifest full cosmic non-judgement and to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.
- 180. MANGEAO: Sacred Temples of the South** Creates a powerful magical linkage and connection with the sacred temples of the South facilitating the influx, reception and manifestation of true kinship and joy. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the realm of kinship ties to manifest full cosmic compassion and to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.
- 181. MANGROVE: Sacred Temples of the Green Diamond Bridge** Creates a powerful magical linkage and connection with the sacred temples of the Centre facilitating the influx, reception and manifestation of the true soul self and spiritual dimension. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the spiritual realm to manifest full cosmic life purpose, unconditional love and the will to good and to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.
- 182. MIST PLANT: Sacred Temples of the Lower Earth** Creates a powerful magical linkage and connection with the sacred temples of the Lower Earth facilitating the influx, reception and manifestation of the true primal self and the ancient magical ley lines of power. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the realm of soul to manifest full cosmic truth and to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.
- 183. MOUNTAIN MAT DAISY: Sacred Temples of the Upper Heavens** Creates a powerful magical linkage and connection with the sacred temples of the Upper Heavens facilitating the influx, reception and manifestation of true wishes, hopes, possibilities and dreams. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the realm of spiritual inheritance to manifest full cosmic vision and to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.



## 184. MOUNTAIN VIOLET: Sacred Temples of the Infinite

Creates a powerful magical linkage and connection with the sacred temples of the Infinite facilitating the influx, reception and manifestation of true cosmic limitlessness and original awareness. Anchors the full power of the masculine and facilitates the excitation of cosmic light into the realm of oneness to manifest full cosmic sovereignty and to align with the higher vibrational resonance of *Homo cosmicus* and the Path of the Priestess and Priest.



0. **BLACK ORCHID: Silence** The powers of creation and perfect order. The restoration of true natural order both within and without the holistic being. Aligns us with our divine self and the forces of order, truth, harmony, balance and natural evolutionary progress at the level of the personality, soul, spirit and cosmic selves.



## COMBINATION ESSENCES

10ml stock Life Management

### Support for 21st Century Energetic Conditions

The 20 combination essences are natural vibrational formulations for holistic wellbeing and support that address the many energetic challenges of today. They are blended from specially selected First Light Flower Essences of New Zealand® flower, fern, tree, seed and plant essences made from native plants of Aotearoa - the land of the ever shining light.

**AURA SUPPORT®: Aura Cleanse and Clear** Helps to cleanse and re-vitalise the aura. Specially formulated to clear, strengthen and protect the aura.

**CHAKRA SUPPORT®: Inner Stability and Balance** Helps to balance, energise and protect the chakras. Specially formulated to support, balance and strengthen the chakras - the metaphysical energy centres of the body.

**CONFIDENCE SUPPORT®: Self-Empowerment** Supports the restoration of self-confidence, self-assurance and self-esteem; useful for all challenges and situations - work, school, performance and public speaking.

**CRISIS SUPPORT®: Nature to the Rescue** All purpose emergency formula for adults, children and pets; for stability and calm during times of emotional stress, upset, crisis, tension and shock.

**DE-STRESS SUPPORT®: Inner Peace and Calm** Poise and tranquillity; use when stressed, over-stimulated by external stimuli or experiencing excess mental activity.

**DE-TOX SUPPORT®: Release Old Habits** Supports the release of old habits and the elimination of outworn non-regenerative patterns.

**DISASTER RELIEF®: Support after Natural Disaster**

Specially formulated to energetically support individuals who have experienced natural disasters including earthquakes, hurricanes, volcanic eruptions, tsunami and floods.

**ENERGETIC IMMUNITY SUPPORT®: Energetically Optimise Wellbeing** Helps to energetically optimise holistic wellbeing. Helps restore the master patterns for energetic integrity.

**EXAM AND STUDY SUPPORT®: Focus and Recall** Supports a calm clear mind; supports the ability to focus for memory recall; for energetically balanced use of intellect and rational thought processes.

**EXECUTIVE SUPPORT®: Inner Clarity and Decisiveness** Leadership; supports mental discipline, clarity and presence of mind; energetically supports those who feel mentally exhausted or fatigued.

**FEMININE SUPPORT®: Embracing the Feminine** For energetic changes associated with childbirth, pregnancy, birth, menopause, marriage, menarche, motherhood, parenthood, hormonal shifts, mood swings.

**HEARTS EASE SUPPORT®: Heart and Soul** Emotionally comforting, uplifting and nurturing. Helps to feel soothed. For loss, anxiety, grief, uncertainty, despair, isolation.

**LIFE CHANGES SUPPORT®: Life in Transition** Supports smooth transitions; letting go; moving on; embracing new beginnings.

**POST TRAUMA RECOVERY®: Recover, Rebuild and Re-establish** Specially formulated to energetically support individuals with the process of recovery and rebuilding the life after natural disasters.

**RADIATION SHIELD®: Deflect, Shield and Protect** Specially formulated to energetically support individuals in dealing with radiation in its many forms.

**SENSUAL SUPPORT®: Love and Intimacy** Supports passion, affection; fulfilment; supports the ease of emotional and physical expression.

**SLEEP SUPPORT®: Sweet Dreams** Supports relaxation and rest; supports healthy sleep rhythms and restoration.

**TRAVEL SUPPORT®: Refresh and Reintegrate** Emotionally refreshing and reintegrating; supports inner balance; for the energetic challenges associated with travel.

**WEIGHT SUPPORT®: Natural Weight Management** Supports willpower, positive changes and moving beyond old emotionally based eating patterns.

**WHITE LIGHT SUPPORT®: Energetic Protection** A natural space clearer; for safe sacred space; helps clear spaces of discord, tension and negative energies.



## FIRST LIGHT FLOWER ESSENCES OF NEW ZEALAND® FLOWER ESSENCE CARDS

For Daily Insight and Inspiration

### Timeless Wisdom, Beauty and Holistic Healing Power of New Zealand

Beautifully illustrated cards with hand painted images of each of the New Zealand native flower and plant essences No's 1 to 144. These flower cards can be used alone or as a natural complement to the First Light Flower Essences of New Zealand® and The Sacred Plant Medicine of Aotearoa Vol 1.

Use the flower cards for flower essence selection and to enhance your ability to interact with life and with the spirit of New Zealand. Use to bring insight for yourself, friends, family or clients.



## ONLINE TRAINING COURSES

Certificate and Diploma Qualifications

### Discover the Award Winning System of Vibrational Medicine

Learn from leading edge and award winning vibrational medicine specialists First Light Flower Essences of New Zealand®. Access comprehensive information about the unique and remarkable qualities of First Light Flower Essences of New Zealand® No's 1-120 made from New Zealand native flowers and plants. The online training courses created exclusively by co-founders Franchelle Ofsoské-Wyber and Anthony Wyber are based on over 80 years of combined experience and extensive research in the field of vibrational medicine and holistic healing. Studying closely with the First Light Flower Essences of New Zealand® is an educational journey that is both personally and professionally transformational.

### Gain Your Certificate or Diploma Qualification

First Light Flower Essences of New Zealand® offers students Certificate and Diploma programs in New Zealand Native Flower Essence Therapy. These programs are conveniently flexible, giving you the freedom to complete the required study units at your own pace and in any order. All students are provided with a high level of support throughout the program and access to our groundbreaking and state-of-the-art information.

### First Light Flower Essences of New Zealand® Online School

Our First Light Flower Essences of New Zealand® Online School provides students, practitioners and members with exclusive access to a wealth of online information, invaluable resources, support and the opportunity to connect with the global community from anywhere in the world. It is easy to get started. When you enrol you will be warmly welcomed into the online school and can enjoy instant access to your course material and our online community.

### First Light Flower Essences of New Zealand® Online Courses

#### FLOWERS – Flowers of Transformation Study Course



**NZNFE 101 Unit One:** Introduction to the 36 First Light Flower Essences of New Zealand® flower essences No's 1-36. The personality, its role and purpose. The anatomy of the personality. How to identify your 'power flower' - your personal keynote essence.

**NZNFE 102 Unit Two:** Information on the 12 zodiacal signs and the 12 primal urges. How to identify the pain, stress, depression cycle. The 12 departments of life and the 12 body zones. Consultant and client modules.

#### FERNS - Life Trauma Study Course



**NZNFE 103 Unit One:** Introduction to the seven First Light Flower Essences of New Zealand® fern essences No's 37-43. The aura, its role and purpose. The anatomy of the aura. The energetic integrity of the aura. Aura maintenance and aura detoxification.

**NZNFE 104 Unit Two:** Information on the seven fundamental traumas and how they can be addressed with fern essences. Trauma, the grief cycle and working with fern essences for holistic wellbeing in the 21st century. Consultant and client modules.



## TREES - Personal Power Study Course



**NZNFE 105 Unit One:** Introduction to the seven First Light Flower Essences of New Zealand® tree essences No's 44-50. The chakras, their role and purpose. The anatomy of the chakras. The energetic integrity of the chakras. Chakra maintenance and chakra detoxification.

**NZNFE 106 Unit Two:** Information on how to work with tree essences for holistic wellbeing in the 21st century. Chakra impactation. The sacred wisdom tradition teachings on trees and chakras. Addressing chakra imbalance. Consultant and client modules.

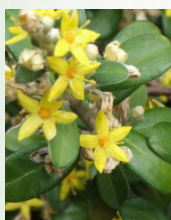
## SEEDS - New Beginnings Study Course



**NZNFE 107 Unit One:** Introduction to the 12 First Light Flower Essences of New Zealand® seed essences No's 51-62. DNA, its role and purpose. The anatomy of DNA. The energetic integrity and maintenance of DNA. Restoring the primordial light codes of power.

**NZNFE 108 Unit Two:** Information on hereditary, ancestral and past life healing. Working holistically with native seed essences in the 21st century. Clearing blocked energies from the past and the future. Accessing the wisdom of the ancestors. Consultant and client modules.

## PLANTS - Life Enhancement Study Course



**NZNFE 109 Unit One:** Introduction to the 22 First Light Flower Essences of New Zealand® plant essences No's 63-84. The remarkable power of native plants. Plant essence magic. How to establish your current year essence and life path essence.

**NZNFE 110 Unit Two:** Information on working holistically with plant essences in the 21st century. The tarot and plant essences. Universal healing energies and their role in restoring wellbeing. 22 keys to soul growth and development. Consultant and client modules.

## HEALERS - Working in Harmony With Nature Study Course



**NZNFE 111 Unit One:** Introduction to the 12 First Light Flower Essences of New Zealand® healers essences No's 85-96. The sacred role of the healer in society. Discover the unique power and wisdom of the healer's teacher plants of New Zealand.

**NZNFE 112 Unit Two:** Specialist essences for the healer and those on the healing journey. The five subtle senses. An introduction to teacher plant wisdom and the rites of passage of the healing journey. Consultant and client modules.

## SHAMANIC - Treat the Cause Heal the Spirit Study Course



**NZNFE 113 Unit One:** Introduction to the 24 First Light Flower Essences of New Zealand® shamanic essences No's 97-120. The sacred role of the shaman-healer in society. Working therapeutically with essences No's 97-104 for self and clients.

**NZNFE 114 Unit Two:** Hearing the sacred call of the shaman-healer. Working therapeutically with essences No's 105-112 for self and clients. Self consultation exercises.

**NZNFE 115 Unit Three:** The Lemniscate of the Advanced Healing Matrix®. The shaman-healer in the 21st century. Working therapeutically with essences No's 113-120 for self and clients.



## FIRST LIGHT FLOWER ESSENCES OF NEW ZEALAND®

First Light Flower Essences of New Zealand® are specialist producers, suppliers and training providers at the cutting edge of flower essence therapy, research, development and training worldwide since 1999.



**Franchelle Ofsoské-Wyber**

Co-creators of First Light Flower Essences of New Zealand®



**Anthony Wyber**

Co-creators of First Light Flower Essences of New Zealand®

First Light Flower Essences of New Zealand® were co-created by the husband and wife team, Franchelle Ofsoské-Wyber and Anthony Wyber, who combined spent over 60 years researching holistic healing, the world of vibrational medicine and the metaphysical qualities of plants. From a young age Franchelle had the ability to identify the New Zealand native plants that could transform negative emotions and attitudes to help people release old patterns and create changes in their lives. Anthony Wyber is well known for his expertise in the field of vibrational medicine and the nature power of Aotearoa, New Zealand - the land of the ever shining light. The ancient earth guardians gave Franchelle the sacred processes and protocols for creating the First Light Flower Essences of New Zealand®. She then directly communicated with the plants and worked with them cooperatively for a holistic healing outcome. Because they were made in the spirit of utmost cooperation First Light Flower Essences of New Zealand® are quite unique and totally relevant to the 21st century and beyond.

**WINNER APAC Insider New Zealand Business Awards 2017** for Excellence in Holistic Natural Health Products.

**WINNER New Zealand Health Industry Distinguished Service Research and Development Award 2008** for pioneering, developing and establishing New Zealand native flower and plant essences to facilitate holistic healing.



**Disclaimer:** Nothing in this brochure should be interpreted as a claim that First Light Flower Essences of New Zealand® products are concerned with the diagnosis, cure, mitigation, treatment or prevention of any disease, illness or physiological process, or are intended to influence mental functions or the structure or function of the physical body. The information in this brochure is not to be construed as providing or as a substitute for medical advice. If you have a medical condition or illness, consult the appropriate qualified healthcare professional.

**First Light Flower Essences of New Zealand®**

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