

Essences of Change

A unique range of flower and gem essences that have been created specifically to motivate, and to bring you stability in today's ever-changing environment.

Created more than 11 years ago by Geraldine Gallagher, a Kinesiology Practitioner and Teacher for 24 years. These essences evolved out of the need for many of Geraldine's clients to adapt and cope better with change in its many forms. The Essences of Change will help you to discover the values that are important to you. Adapting to the challenges in our world is one of the keys to success.

There are four distinctive sets of nine flower essences and gem elixirs. Beginning with the Catalysts to get you moving; followed by the Resources to assist you on your way; then the Challenges that offer new paradigms of how well you have learned the process of change; and the Opportunities provide guidance and unfold the new pathways.

There is also a set of nine Blends of Change created for our most common areas of stress.

CATALYSTS

The changing seasons give us the chance to look at ourselves in a new light. The Catalysts are the motivators that stimulate your instinctive values such as hope, inspiration and perseverance. Exploring the cycles within nature shows you a much greater reference for understanding the dynamics of change. Nothing in nature is random; everything follows some sort of pattern. Take your guidance from the laws of nature.

CAMELLIA Winter Solstice Essence

For those times when you feel emotionally shattered, physically depleted or spiritually challenged and those times of major change such as mid-life crisis and menopause. Camellia provides the strength and nurturing to rebuild your life. Providing positive power for women, it assists you in accepting responsibility to be active again in the outer world. See the multiple paths that you're on at this time.

MAGNOLIA Summer Solstice Essence

Explore your deep inner feelings with exuberance and wonder. Magnolia enables you to see the world from a new vantage point, visions of a new paradigm. It also assists you in releasing your co-dependencies. Learn to use your spiritual willpower and mental discipline to stay on your new path. Freedom and adventure to your Spirit.

AMETHYST Autumn Equinox Essence

With the changing of the seasons, as the crisp morning air of autumn begins, so does a need to prepare for the coming winter winds. Amethyst strengthens the immune system and protects the Pineal gland and Crown Chakra, providing a gradual gathering of energy and strength. It speaks of new beginnings. This essence assists you to cut through illusion. This is transformation.

PINK FAIRY ORCHID Spring Equinox Essence

When you feel impatient or over enthusiastic, Pink Fairy Orchid will bring you a sense of calm, peace, flexibility and acceptance in the moment and recognition that everything is just as it should be. Accepting that your spirit needs times of solitude, allow the process to unfold and then the deep-seated loneliness of winter will pass. Take delight in observing the seasons of nature.

HYDRANGEA Late Summer Essence

The brilliant blue Hydrangeas that flower in early summer show a lasting beauty as they gradually change to purple and green as the season progresses. No longer needing to make a bold statement, this flower essence allows you to choose a quieter identity that harmonises and blends with your surroundings. Strength and endurance, knowledge and wisdom are all part of this essence.

STRELITZIA The Navigator

Everything in life is in motion. Yet some of us find the going too difficult, we get stuck and lack direction. As an opportunity offers itself to you, seek the right guidance and you will achieve success. The ancient travellers followed the stars to find direction. New directions are available to you now, so keep the interaction moving. Put your desires into motion.

AGAPANTHUS The Guide

Discrimination, discernment and optimism, Agapanthus assists you to act in accordance with the laws of nature and follow the path of least resistance. Everything has its purpose. Know your purpose and your true Self-Worth. Follow the Taoist arts of nurturing, breathing, meditation, nutrition and exercise for health and longevity. You will now succeed.

CLIVEA The Mystic

Develop awareness of the patterns within the cycles of nature to see a greater perspective. Clivea allows you to break through the limitations and boundaries of your current metaphor. The time of "increase" is elusive and available for a short time; take the opportunity while it lasts. Know that the mysterious and the shadows are part of the reflections and deceptions of reality. Change your metaphor. Use your imagination.

RUTILATED QUARTZ The Optimist

Use your wisdom and patience. This is a time of waiting, not the time for moving forward. It's a time for recreation, nourishment, gathering strength and renewing energy. You will then see things the way they are without self-deception. Rutilated Quartz provides insights into reason, leadership and solutions. Be decisive. A medicine of the earth, for healing and stabilising the aura.

RESOURCES

The Resources bring forth our inherited limitations. Explore the environment of your genetic past where the "beliefs of the time" played a major role in suppressing the expression of such things as self-reliance, adaptability and stamina. Genetically inherited limitations have been difficult to find and deal with effectively until the resource needing liberation has been identified. Resources are those special gifts that we need to acknowledge within ourselves and see their true value.

JADE SOLAR Trust in Self

For trusting self in ever-changing environments. When you find yourself in unexpected situations, role reversals, or involved with the fantasies of adolescence. You may feel indecisive as to whether to stay or go or feel misled by those with ulterior motives. Develop an awareness of choice and trust in yourself. Success comes through the use of what is 'right and proper' in all relationships. Find your Yang spirit and its strengths.

JADE LUNAR Self Reliance

For those who take on too many burdens, and who nurture too much. When using too much of your energy for others and then feeling lost yourself. Lighten your load; it's time to discard the weak and unsupportive. Defend your identity and your ideals. Take action, quick action, but also take care. Find your Yin spirit and its true strength.

CYCLAMEN Achieving Mastery

Genetic limitations and failures of your ancestors are being used as justification for why you don't succeed. Clutter obscures the potential space. Master the perceived blocks or obstacles and

those inherited perceptions of limitations. No longer allow yourself to be at the mercy of outside influences. Your challenge is to create something great and complete it. Adaptability is called for here.

WILD FREESIA Wild and Free

When you feel like a stranger in a strange land, or in situations that are unfamiliar, do not dwell too long in the limiting areas of obligations, duty or others' expectations. Remain clear-headed and cautious as to where you choose to go and with whom. Reading the currents of a tense and swiftly moving situation will bring you success. Re-evaluate how you utilize time.

WHITE BEGONIA Inner Strength

Like the immigrant, far from your homeland, you may find harsh experiences, sadness or loss, during your travels to the new land. This is a delicate and gentle energy. This essence provides you with support and protection, joy, vision and composure. Like the immigrant, find flexibility and your great inner strength. Find your inner core-strength.

HEART'S FIRE Illumination and Passion

When you feel overwhelmed by your surroundings and your space is congested, discover your inner mastery that will allow you to overcome the fear of losing your essential nature. Break through the denseness of the environment; let your energy shine brightly as you follow your desires. Find ultimate fulfillment through igniting the inner fire in your heart.

RIBBON PLANT Perseverance

You are multi talented, with high aspirations, addictive habits and impatience. This essence is for those times when you become bored and frustrated, often discarding your goals to seek another. Progress can be achieved through calm and gradual development. This brings you the gifts of security, friendships, self-expression and self-respect. Find adaptability, flexibility and calm perseverance.

SAND Stamina

Entanglement. "How do I express my Self now?" There was no way in the past and no way now for you to express your feelings to those who won't listen or those who can't hear you. You feel a sense of lack, feeling helpless and incapable. Learn to be capable and competent. Find the stamina to implement and maintain the changes necessary for the healing process.

SANDSTONE Integration

Rigidity and false conditioning are part of the artificial mind and its thoughts. These are the ancestral limitations, the injustices, the persecution for one's philosophies and ideals. Be like the wind, disrupt and disperse your feelings of separateness and loneliness. Then find the time for periodic Self-renewal, re-uniting your Self with Source. Set your goals in a great task outside of yourself

THE CHALLENGES

These essences reflect the major challenges in your environment and the power of your individual influence in this world. They will challenge every decision you are now making and they will encourage you to direct your influence to a greater purpose that will help the wider community. These challenges relate to your adaptability and courage to change, and the responsibility that comes with leadership.

BLACK PANSY Time of completion

It's time to complete any unfinished projects or unresolved issues and move on. This is a time of major change and the decline has already begun. An established practice, career or product is now outmoded. Take care and remain calm, you are in the centre of a moving situation and have no influence on this outcome. Become involved with new opportunities. The challenge is to develop new strategies.

AMBER Time of healing

The change is not yet complete. The gentle Yin is now full with responsibility to create nothing less than leading the world out of confusion and chaos and back to order. The Yang is exhausted. Yield to the changes, be accepting of these times and allow the old grief to heal. With courage life begins anew. The challenge is to heal the deep wounds of the past.

NOBLE ORCHID Time of unity

When a ruler is of strong will, others will gather to work on community interests. Seize opportunities when they first arise and do not hesitate with commitment. As the leader you recognise the need for unity. Take care with your relationships, remain separate allowing some to come and others to go. Then allow what has been set in motion to flow without effort. The challenge is leadership.

PLUM BLOSSOM Time of gentle influence

Listen to the clear communication of your truth, without your judgment becoming clouded by opinions of others. In nature, we see the penetrating influence of the invisible wind as it sculpts the landscape and scatters fragile blossoms. In mankind, it's the penetrating clarity of judgment that like the wind disperses resistance and goes into the depths of our consciousness to awaken the hidden good. The challenge is to listen well.

CAMPHOR LAUREL Time of contemplation

There is an unequal balance of forces in this situation and you are dependent on your current circumstances. Feeling unsafe and insecure, you sense the need for protection in this powerful environment that is steeped in traditions, much like a well established family structure. Be still, know

who you are and maintain your individual identity. The challenge is to maintain your identity in any environment.

ROCK ORCHID Time of great power

Remain strong and grounded in this stormy environment. Stand firm in your decisions, this is your power, for you know the storms will pass in time. Your influence carries responsibility for those dependent on you and who follow after you have left. Continue in a leadership of traditional values. Great Power is a reflection of right timing, self worth and knowing when it is time to go. The challenge is to stand firm.

JAPONICA Time of meeting

The influence of a great ruler is everywhere like the wind and as the wind blows it set in motion the commands from heaven. Beware of inferior energy and deal with it swiftly. It's unwise to do business with people of questionable principles, tolerate them but do not give them power. With correct ideals, something of great significance begins to develop, bringing peace and security to the world. The challenge is knowing the power of your influence.

CRUCIFIX ORCHID Time of yielding

When feeling out of step with the rapid changes occurring at this time and you feel disconnected from the forces at work here. Release the deep sadness of the past as you consider the direction of your life. Deal with the realities in life rather than the potential. Let go of the artificial thoughts and yield to the changes occurring within you and the environment. The challenge is congruency with the changes in the universe.

SLATE Time of expansion

Your goals are now fulfilled and potential for this project is spent, the decline has begun. According to the universal laws of events all fullness is followed by emptiness, for contraction and expansion are a part of life's cyclic changes. Abundance can only endure when you set yourself a bigger goal that others can share. Only then can the movement continue without turning into decline. The challenge is continuing the quest.

OPPORTUNITIES

Opportunities appear when you prepare, plan and strategise to achieve your desired outcome. The opportunities will then open up before you much like the full blooms of summer. However, they are destined not to last, quick action is what you need here. When the timing is right, grasp the opportunity and enjoy it fully.

ANCESTRAL CODE

The rigidity of cultural tradition and genetic influence creates a mysterious and artificial world. For those times when you feel you have failed to live up to the expectations of others or of yourself and for when you feel judged for your performance, not for whom you are. You need to develop strategies that are more appropriate. The key is to confront the real issue.

WILD GARLIC

When you have put energy into a project and are not seeing or achieving your desired outcome, revise your strategies. When fear and loss of vision, sacrifice and betrayal, begin to affect you, this essence provides the energy to recuperate, re-establishing desires such as enduring values, good health, and involvement in rewarding relationships. I can imagine. I will create my vision again.

PROTEA

Take care as you near completion of this project. You can see the end but you have no plans beyond. Create new plans and prepare for what follows. Protect your energy systems, as they may be sensitive or disrupted and your glandular system vulnerable. The right preparation will bring you greater strength and maturity. This is the beginning of a new adventure.

PEPPERCORN

You perceive a sense of limitation at this time. Here your need is to regulate and learn the strategy of moderation. This may apply to your energy, time, emotions or finances. Be responsible for your resources. Find the balance. Do not be excessive in your choices and equally avoid deprivation. Finding this will lead you to great personal accomplishment. Establish a meaningful equilibrium and flourish in your environment.

MONDO GRASS

Great rewards are given to those who gather information in subtle ways. This essence provides increased energy to recuperate and to focus on returning to your intended goals. Do not focus on one thing, nor in any one direction, provide yourself with infinite variations to achieve your goal. Use your authority with calm determination.

BOUGAINVILLEA

Locate the information that you need in this situation regardless of the cost. This is an important time of full yang energy, creative power, inspiration and activity. Direct this energy wisely. Be aware of the great weaknesses found in leaders, do not be reckless, too cautious, easily angered or deeply attached. Once you begin your challenge, keep emotions controlled, for your actions will have far reaching effects. It is time to release your creative power.

ROSEMARY

Feeling distracted and stuck. Many fears surround you and are becoming unfocused in your purpose. Now is the time to develop and skillfully execute your plans for happiness, wealth within family life as well as financial prosperity. Overcome your sensitivity to the thoughts and projections of others, they are but distractions. Educate and support yourself with the mental nourishment of a well-structured plan. Focus again on your purpose.

ICE ROSE

A white rose that flowers with abundance and brings pleasure to many people. Once in full bloom, its energy fades quickly. It dehydrates rapidly leaving a lasting fragrance. This is an essence for the "re-hydration of energy", anywhere in the body. Where there is a loss of faith or your energy feels contracted, you may learn to use the help of others who can support you in your endeavours. Create an environment of prosperity and peace.

OBSIDIAN

A black volcanic glass, obsidian has the innate qualities of oxygen and silica. In a molten fluid state it has the potential freedom to exhibit its innate qualities, but become suppressed with cooling. Obsidian represents a suppressed form of relationships. There appears to be a split in communications. Remain calm and seek a low profile as you take the time to consolidate your close relationships. In time, success will return.



The Blends of Change

These essences address some of the most current and important areas in which you may be seeking change. Those times when you find yourself resisting change and the reasons you give yourself are based on fear and doubt. Changing your self image can quieten the chatter in your mind and allow the driving force of your values to create some action. Reminding yourself of the excitement of such values as ambition, confidence and adventure.

KICK-START

The great motivator. When beginning new projects, or when procrastinating with the current project. Be inspired to take action and continue to pursue your ambitions and dreams.

FOCUS

When you need to focus without distractions. Commit to the task ahead, prepare well and execute with confidence. Ideal for interviews, meetings, exams or simply planning home renovations.

PROSPERITY

Be optimistic for the future, and open to new opportunities, increase your cash flow. Action brings certainty and results.

TRAVELLING

Ideal for any travel, whether it's across the city each day, or across the oceans. Arrive and return refreshed, remain calm during delays and overcome jet lag.

Mid-life MAN

See the value in yourself, re-define your identity and explore new options. Adaptability and trust in self, through career and lifestyle changes.

Mid-life WOMAN

Be supported through the change, restore emotional balance and continue to be productive. Menopause.

TEENAGER

Develop your independence, be trusted and avoid being misled by others. Brings teenagers and parents onto the same wave-length.

COMMUNICATION

Within yourself, and with others, find clarity of expression. Get your point across confidently, be articulate, fluent and eloquent.

CHAOS to CALM

Survive the chaos in your environment and maintain your composure. Achieve calm, stillness and order. Peace.

*Remember, the essence of change is action.
Decide what you want in your life and take some action to move towards it.*

Geraldine Gallagher

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The Essences of Change range is presented in 4 beautifully arranged boxed sets each of nine bottles:

The Catalysts, The Resources, The Challengers & The Opportunities.

Each box of nine is available individually.

Individual essence bottles can be purchased

The Blends of Change bottles are also available individually or as a boxed set.