



# Flower Essence definitions

## A Short Overview



Simply Canvas Farm, Bonac, 47120 Saint Jean de Duras, France  
[www.simplycanvas.eu](http://www.simplycanvas.eu) | [hello@simplycanvas.eu](mailto:hello@simplycanvas.eu) | 0033 (0) 6 81 76 85 94

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# Wild Orchids

- Calming

- **Essence of Lady Orchid/*orchis purpurea***

- Supports decisions made from the heart, calms the nerves and eases discomfort  
This remedy will relax the solar plexus.



- Empathy

- **Essence of Plow-Share Orchid/*Serapias vomeracea***

- Empathy & deep looking*

- Plow-share orchid essence helps you to walk in the shoes of another (whether this be a person, situation, illness or point of view) and better understand their side of the story.

- Listen

- **Essence of Lizard Orchid/*Himantoglossum hircinum***

- Enlarges your capability of listening deep and wide.*

- Helps to find silence, to listen deeply (to find understanding) and widely (listening outside our senses)



- Magic and Adventure

- **Essence of Bee Orchid/*Ophrys apifera***

- Letting go of control to allow magic and creativity to shine

- The Pyramid

- **Pyramid Orchid/*Anacamptis pyramidalis***

- Perfect antenna for cosmic energy*

- Pyramidal orchid essence helps to diminish forgetfulness (of memories) and brings light to all the chakras. Helps to receive cosmic messages and information and to express these through art/writing and storytelling.



# Wild Flowers



- Detoxification

## **Buttercup/Ranunculus**

*Detoxification/protection//groundedness/ gives strength /brings light to dark places.*

Buttercup Remedy will function as a light bearer and make sure that you remain grounded. Helps to find to strength to face dark memories and subjects and to listen and help. Supports detoxification on an emotional, spiritual, physical and mental area.

- Energy Booster

## **Essence of White Yarrow/Achillea Millefolium**

*Energy booster*

Weakened areas in your body/mind/projects etc. receive little nudges of energy and invitations to start doing their best again.



- Equanimity



## **Essence of Flax flower/ Linum usitatissimum**

*Equanimity/balance/groundedness*

Flax remedy balances and stabilizes an open heartedness in the body, while making you feel safe inside. It grounds the body and soul into a strong unit and from this place you are able to open your heart and allow yourself to be vulnerable.

- Flexibility

## **Essence of Red Clover/Trifolium Pratense**

*Renewal/elasticity/flexibility*

The essence of red clover assists in keeping the body, mind and spirit flexible and in balance, as it helps to bring a fresh renewed energy to stuck situations, ruts, old habits etc.



- Free Your Mind

## **Essence of Plantain/Plantago Lanceolata**

*Breaks through vicious circles*

Essence of plantain frees us from turning around in circles. It frees the mind.



- Non-Self

## **Essence of Common Broom Rape/Orobanche Minor**

There is nothing to do.

This essence brings insight in emptiness. Every aspect in life has a role to play. There is no leader, no guide, no master. You are not the one deciding or doing. A good remedy to take daily.



- Playfulness

## **Essence of White Cyclamen | Cyclamen Hederifolium**

*Brings you in contact with the inner, innocent and playful child.*

Every moment or any area in our life can always use some playfulness; relationships, work, walks,

meditation, sex. Playfulness brings freedom, joyfulness and is filled with creativity.



- **Self-Heal**

**Essence of Prunella/ Brunel**

*Confidence in your self-healing powers*

The essence of Self Heal gives you confidence in your self-healing powers and insight in how to call upon them and use them.

- **Soothing**

**Essence of Chamomile/Matricaria Chamomilla**

*Calms the solar plexus, helps with sleeping problems, finds a bacterial balance*

The Essence of Chamomile calms the solar plexus and is a great help when you have trouble falling asleep or to balance the unbalanced.



- **Strength and Joy**

**Essence of Great Mullein/Verbascum Thapsus**

*Joyous strength and back or posture problems*

The essence of the Great Mullein brings strength, backbone and support. It is a strength that keeps your heart open, with your vulnerability and joy intact. It supports the backbone.

- **The Seer**

**Essence of St John's Wort/Hypericum Perforatum**

*Works for the health and opening of the mind*

The essence of St John's wort helps to cool down parts that are overheating or burning up (on a physical, emotional, mental and spiritual level). It opens the third eye. Works well together with the essence of Begonia (Slow Down).



- **True Voice**



**Essence of Malva/Malva**

*Brings you back to your true voice*

The strength of Malva Essence lies in its delicacy. It zooms in on the small, the delicate, the tiny beauty, the sweet, the soft, the simple, the vulnerable. The essence of Malva brings you back to your true voice which is often softer than you might think.

# Edible Flowers



- Fire Extinguisher

**Essence of Marsh-mallow/Althaea Officinalis**

*Helps to moisturize, ease and makes us more flexible*

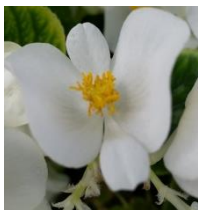
The essence of Marsh-Mallow helps to cool down and put the fire out. It is a very grounding essence.

- Guardian Angel

**Essence of Clary Sage/Salvia Sclarea**

*The right place and right time*

This essence allows you to attract the best and most positive circumstances/people/things etc. necessary to succeed in your project or healing. It serves as a guardian angel.



- Slow Down

**Essence of white begonia**

*Calms the overloaded senses*

Are you intrinsically tired of the speed of (your) life and do you feel that your senses are overloaded? With the help of essence of Begonia you can cool down, calm down and stop. However the essence cannot do all the work.

- Mrs Relax

**Essence of Lavender/Lavendula**

*General well-being and sleeping problems*

Mrs Relax is a beautiful essence that works on general well-being. Like a wave it moves through your entire being (body, mind and soul) dissolving any heaviness on its way.



- Lightness

**Essence of Lilac/syringa vulgaris**

*Bringer of smile/ lightness in life/humor/physical relief*

Lilac breaks through the walls with light, a sense of humor (a good laugh can fix a lot) and relief. It shows that everything is impermanent and widens your perspective.

- Patience

**Essence of Silk Tree/Albizia Julibrissin**

*You have time.*

Works strongly on the third eye. Albizia allows you to patiently wait for the necessary layers to unfold/appear, so that blossoming is possible. You have time...everybody blossoms at their own pace.



- Protection

**Essence of Yucca**

*Helps to mend and/or strengthen us on the physical, emotional, mental and spiritual levels. This results in a heightened sense of protection, thereby giving us more confidence.* Helps to heal wounds on the soul

and strengthens your aura. She also protects you in case of high sensitivity to circumstances or people. Helps to have more confidence.



# Edible Plants

- Connection and Harmony

**Lotusflower | Nelumbo Nucifera**

*The essence of Lotus Flower rebalances, harmonizes and connects us deeply. Cosmic light flows from the crown chakra down to the other chakras and fills them with light allowing them to rebalance and harmonize. This will also help you to harmonize you in relationship to your body and environment.*



- Flow

**Essence of Aloe Vera**

*Makes things run smoothly*

Do you feel like you're running uphill all the time, is communication stilted, are there constantly little blockages on the road? Take some essence of Aloe Vera to help things run smoothly again or use 10 drops of Aloe Vera essence in your bath, a lovely way to soak things up.



- The Crown

**Essence of Cardoon/Cynara Cardunculus**

*The right balance of the crown chakra*

Harmonizes the crown chakra which goes together with firmly grounding the body. The Crown Chakra Essence can give us a beautiful broadening of the senses and a deep spiritual connection in our daily lives, while remaining firmly grounded.

- The facilitator

**Essence of bronze fennel/Foeniculum Vulgare**

*Helps you to understand true communication and move forward*

Bronze Fennel Essence opens the throat chakra. It is an essence that helps us to listen, when it is needed and then speak clearly and concisely, to move those decisions into reality. It is a very complete essence in the realm of communication.



- .The Pioneer



**Essence of Bramble/Rubus**

*Supports new and unknown situations*

The essence of Rubus helps you to take steps into the unknown in a slow and grounded pace but with trust and decisiveness. It helps you to take well-considered decisions, to have an open heart but remain protected at the same time. Goes well together with Magic & Adventure Essence.

- Vitality

**Essence of Immortality Herb/Jiaogulan/ Gynostemma Pentaphyllum**

*Vitality of water*

Immortality herb essence supports vitality and uses water to guide it where it is needed. Lovely to use for body, plant, animals, drinking water, aquaria and ponds.



# Other Flowers

- Harvest Time

**Autumn daffodil | *Stenbergia Lutea***



*Helps during the final stages of a process, brings positivity and reminds us of our potential and capacities.*

This essence shows us that, as a door is closing, another is opening when we arrive at the end of a project, process or relationship. The essence of Harvest Time, while firmly grounding us, supports us with all its strength in our process of saying goodbye, to that which is ending and to embrace our emotions. But she also reminds us of and reflects the wisdom and capacities we have received during this process. The essence floods us with a sunny positivity.

# Combinations



- **Fragrant Rose Mix**

**Essence of Roses/Rosa**

*Grounds firmly and allows you to open your heart*

This essence helps to keep your heart open to the world around you. The opening comes forth from a place of strength, healthy decision making, intuition and deep grounding. If you feel the need for extra protection, add Yucca Essence (Protection) to the mix.

- **Meditation and Prayer**

**Essence of Lourdes**

*Helps to take you to a quiet inner place from which healing and insight is possible.*

The essence of Lourdes has been made on the special pilgrimage place of Lourdes in France and supports you within your prayers, healing and meditation.



- **The middle path**

**SCF Essence**



*Allowing, accepting, creative collaboration, inclusiveness and abundance  
Work with nature, rather than against it.*

When all beings (animals, plants, minerals, people and other beings) are allowed their space in a certain area you are working with nature rather than against it. With the help of the essence of The Middle Path you can start working together again in the spirit of creative collaboration in order to find a new balance. It is in a balanced environment, allowing each one its place, where

abundance will arise. Use this essence also in upcoming difficult meetings (take it along in your pocket) or when you are going to receive many visitors (spray some drops, or put a bottle in the room).

- **SCF Mix: Allergies**

*Supporting allergies*

The Allergy mix of SCF Essences supports in an emotional, mental, spiritual and physical way and helps to arrive at a better balance and harmonization with concern to allergies. Take it regularly and for a longer time. Or carry the bottle with you during the day



- **SCF Mix: Spiritual Practice**

*This essence helps to keep the fire of the strength of a daily practice burning.*

It helps to ground yourself, to remember your daily practice, no matter which daily practice you follow. It helps with discipline.

- SCF Mix: First Aid

*Helps with sudden shock*

The First Aid mix supports on a physical, emotional, spiritual and mental level when you find yourself in a situation of heightened stress and emotions. The shock may be big or small. The shock may also be positive like a strong insight during meditation i.e. Carry this remedy with you at all times in your purse, so you can instantly take a dropper full when needed. When the shock is strong, repetition is important, repeat the process by taking a dropper full every 15 minutes for 1-2 hours. If the shock is more long-term, take a dropper full in the morning and in the evening for as long as necessary.

