



Heart Radiance

AUSTRALIAN WILD FLOWER ESSENCES



PRODUCT GUIDE



Contents

About HeartRadiance	3
About Us	4
About Annie	5
Online Education and Courses	6
Our Products	7
Pure Essences	8
Blended Essences	13
HeartRadiance Blends	14
Spirit of Woman Blends	18
Chakra Blends	20
Chakra Spray Mists	23
Kits	25
Pure Essence Kit	26
Blended Essence Kit	27
How Flower Essences Work	28



ABOUT HEARTRADIANCE



About HeartRadiance Essences

HeartRadiance Australia is the home of handmade wild flower essences. Our range of essences and spray mists are an easy to use and prescribe system of vibrational medicine designed to work with the subtle energy anatomy of the human body to nurture emotional, spiritual and physical wellbeing.

HeartRadiance Flower Essences are a system of healing that powerfully supports the journey of reconnection with our own inner landscape and allows us to acknowledge the power and substance of personal and emotional wellbeing, balancing the whole person to promote physical healing.

A reflection of the ever-changing landscape of the energetic world, HeartRadiance Essences embody and support togetherness, unity and energetic health and harmony. Originally emerging from the feminine principle, HeartRadiance endeavours to constantly evolve and grow in response to the rapid shift in society and human consciousness taking place. By occupying the communal space of the heart, the place where inner peace and love resides, our ability to love is expanded, not only for ourselves, but for all beings with whom we cohabit on this beautiful planet we call home.

“When we truly flower as human beings, life is abundant, contented and rich.” - Annie Meredith, founder.

About Annie

HeartRadiance Essences were developed, researched and created by Annie Meredith, expert in flower essences with over 40 years of experience in vibrational medicine, acupuncture and Traditional Chinese Medicine. Annie's passion is working with women's health and well-being. She teaches women in Australia and globally how to honour themselves and to find their own sovereignty within, rather than looking outside of themselves for answers.

Annie wrote her first book, *Essence of Woman* in response to women from all over the world who asked her for support to find the path back to who they really were. Annie's second book, *Spirit of Woman* is a manual for flower essence practitioners and laypeople alike, providing practical, emotional and spiritual tools for individuals to use in their everyday lives to enhance their journey to self-empowerment.

To find out more about Annie, and to gain deeper understanding into the world of Body-Mind healing you can purchase either of her books, check out the online courses, attend a workshop, or subscribe to the HeartRadiance newsletter to keep in touch.





Online Education & Courses

HeartRadiance Australia and Annie Meredith also offer a range of online and face-to-face personal development workshops. In these transformative workshops, we draw on Annie's extensive clinical and teaching experience to offer information, strategies, immersive experiences and pathways to grow to optimum life expression through the exploration of the inner landscape in a safe and supported way.

An online practitioner program is also offered in the clinical use of HeartRadiance Essences. In these professional development courses we explore and work with the subtle energy anatomy underpinning the physical, to access mind-body healing and life-style advisory tools. CPE points available.



OUR PRODUCTS



OUR PRODUCTS

Pure Essences

Pure Essences contain the vibrational energy of one flower type. Pure Essences target highly specific issues and are more immediate and direct in their outcomes due to the singularity of the vibrational frequency. Pure Essences can be combined to create customisable personal blends for those needing a more individualised approach.

Pure Essences – Dose & Concentrate

Acacia	Challenges: Vulnerability, anxious feelings, over-influenced, need to isolate oneself, irrational fear and psychic attack. Healing Outcomes: Sense of safety, feeling comfortable with others, appropriate connection and trust.
Ajuga	Challenges: Feels under duress, insecure or unsafe, indecisive, having bizarre thoughts, feelings of possession. Healing Outcomes: Feels protected, trusting, capable and safe, promotes discernment and clarity of mind.
Apostle Plant	Challenges: Closed or scared to change, spiritual void, can't let go of old beliefs and values, stagnant attitude, stuck in mind and body, harbours a death wish expressed through unbalanced living. Healing Outcomes: For major life transitions, opens to spiritual truth, move through blocks, flexible thinking.
Black Nightshade	Challenges: Breastfeeding difficulties, mother-child conflict, poor body image, tiredness and discomfort with gender identity / being female. Healing Outcomes: Self-worth, love of body and self, supports digestive processes, ease in mother-child connection.
Bleeding Heart	Challenges: Sadness and loss, hurt and pain of lost love, for the closed heart and codependency. Healing Outcomes: Helps to let go, comforts hurt and pain, opens the heart and encourages positive risk-taking.
Blue Mink	Challenges: Feeling stressed, pressured or threatened, aversion to touch, pain from a past relationship, discomfort with skin. Healing Outcomes: Relaxes, softens. Restores connection, heals hurt and soothes skin.
Cassia	Challenges: Feeling loss, incomplete or victimised, for soul depression, trapped, feeling dull and uninspired and for addictive tendencies. Healing Outcomes: For self-empowerment, faith in oneself, new vision, clarity and self-healing. Strengthens the will to transform.
Commelina	Challenges: Speaking negatively, critical self-talk, gossip, for recurring difficulties in life situation, relationship or work environment, blocked creativity. Healing Outcomes: Integrity and coherence in speech, focus on communicating positive outcomes, aids communication, unblocks frozen creative expression.

Cordyline	<p>Challenges: Fear, codependency, issues with the father, sexism, balancing male and female within.</p> <p>Healing Outcomes: Acceptance of being female / male/ gender self-recognition, heals relationship with the father and men, balances.</p>
Dandelion	<p>Challenges: Overwhelm, feeling disconnected, racing thoughts, scattered and unfocused, mind won't shut down, tired.</p> <p>Healing Outcomes: Grounds and centres, clarifies thoughts, aids focus, re-energises, calms.</p>
Freckle Face	<p>Challenges: Communication difficulties, shrill words, frustration, feeling criticised, parent/child conflict.</p> <p>Healing Outcomes: For safety in expression, for speaking kindly, speaking truth, joy in silence.</p>
Lacebark	<p>Challenges: Feels unattractive and sexually 'washed up', empty nest syndrome, fear of ageing, feeling useless and hearing difficulties.</p> <p>Healing Outcomes: Joy in sexuality, confidence in passing on wisdom, open to hearing assistance, dancing to life's rhythm.</p>
Lantana	<p>Challenges: Guilt, worry, over-nurturing, smother-mother love, masking feelings, muddle-headedness.</p> <p>Healing Outcomes: Emotional freedom, faith, calm self-assurance, clarifies personal boundaries, clears negative patterns.</p>
Lomandra	<p>Challenges: Jealousy, white rage, resentment, anger gone cold, holding grudges and controlling patterns.</p> <p>Healing Outcomes: Forgiveness, co-operation, assertion, flexibility and tolerance, returns the sweetness in life.</p>
Macaranga	<p>Challenges: Feeling anxious, relationship anxiety, confusing service with love, codependency, over-sensitivity.</p> <p>Healing Outcomes: Builds self-worth and self-acceptance, balances loving, brings inner strength</p>
Milkweed	<p>Challenges: For the difficult and/or over-dependent child, manipulative behaviour, learning difficulties, bullying and fearful child.</p> <p>Healing Outcomes: Develops individuality, encourages sensitivity, improves child's self-confidence. Activates humour and play.</p>
Morning Glory	<p>Challenges: Speaking one's truth, timidity and shyness, difficulty confronting others, outshining others, creative blocks and dominating parents.</p> <p>Healing Outcomes: For letting your star shine, opens creative channels to sing and heal, empowering.</p>
Native Hibiscus	<p>Challenges: Fear of pain in relation to menstruation, residual stress in victims of past sexual abuse, sadness and guilt around abortion or miscarriage and unwanted pregnancy.</p> <p>Healing Outcomes: Eases fear of period pain, grants courage to move on from abuse trauma, lightens grief and guilt around past pregnancy decisions.</p>

Pink Shamrock	<p>Challenges: Adolescence conflict, child who won't emotionally grow up, teething problems, child behaviour problems, feelings of alienation and rejection, fear of hereditary disease.</p> <p>Healing Outcomes: Soothes transition from childhood to adulthood, supports a sense of belonging, assists self-identity, supports healthy lifestyle choices.</p>
Red Kamala	<p>Challenges: Emotionally induced frigidity, sexual guilt, shame and fear, loss of interest in sex, stiffness and inflexibility.</p> <p>Healing Outcomes: Supports renewed interest in sex, encourages feelings of sexual freedom and enjoyment, assists flexibility and suppleness, inspires creativity.</p>
Seeing Eye	<p>Challenges: Indecision, can't see options, feeling trapped or limited in one's life, head in the sand attitude, soul depression.</p> <p>Healing Outcomes: Supports easy decision-making, opens to new possibilities, accesses novel ways of seeing, awareness of responsibilities, aids visualisation for better life outcomes.</p>
Sensitive Plant	<p>Challenges: Withdrawal into the self, dark night of the soul, inability to balance inner world with outer reality, sense of hopelessness, hyper-sensitivity.</p> <p>Healing Outcomes: Fosters trust, facilitates and embraces change, brings balance between inner and outer worlds, encourages hope, cultivates discernment and supports Light-workers.</p>
Silver Wattle	<p>Challenges: Melancholy, despair and pessimism, seasonal gloominess, struggle and poverty mentality, for prophets of doom.</p> <p>Healing Outcomes: Lifts the Spirit, brings optimism, fosters a sense of renewal and emergence, restores hope and an attitude of abundance, encourages environmental concern.</p>
Snail Vine	<p>Challenges: For distress around infertility, frustration with IVF, feels frigid or impotent, confusion over sexual preference, for sexual timidity.</p> <p>Healing Outcomes: Stimulates confidence in fertility for females and males, supports trust in IVF process, energetically strengthens ovaries and sperm production, grants clarity with sexual preference and sexuality.</p>
Storm Lily	<p>Challenges: For feeling rattled in emergency situations and/or shocked, traumatised, or suffering the emotional after-effects of violence or verbal or sexual abuse. For childhood tantrums and distress.</p> <p>Healing Outcomes: Calms the Spirit, brings a sense of balance, cleanses and reclaims equilibrium. Resolves after-effects of shock. Settles a child.</p>

Swamp Lily

Challenges: For feelings of tiredness and exhaustion and being weighed down by responsibility, feels like a servant and wants to escape, for the fear of serial miscarriages.

Healing Outcomes: Re-moisturises and re-energises, strengthens commitment, supports nurturing the self, for endurance, calm and perseverance, energetically supports the foetus.

Verbena

Challenges: Despondency, shyness in connecting with others, loner attitude, exhausted carer, loneliness in the aged and superwoman mentality.

Healing Outcomes: Engages the generous spirit, builds confidence to reach out to others, invokes sharing the burden, seeking cooperation from others, collaboration and networking.

White Wandering Jew

Challenges: Melancholy, despondency and despair, lack of faith, jetlag, fear of death and ageing, fear of the dark, sleeplessness and spiritual void.

Healing Outcomes: Renews trust in life processes, lightens fear, eases dying, assists with channelling Higher Wisdom, balances and deepens spirituality.

Wild Iris

Challenges: Fear of childbirth and infertility, denial of the feminine, feeling unbalanced and lack of confidence as a woman.

Healing Outcomes: Energetically balances the body, inspires love of the body, supports confidence in natural conception, enhances conviction in mothering role, encourages expression of the feminine.



OUR PRODUCTS

Blended Essences

Blended Essences contain the vibrational energy of multiple Pure Essences selected and intentionally combined to target common issues. Blended Essences are popular due their ease of use, ease of selection and their ability to target broader, shared phases of life or transitions, revealing the deeper layers or shifting awareness around the issue at hand. Highly effective, blends are often more subtle and encompassing in their healing process due to the effect of combining multiple vibrational frequencies into one essence.

HeartRadiance Blends – Dose & Concentrate

The essence blends are designed to provide emotional and psychological support through various stages and crossroads in life, as well as to assist in everyday situations with relationships, work related issues, family problems and through all aspects of spiritual development, regardless of whether you are a novice or a seasoned traveller on the road less travelled.

Abundance	<p>Challenges: Feeling impoverished physically, emotionally or spiritually, feeling cut off from the supply chain of life, poverty mentality.</p> <p>Healing Outcomes: Opens to the limitless abundance of the Universe. Attunes your spirit to joy, optimism and gratitude. Clears family patterns around the sense of ‘never-enough’.</p>
Body Love	<p>Challenges: For repugnance or discontent with body, multiplicity of symptoms, for feeling hormonally imbalanced, not feeling right in your body. For gender dysphoria.</p> <p>Healing Outcomes: Assists you to tune into your own unique body’s wants and needs. Energetically supports healthy, balanced functioning of hormones. Helps you feel comfortable and joyful in your own body.</p>
Brain Balance	<p>Challenges: For confusion in thinking, perceived learning difficulties, fears of memory failure, feeling not quite right after brain trauma, left-right imbalance issues.</p> <p>Healing Outcomes: Energetically balances the holistic functioning of the brain and assists with brain health following trauma. Supports the brain throughout childhood to maintain developmental milestones. Helps with fear of memory loss and brain changes with age.</p>
Breakup Ease	<p>Challenges: Sadness following relationship breakup, loss of a friend, loved one or pet. Separation trauma when leaving home, workplace or job. Struggle with addiction withdrawal.</p> <p>Healing Outcome: Supports by easing the pain and angst of a breakup. Helps process feelings of grief, blame, guilt, fear, rejection, and abandonment. Assists recovery by helping you to learn from the past and move on.</p>
Childhood	<p>Challenges: Difficult child, parenting challenges, family conflict, sibling rivalry, behavioural issues at school.</p> <p>Healing Outcomes: Supports harmony in the growing family. Energetically balances child’s development, through all transitional phases. Opens the parenting heart to understand the child’s developmental milestones, dissolves conflict replacing it with loving kindness.</p>
Clear Skin	<p>Challenges: Dislike of skin or skin conditions, feeling toxic, feeling unclean and unattractive.</p> <p>Healing Outcomes: Helps you in feeling beautiful inside and out. Assists with energetically clearing emotional patterns that may underlie skin conditions. Helps to clear stress patterns from your body and assists with elimination. Feels like an inner ‘spring clean’.</p>

Creative Muse

Challenges: Feeling creatively blocked, inadequate, imperfect, overly comparative or competitive with others, lost in the realm of ideas, can't get things done.

Healing Outcomes: Accesses creativity in all fields by transforming old 'not-good-enough' scripts. Opens your creative vision and to you valuing the uniqueness of your ideas as worthwhile. Helps to ground ideas and bring them to fruition.

Crisis Calm

Challenges: For feelings of chaos in all emergency crises whether physical, emotional, mental or spiritual, for the shock of rapid change or transition or sudden change in circumstances.

Healing Outcomes: Use in all trauma, shock, stress, emergency or crisis situations - emotional, psychological or physical to support you relaxing into, managing the situation and/or adapting to changing circumstances.

Exploring Spirit

Challenges: Confusion, angst, fear or panic about a life situation, world events or the state of the planet, feeling stale in your outlook, feels a need to assist others but you don't know where to begin.

Healing Outcomes: Helps you honour your Soul's journey, align to your higher purpose and to the Light Source of all life. Opens your heart to communion with others and with your highest potential to create your own reality.

Father Love

Challenges: Relationship angst, general anger with males and male dominated world, feels 'less than' the males in your world, holding on to issues with your father or father figure.

Healing Outcomes: Helps resolve your relationship with your dad to smooth your present relationships with the men in your life. As a dad yourself, helps you to effectively role model your own son or daughter.

Gift of Time

Challenges: Constantly feeling stretched for time, on the run, no time for the self, constantly serving the needs of others, feels time is speeding up, can't meditate or practice mindfulness.

Healing Outcomes: Stress less about busy-ness. Assists you to suit your timing rather than rushing to fit in with others. Releases fears about time and life passing too quickly. Accesses the present moment.

Intimate Zone

Challenges: For feeling uncomfortable with any aspect of your sexuality, past sexual abuse impacting your current sexuality, sexual inequity in a relationship. Unable to voice your sexual needs and desires.

Healing Outcomes: Assists feelings of comfort with your sexuality. Eases stress around your sexual expression and encourages you feeling comfortable in intimate situations. Helps to energetically clear abuse. Supports you expressing your sexual needs.

Me Myself I

Challenges: Dogged by health issues, feeling unwell, constantly tired, envious of other's vitality and success, devastated by recent breakup.

Healing Outcomes: Helps you to love being fully alive as yourself - physically, emotionally and spiritually. Assists in accessing the joy of life, so that you are restored, refreshed, revitalised, regenerated and rejuvenated. Helps you to 'simply love being me'.

Mother Love

Challenges: Feels unworthy or 'less than' others, negative self-talk and self-image, difficulties with close relationships, including your mother, feels overweight or under-weight. Feeling unworthy or ineffective as a mother.

Healing Outcomes: Grants feelings of deep self-worth and the capacity for self-nurture. Helps clear toxic patterns from your relationship with your mother, resolves distorted mis-perceptions, especially around self-worth and self-nurture. Heals wounds from childhood. Aids digestion. As a mother yourself, helps to smooth your mothering experience and effectively role-model to your child.

Pre-conception

Challenges: Feeling uncertain or inadequate when considering a pregnancy, feeling not healthy enough to conceive, stress associated with 'infertility', conflict with partner over starting a family.

Healing Outcomes: Helps to energetically prepare both parents in body, mind, and spirit for an incoming baby. Grants confidence to begin preparing for a pregnancy. Use in the 3-6 months before trying to conceive.

Quiet Mind

Challenges: Racing thoughts, can't meditate, feeling anxious, fears of sleeplessness, agitated, difficult decision-making, constantly feels unresolved.

Healing Outcomes: Supports you gaining inner peace and serenity. Relaxes and quiets your racing mind so that sleep comes easily, and calm prevails in your life. Accesses your intuitive intelligence through an unruffled heart.

Self-Heal

Challenges: Panicked with medical diagnosis, feels helpless over a health issue, distrust of your body's capacity to be well again, disconnected from your body.

Healing Outcomes: Assists you to connect with your inner knowing that your body wants to be healthy and well. Builds confidence to find ways to change your lifestyle so that you return to a state of optimum wellness.

Speak Easy

Challenges: Constantly bickering and argumentative, feels alienated from partner, friends, work colleagues, feels misunderstood. Blunt, harsh or critical communication style.

Healing Outcomes: Supports easy, heart-felt communication and clears misunderstandings in your relationships. Helps release patterns of blame and judgement. Opens communication channels for authentic relationships.

Teen Transit

Challenges: Negative adolescent behaviour patterns, teen trouble at school, with the law, with sexting or pornography, boy/girl crazy, emotional turmoil, won't communicate, wilful behaviour.

Healing Outcomes: Eases the transition from puberty through to adulthood. Helps you to 'hold the space' for your child as he/she goes through the tumultuous body, brain and hormonal changes that herald adulthood. Settles an emotionally-charged and wilful teenager.

The Baby Years

Challenges: Anxious, fearful, feels inadequate with new baby, difficulty balancing new arrival with toddlers, older children and demands of work for yourself and your partner, exhausted or postnatal depression.

Healing Outcomes: Supports you and baby getting to know one another during the postnatal phase and assists the easy expansion of your family circle. Builds your confidence as a parent and helps replenish your energy. Smooths the transition and enhances connection in the case of an adopted child.

Together

Challenges: Relationship feels stale, lack of romance, sex is boring, partner seems full of faults, fear of infidelity.

Healing Outcomes: Supports you being in a relationship. Aids in developing trust in your partner so that intimacy can blossom. Assists in acceptance of differences. Helps release struggle around relationship issues and finding the unique relationship style that suits you.

Travel Ease

Challenges: Unsure about travel, nervous and apprehensive about change and experiencing new cultures, jetlag, fears about travel acquired illness.

Healing Outcomes: Helps to attune your body clock after travelling. Assists your body in staying balanced and hydrated to retain optimum energy while travelling. Eases jetlag. Aids all transitions, including the self-healing journey.

Vital Energy

Challenges: Constantly tired, lassitude, no motivation, wants to sleep, worries about endurance for an up-and-coming event or life situation. Nagging, negative thought patterns that devitalize and sabotage.

Healing Outcomes: For focus on the matter at hand and protection from burning out through adequate rest, hydration and preparation beforehand. Gives an energetic boost when you're tired or just 'flat'. Aids releasing unnecessary worry, anxiety, and guilt that drains vitality.



OUR PRODUCTS

Spirit of Woman Blends – Dose & Concentrate

The Spirit of Woman range was specially formulated in response to Annie's clinical experience working with women's health, fertility and with helping all human beings connect with the energy of the Divine Feminine. Impassioned to support the feminine biological inscription, Annie felt a calling to develop essences that assisted and acknowledged the intricacy and complexity of female health, wellbeing and relationships.

Spirit of Woman Blends – Dose & Concentrate

Birth Recovery

Challenges: Difficult birth, feels tired and sad about birth process not going to plan, guilt and/or grief around a miscarriage, an abortion or a termination.

Healing Outcomes: Supports recovery of mother and baby following caesarean or difficult birth. Assists in kindling bond attachment especially when mother and baby are separated at birth. Helps to rebalance you emotionally following a miscarriage, an abortion or a termination.

Blessed Birthing

Challenges: Fear of birthing, lacking confidence in your body to give birth, family patterns for poor birthing outcomes, fears of undue interference in birthing plans, hearing negative stories around birthing.

Healing Outcomes: Supports you feeling confident in your body's ability to birth safely and naturally. Helps parents enter into the birthing process as a sacred journey. Assists in adapting the birth plan with ease, if required.

Conception

Challenges: Distress around a medical diagnosis of infertility or enrolment in IVF program, feeling incapable of falling pregnant, despairing of ever falling pregnant.

Healing Outcomes: Energetically supports feeling confident of optimum fertility in both parents-to-be. Used in conjunction with consciously trying to fall pregnant. Assists by supporting the body and feeling hormonally balanced.

Empty Nest

Challenges: Sadness, grief and loneliness with children leaving home, feels empty and 'useless' without a family to care for, unsure how to fill the 'hole', feels unskilled to rejoin workforce.

Healing Outcomes: Supports parents' transition to new beginnings, as they re-establish their lives without dependent children. Assists with appropriate letting-go and helps clear resentment, jealousy and loneliness.

Pregnancy Support

Challenges: Emotional swings, fears, uncertainty associated with pregnancy, communication difficulties with partner, fear of impending birth.

Healing Outcomes: Supports growing baby gracefully through the swift and profound changes of pregnancy that can create an emotional roller-coaster. Supports emotional and mental wellness in both parents.

Wise Woman

Challenges: Feeling 'old and useless' feels dried up and sexually past used-by date, fear of dying, dislike of ageing body, irritation with age-related conditions

Healing Outcomes: Supports ageing gracefully and accessing the deep well of personal power that mature wisdom brings. Assists you to retain the juiciness of life. Helps in graciously passing on your wisdom to younger women.

Woman Worth

Challenges: Timidity, shyness, lack of confidence, feeling subjugated to the males in your life, irritated by gender divide, intimidated by work related sexism.

Healing Outcomes: Encourages you to stand in your power as a woman. Helps with self-assurance and upholding your own self-worth. Assists you to feel magnetically attractive and confident in all situations.



OUR PRODUCTS

Chakra Blends – Dose & Concentrate

The Chakra Blends are designed to work holistically at the level of the body-mind bringing us into alignment with our Higher Self-awareness. Each blend, made in the sacred presence of a vibrational sound bath, carries an ancient imprint to heal. The blends are reverently prepared for those who are already on the journey of personal healing and want specifically tailored vibrational medicines to intentionally erode barriers to change, bringing about easier transformation.

Chakra Blends – Dose & Concentrate

Muladhara Chakra 1

Challenges: Paranoia, fear of survival, dissociated, ungrounded, insecurity, terror, lack of vitality, associated with energetic healing in the lower body.

Healing Outcomes: Grounding, connection to the planet, confident in your own body, attuned to your body's signals, functional family connections, trust and faith.

Svadhithana Chakra 2

Challenges: Fear and vulnerability, pain-focused, lacks intimacy, repression of feelings, hypersensitivity, feels numb.

Healing Outcomes: Willingness to allow pleasure in body, comfortable connection, healthy but permeable boundaries, trust in others, solid sense of place in the world, flexibility, comfortable with appropriate touch.

Manipura Chakra 3

Challenges: Lacks confidence, feels unsafe in the world, muddy, unclear thoughts, digestive problems, including bowel, over-influenced, feels disempowered.

Healing Outcomes: Confidence and sense of safety, clarity of thought, easy decision-making, sense of individuality and uniqueness, feels empowered, aids digestion.

Anahata Chakra 4

Challenges: Feels embittered, self-loathing, closed to others, greedy, hard on self or others.

Healing Outcomes: Filled with gratitude, self-accepting, loving-kindness to all beings, compassion for those in need.

Vishuddha Chakra 5

Challenges: No voice, reduced resilience, lacks creative confidence, isolated, feels impoverished.

Healing Outcomes: Speaks with truth and integrity, immune to critics, creatively flowing, co-creates with intention, manifests good health in self and others.

Ajna Chakra 6

Challenges: Feels directionless, hypercritical, confused mental and overwhelm, myopic vision, blinkered reality, unable to connect with intuition.

Healing Outcomes: Life purpose, judges with compassion, clarity in understanding, sees big picture reality, opens to new possibilities accesses intuition.

Sahasrara Chakra 7

Challenges: Spiritual exhaustion, feels alone and abandoned by God, spiritual arrogance, fear of death and the unknown.

Healing Outcomes: Surrenders to Higher Power, has a sense of place in the bigger picture, experiences awe and sense of connection to 'All-That-Is' regularly, comfortable with death and dying.

Soul Path
Chakra 8

Challenges: Difficulty channelling or accessing spiritual awareness. Blocked capacity to further spiritual growth. Repeating the same karmic lessons across lifetimes.

Healing Outcomes: Aids memory retrieval functions related to past life experiences and clearing karma. Assists shamanic healing and brings awareness to parallel universes and lives, assists communication with spirit guides. Clears ancestral Qi, helps to let go and brings energetic health into the 'present moment'. Enhances understanding of the link between patterns of thinking and possible future health issues.

Soul Star
Chakra 9

Challenges: Disconnection from soul purpose and individuality. Unable to put spiritual truths into action. Pessimistic or hopeless world views, feelings of isolation or despondency towards direction in life. Difficulty putting our soul's needs first before responding to other's needs.

Healing Outcomes: Opens awareness of uniqueness, archetypal patterns and soul purpose. Highlights the soul blueprint, allowing knowledge of the skills one brings into this life. Enhances mental clarity around spiritual truths and increases higher feelings associated with optimism for humanity and the planet. Brings knowledge of how to care for others as a creator, healer, teacher.

Earth Star
Chakra 10

Challenges: Disconnection from Mother Earth and aversion to the natural world and nature. Difficulty clearing ancestral health problems, a disconnect from the body's ability to self-heal.

Healing Outcomes: Activates natural body intelligence, assists embodiment through enhanced love of physical activity such as yoga, walking, exercise etc. Grounds elemental energy into the body from the earth, connects to the living world.

Healing Energy
Chakra 11

Challenges: Difficulty in clearing the energy field, especially after healing sessions. Not understanding or realising our energetic impact on others. Misplaced use of healing energy or spiritual arrogance.

Healing Outcomes: Cleanses energetic imprints after healing sessions. Grants confidence in commanding & transmuting healing energy. Purifies healing intention and enhances feelings of pure love through action. Supports modalities of Kinesiology, Reiki, Reconnection Healing, Theta Healing, Intentional Healing and Hands-on Healing.

Aura
Chakra 12

Challenges: Gross materialism and over-attachment to 3D reality. Lack of auric boundaries and an over tendency to merge. Closed off to connection with higher frequency energies. Myopic view of human experience, unable to conceptualise higher spiritual truths and our greater place in the Web of Life.

Healing Outcomes: Supports deeper understanding of the human life experience and all-that-is. Brings awareness of the marriage of the sacred and profane. Strengthens protective energetic layer, enabling higher frequency energies to be accessed appropriately. Balances all aspects of our whole being - body, mind, and spirit.



OUR PRODUCTS

Chakra Spray Mists

The Chakra Spray Mists are an effective and sublime way to gain the full benefit of the healing power of HeartRadiance Essences. Each Spray Mist has the added potent resonance of Crystal Essences and exquisite essential oils.

Working on thoughts and emotions and bringing us into alignment with our Higher Self-awareness, each spray mist resonates with one of the twelve chakras, working deeply in the body, mind and spirit to restore harmony and balance in what-ever circumstance is required at the time. Ease of spray administration means Chakra Spray Mists can be used for individual use, in a room, with a group of people, for children or for animal care. Highly effective for those averse to oral administration.

Chakra Spray Mists

Clear Space Chakra 1	Clears stagnant energy in personal space, home or office. Resonates with the Base Chakra and opens you to the presence of NOW.
Divinely Feminine Chakra 2	Enhances body image. Resonates with the Sacral Chakra and celebrates the feminine in all of us. Activates love and connection. Deepens sexuality.
Crisis Calm Chakra 3	For all emergencies. Resonates with the Solar Plexus Chakra and can be used in all kinds of emergency situations to calm, reassure, centre and ground. Acts quickly on humans (individual or a group), plants and animals alike bringing a stressful situation back into a sense of control.
Protection Chakra 4	Transforms negative energy. Resonates with the Heart Chakra helping us to feel safe at all times. Dispels negative energy coming from others leaving you free, open-hearted and fearless. Taps into your inner strength, compassion and courage.
Clarity Chakra 5	Aids clear thinking, creativity and expression. Resonates with the Throat Chakra this mist clears the head and sharpens the mind. Enhances easy and appropriate expression. Opens awareness to clear thinking and expression.
Awaken Chakra 6	Enhances spiritual awareness. Resonates with the Third Eye Chakra engaging you with your Inner Wisdom and attuning to your Higher Self. Opens you up to your intuition so that your body is in tune with your mind and the 'present' moment.
Meditation Chakra 7	Quiets the mind. Resonates with the Crown Chakra opening the pathway to deep contemplation and reflection. In mastering the mind, we live contentedly with the environment and at peace.
Soul Path Chakra 8	Enhances spiritual awareness and confidence. Resonates with the 8th Chakra helping to access past life experiences and clear karma. Assists shamanic healing and brings awareness to parallel universes and lives, assists communication with spirit guides.
Soul Star Chakra 9	Opens awareness of uniqueness, archetypal patterns and soul blueprint. Resonates with the 9th Chakra allowing knowledge of the soul's purpose and the individual skills one brings into this life. Increases higher feelings associated with optimism for humanity and the planet.
Earth Star Chakra 10	Activates natural body intelligence and increases loving connection to the natural world. Resonates with the 10th Chakra, connecting to the life process of thriving in the physical world. Enhances energetic health through utilising elemental energies.
Healing Energy Chakra 11	Supports, cleanses and resets energy. Resonates with the 11th Chakra, purifying healing intentions and enhancing feelings of pure love through action. Increases confidence in commanding & transmuting healing energy, supporting light workers.
Aura Mist Chakra 12	Strengthens protective energetic layer, enabling higher frequency energies to be accessed with ease. Resonates with the 12th Chakra, bringing deeper knowledge of our greater place in the Web of Life and connection to all-that-is. Expands understanding of the human experience, balancing all aspects of the whole being - body, mind, and spirit.



Kits

HeartRadiance Kits contain the full range of HeartRadiance flower essences, available in either Pure or Blend varieties.

Kits contain 15ml concentrate strength essences, with each 15ml bottle of concentrate producing approximately 50 x 30ml dose essences.

These kits will keep your essence collection stored safely and allow ease of use when working with the essences in the home or clinic.



OUR PRODUCTS

Pure Essence Kit

Includes the 29 Pure flower essences in the HeartRadiance range.

Each Pure Essence in this kit contains the vibrational energy of one flower type. Pure Essences target highly specific issues and are more immediate and direct in their outcomes due to the singularity of the vibrational frequency. Pure Essences can be combined to create customisable blends for those needing a more personalised approach.

The Pure kit comes with 1 x complimentary 15ml bottle and closure so that you can get started creating your own dose essence.



OUR PRODUCTS

Blended Essence Kit

Includes the 30 Blended flower essences in the HeartRadiance range.

Each Blended Essence in this kit contains the vibrational energy of multiple Pure Essences, an intentional combination that has been selected to target common issues. Blended Essences are popular due their ease of selection and ease of use, along with their ability to target broader, shared phases of life or transitions. Highly effective, blends are often more encompassing in their healing process due to the combined effect of multiple vibrational frequencies in one essence.

Select one Blend to make into a Dose strength essence. We do not recommend combining multiple blends together.



Heart
Radiance
AUSTRALIAN WILD FLOWER ESSENCES

Birthing Recovery
Supports recovery from traumatic
outcomes or unwanted pregnancies

DOSE | 30ML

HOW FLOWER ESSENCES WORK



How do Flower Essences work?

Flower Essences act powerfully on the consciousness or awareness of the individual, opening up pathways of understanding or feelings previously unable to be accessed. Working directly with emotional and energetic wellbeing, the ritual of taking Flower Essences helps to empower personal transformation and allows one to focus on and embody positive energetic states.

Perfect for personal use, HeartRadiance Essences are also popular for use in clinic by natural medicine practitioners of all kinds.

What is the difference between dose and concentrate essences?

All HeartRadiance Essences are available in Dose or Concentrate.

Dose strength essences are made ready to use for oral administration.

Concentrate strength are a stronger version of the same vibrational essences and require preparation into dose strength. Concentrate strength is recommended for those requiring repeat personal use for ongoing persistent, harder to shift issues. Concentrate essences are suitable for practitioner use. Specific use guidelines for concentrates are available [here](#).



How to Take

Dose Strength: 7 drops under the tongue twice daily.

Concentrate Strength: in the bath, diluted as a spray mist, added to creams and moisturisers or blended together for personalised use.

To work with the healing creativity of HeartRadiance Essences visit our website and browse our selection of uniquely created individual essences, blends and spray mists or contact us to discuss and create your personal HeartRadiance Essence experience. Individual online or email consultations with HeartRadiance practitioners are available for the creation of personal blends, unique to you and your journey.

Dose and Concentrate Strength essences can be purchased online [here](#).

HeartRadiance Australian Wildflower Essences were grown, created and developed in the pristine environment of Mt Nebo in South-East Queensland, Australia using only pure and natural ingredients.

Website: www.heartradianceaustralia.com

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Instagram: [@heartradiance](https://www.instagram.com/heartradiance)



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Conception
Energetically assists
fertility and IVF process

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Pregnancy Support
Growing baby gracefully
and with confidence

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Blessed Birthing
Birthing with confidence
and joy

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