



ONE HEART
BODY ESSENTIALS®

One Heart Flower Essences

The Divine Feminine essences
"Bringing Harmony and Peace into Your Life"

Greetings and Welcome to the One Heart Flower Essences –
Created individually at sacred sites in the Languedoc region of the South of France.

The Languedoc region of the South of France has traditionally been a place of healing and rejuvenation. For centuries people have come from all over the world to enjoy and take advantage of its healing and vitalizing waters, it's pure and healthy foods and it's abundance of Herbal remedies. The region is steeped in many spiritual traditions and is particularly home to Mary Magdalene and her sacred feminine lore. All the One Heart Flower Essences are infused with her blessings and healing energies.

The water, the soil and the very air one breathes while walking the land is imbued with a heightened frequency that is nurturing, elevating and exalting. One cannot help but feel the powerful healing energies of this land.

One Heart Flower Essences are vibrational remedies that assist us in achieving optimal health in all aspects of our being by flooding our body with positive energies that resonate with our true nature, which is our ability to love, to forgive, to be compassionate, to trust and to have wisdom, understanding and tolerance for ourselves and others. With repetitive use One Heart Flower Essences will build up and strengthen these innate qualities, helping us become stronger, more balanced and in more harmony with ourselves and our environment, helping us heal and to move forward in life.

The One Heart Flower Essences are particularly effective in strengthening and magnifying our Soul's Light in our bodies and as such they carry a strong healing energy that is both powerful yet gentle. They help lift our consciousness, so that we can live our lives with more enlightened awareness, giving us a greater sense of joy, peace and wellbeing. They are the perfect remedy to assist us in the 21st century and their healing abilities are specifically matched to alleviate the current human problems and concerns of our times.

One Heart Flower Essences are completely safe to use in conjunction with any other remedies or medications and they have no harmful 'side effects'. They are safe to give to pregnant mothers, children and babies. They are also effective with animals. Take 4 drops of essence 4 times a day directly on/ under your tongue or diluted in water. They can also be used in your bath water.



The 38 Languedoc Flower Essences

These are 15ml concentrates/stock remedies. Each bottle contains approximately 280 drops which make an average of 70 individual remedies to either share or take personally. To make a personal remedy, add 4 drops of the concentrate to a 15ml – 30ml bottle of water (and brandy, if remedy will not be consumed within the week). Alternatively, you can take the remedy directly from the bottle, undiluted, and you will have the same results.

General dose is 4 drops 4 times a day.

To choose your personal remedy – first and foremost use your intuition. Choose the ones that “talk to you”; the ones that you relate to

You can also use muscle testing or any method of dowsing to choose your remedies. It is advised to work with 4-6 remedies at a time, at the most, in order to allow the process to fully unfold in you.

Note: All One Heart flower essences are packaged in the special Miron Violet Glass in order to preserve their high frequency and vibration and to prolong their shelf life. The Miron Violet Glass prevents deterioration by UVA and UVB light. Please remember to recycle or re-use the bottles if possible.



Alfalfa

Communication and Communion
Assists us to receive angelic guidance and communication from our spirit guides and guardians. Helps us connect with, develop and strengthen the channels of communication between us and our inner spiritual realms.



Birth Wort

Safety and Security
Helps us feel safe and secure, protected, guided and connected to self, others and God. Helps strengthen trust in self and in others and belief in self and in others. Gives us confidence in one's actions, feelings and intuition. Use when feeling disconnected from the world and from God. Helps us move on and move ahead in life.



Blue Gromwell

Let Go and Surrender
Helps us let go and surrender wholly and completely to the divine infinite flow of spirit. This letting go is not about denial, disintegrating or becoming powerless or subservient, it is about yielding and allowing oneself to flow, like water. This remedy helps free us and helps dissolve rigidity in our minds and bodies. It also helps those who need to move more into their feminine side. Physically it helps to relax our muscles, release tension and calm our intestinal tract.



Bramble

Compassion
Helps us see the beauty, the innocent delicacy, the 'reality' of the person who is hiding behind a prickly surface. Many people put up barriers of protection to prevent others from getting too close to them, because of traumas they have received in the past. Often these shields are so effective (and nasty) that they keep people away from them permanently. This essence helps us see beyond and go beyond these 'thorns' so that we can access and communicate with the true essence of the person.



Buddleia

Union
Helps to marry and unite spirit and matter in our consciousness. Buddleia helps to end our inner conflict, repression and judgment of our bodies and our human nature. Helps to see and experience the Divine in all matter. Heals the split between heaven and earth, between our upper and our lower chakras.



Century -Nourish Self

For people who over nurture others and neglect to take care of themselves, to the extent that they 'bleed themselves dry'. This essence brings balance back by helping one pull in their reserves of nourishment and focus on nourishing themselves. This is a great flower essence for balancing the sacral chakra. Century is a wonderful aid for circulatory disorders



Chicory

Masculine Empowerment

Empowers the masculine energies, primarily within men. For men who are shy, insecure and lacking confidence. This essence helps men re-connect with their role (purpose) of being providers, suppliers, enablers, protectors and anchors in life. The essence strengthens the vulnerable part of the male...their sexuality. It can help impotency and sexual issues.



Clary Sage

Clarity

Brings mental clarity and focus by calming and stabilizing the emotional body. Brings balance to the sexual organs in both men and women and stabilizes the sacral and throat chakras. *Excellent to use for enhancing all your creativity.



Delphinium

Help and Guidance

This is THE essence to use when you need help, support and guidance from your guides, angels, Masters and Teachers. Invoke them while taking the essence and you will feel their presence. Always give thanks! This flower essence is great to make into a spray for Aura protection. Helps reduce anxiety and fear.



Elegant Bindweed

Moving On

This essence helps plug up and stop the leakage and loss of energy from our heart wounds. Often we do not heal emotionally due to our wounds 'staying open' and being kept alive, no matter what we do trying to 'fix' them. We continue to suffer pain and energy drain years after the event has passed. This remedy helps to put a final stop and an end to this suffering, so that we can finally let go and move on.



Helichrysum

Illuminated Child

Another name for this essence could be the Christed Child. This essence taken over time literally illuminates the brain! It brings the Christ into the brain cells resulting in the brain and the whole body stepping up, improving functioning. It brings Wisdom, Love and Guidance so that we are able to see and experience the world not just through our rational, linear thinking, but via the integrated totality of who we are. We are talking about the integration of all aspects of our being... body-mind-soul, so that we experience the world as it really is, in connection to the ALL. In this consciousness our whole being plays a part and there is no hierarchy of any parts of us - all aspects of ourselves operate in the world as a synergistic whole.



Honeysuckle

Trust the Feminine

This flower essence helps restore the love and trust in the feminine energies of both men and women. It is for those who have been wounded, misled and betrayed by women in the past or by the feminine energies in the past (such as one's Intuition) and have closed off to women in general or to the expressions of feminine energies in others or themselves.

It helps us re-open to and appreciate all the feminine attributes of beauty and grace. Honeysuckle helps us develop discernment and wisdom in relation to the feminine energies.



Large Self Heal

Discernment

This essence helps us discern what information, knowledge and input to take in and what to disregard. This essence also protects us from miss-information which is either harmful to us or irrelevant. In today's world we are bombarded with so much information. This essence helps us discern what to take in and what to reject. Then it helps us digest and assimilate this information and life's experiences.



Lavender

Infinite Synergy

The Lavender bush has been so generous with us. She has given us one of the most powerful and versatile essential oils of all time and now she has also given us one of the most helpful flower essences for our human existence. Helps to bring about balance to groups and groupings. Our various bodies Additionally, this flower essence helps bring about balance and harmony between all these groups, so that we have infinite synergy within our entire 'bodily' systems.



Lizard Orchid – Ascension

If you want to “get high” on energy this is the essence. The Lizard Orchid flower essence resonates to the AUM sound and is a master essence for the pineal gland. This wonderful flower essence is powerfully uplifting and elevating and carries us directly to God consciousness. Also lifts our vision so that we can view our life/situations from a higher perspective. Use abundantly!!!!



Long Lipped Serapias – Remembrance and Freedom

Helps unveil the mysteries of ourselves and helps us discover who we truly are - light beings. It removes the veils of illusion that hide our inner essence from ourselves. Helps to heal and remove obsessions, fanaticism and negative, false programming. Clears and heals the genetic bloodline. Helps us access our own genetic coding and our original DNA blueprint. Cleanses and builds the blood.



Mediterranean Spurge

See Truth

Helps to dissolve the veils of the mind which prevent us from seeing reality as it is; Helps us see beyond our conditioned programs; Removes fear of the unknown and what appears to be different from the norm; Removes trauma from the Amygdala; Engenders tolerance and acceptance and Helps us step into a vision of Oneness.



Milfoil – Adornment and Abundance

Helps those who are shy, timid and fearful to come out of themselves and beautify themselves and their surroundings. Helps us drop our fears of standing out, of drawing attention to ourselves. Helps us become more confident and secure in who we are, physically and in the way we express ourselves in the world. Good for those with low self image. As such this essence also helps us open up and attract abundance. Helps us to feel deserving of abundance in all good ways...since abundance is another expression and form of Love.



Pink Mallow – I Am Love

This is THE essence for all abandonment issues. For people who feel abandoned, left out, unimportant, not good enough, who give no value to themselves, who have no voice, who feel unwanted and discarded by the world, family or society. This essence heals the deepest wounds due to lack of love, which result in lack of love for self. It is good for all the issues of image that plague our youth today, eating disorders such as Anorexia and the different forms of self-hatred and escapism. This essence helps to bring feelings of Love back into oneself, gives a feeling of self worth and self acceptance and rekindles the feeling of belonging and being a valuable part of society.



Poppy – Spiritual Exaltation

This flower essence conveys the purity and inner code of our Spirit. Helps to develop in us and align us to the highest attributes of spiritual conduct so that we can embody and be the guardians of that which is sacred and pure.

It expands our Ajna (third eye), helping put the Will of God into action. Conveys the honour of God and Nature and Love in All that Is.



Potato Bush – Dreamtime

Helps us to enter Dreamtime from where all creation is birthed. Potato Bush flower essence is great for those who are involved in creative dream work and creative visualization in order to change and create greater harmony in their present, past and future. Use to assist expansion into heightened states of consciousness and spiritual connectedness.

* Excellent on a physical level for sleeping and to relieve insomnia.



Pyramid Orchid – Soul Radiance

Strengthens and anchors the soul presence in our body. Also strengthens our soul body itself and one of its correlating physical glands – the pineal gland. Helps bring forth clarity and a knowing of one’s higher self and one’s spiritual purpose – a great gift in one’s life.



Red Rose – Devotion

Inspires in us devotion to our soul’s purpose. Promotes loyalty and devotion to our spiritual goals and ideals. It strengthens us especially when the world and the structures and forms that we know appear to be crumbling and falling down around us. Helps to bring out our true strength and beauty.



St. John’s Wort – Master Healer

St. John’s Wort heals the physical body by way of absolution and forgiveness of the ‘sins’ of the body, which have lead to disharmony and disease in the body. Sin means missing the mark in Greek. By bringing in the energies of love and forgiveness, our physical body is transformed and made ‘innocent’ again; free of karma, free of sin. Use for any and all illnesses and for transformation on all levels.



Salsify – Receive Life

Reach out and embrace the Sun. Salsify flower essence embodies the consciousness of the giver of life, the one who brings us fire, joy, happiness and comradeship. Put a smile on your face, be uplifted and happy and receive the sunlight and life energy that the Sun showers on us! Receive the transformer, the one that burns away the dross, the lethargy, the gloom, the weakness and the cold. Receive the radiance and love of the Benefactor, our Father Sun. Helps reconnect us to our inner light and uplifts our spirit.

* Very good to aid depression.

* Boosts physical energy.



Sanfoin – Hope and Faith

Restores hope and faith in the renewal of life. For those who have lost everything and feel that their life is over. This essence helps us step back into life with hope and faith and with the belief that we can continue and that life is worth living again. Helps to re-build trust in life, rising from the ashes again – the Phoenix essence.



Scabieuse – Feminine Power

This flower essence helps us accept and strengthen the true essence of the feminine energies in ourselves. There has been a lot of oppression and suppression concerning the feminine expression in the last centuries and as a result there has been and still is a lot of misconceptions about how women ‘should’ be. Women themselves are confused about the nature of their own feelings, thoughts and behaviour. This essence helps women overcome their fears so that they can bring forth the beauty and power of their innate nature, gently and permanently. This essence is also good for men, to help strengthen and balance the feminine aspect of their makeup.



Spiny Restharrow – Speak Truth

The action of this flower essence is two-fold. It first stabilizes the emotional body and calms our emotional storms, so that we can gain clarity. Then it helps us reach the core of our being, so that when we express ourselves, we are coming from our heart and only speaking our truth. It helps us express what we really want to say and empowers our words.



Spanish Broom – Mother Creation

This flower essence is “the mother” of the One Heart Flower Essence system and she embodies the consciousness of the Languedoc region. The Goddess mother is the creative void who gives birth to all physical manifestation on earth. When the male energies nourish her she reciprocates and bestows HER gift of life and nourishment. From her comes the wisdom of spiritual evolution. This essence helps one step into the divine flow of creation, into the divine consciousness of the mother goddess. It strengthens our ability to create and restores Yin Yang balance in our body and in our consciousness. Particularly for women – it helps us discover and manifest what we need in order to be fulfilled and complete in our lives.



Soft Urospermum – Mind Expansion

Strengthens the mind and assists the mind to comprehend abstract thought. Helps the mind to see the big picture without losing sight of the details, hence, is good for all work in science, philosophy and mysticism. Opens our crown chakra and the higher chakras above the crown. Assists us to see and experience harmony and the oneness of All Life.

* Good for study and all creative mental work, taken with Helichrysum.



Thistle – Master Cleanser

This essence cleanses the body on many levels.. physical, emotional and mental. It clears any toxic debris and helps in any detoxification program or any emotional cleansing and healing program. Helps to remove and brush away negativity from the mental and emotional bodies.

* This essence is great to assist liver cleansing, colon cleansing and any organ cleansing.



Valerian Pink – Heart Balm

This essence acts as a balm for the wounded heart. It is for the person who has suffered deeply and has many wounds in their heart chakra. It is for lack of love and for feelings of abandonment. This flower essence is excellent for those who have done much heart chakra work and who are aware that there are still some deep-seated wounds that haven’t been healed. This essence absorbs the heart pain and transmutes it, so it is safe to let go.



Valerian Red – Heart Renewal

Another essence for the wounded heart, but it acts differently. It helps renew our passion for love and for life. It gives the heart fire energy, helping us continue despite the wounding and the pain. This is not prana energy as given to the etheric body, this is very specific energy that is given to the heart... ‘heart energy’. This essence helps us to reopen our hearts with renewed hope, trust, passion and love.



Valerian White – Heart Wisdom

For the person who has suffered heart wounds as a result of the fanatical and zealous actions of others. This kind of abuse is the result of a disconnection and a separation between the perpetrator’s mind and heart. This essence is not for the inflictor; rather, it is for the one who has received abuse, since their healing of these abusive actions comes by way of Wisdom, which then leads to forgiveness.



Viperine

Heal Addictions

The Viperine is an incredible healer! This flower essence heals damage to the aura due to smoking cigarettes, alcohol, surgery or taking other drugs. Viperine also helps heal physical, emotional and mental addiction to pain, which is at the root of all aversions and addictions. This pain is actually our resistance to the experience of life. The essence opens the heart to receive more unconditional love from the universe and as a result the heart expands and more self-love is generated – going to the pain that led to the addiction in the first place. Then the old wound has the opportunity to be healed and transmuted. A very powerful essence needed by most of humanity!

Walnut Tree Essence

Anchoring The Divine Masculine/ Anchoring Spirit

Opens and brings Spirit fully into all chakras. Helps us feel grounded, anchored and stable. Promotes confidence and security that we are One with and connected to Spirit.



Yellow Rattle

Singing Essence

For exalted and inspired singing...lifting us up, soaring into the sky, like a bird in flight, into higher dimensions. Helps us sing with joy, with love, with innocence, connecting us and transporting us to realms of joy and freedom.

* this essence helps all singers and orators, by opening and expanding their throat chakra.

NEW! Mary Magdalene Cave Essence

Essence of Liberation and Triumph

Made in the MM cave in The South Of France; Essence of activation to the Divine Feminine/Great Mother Goddess and all her physical manifestations on planet Earth and beyond; Healing Heart and Womb, bringing forth ancient rites and wisdom; Linking Earth WISDOM with divine heavenly LOVE; Bringing forth utmost kindness and compassion; Links us to the stars that shone their benevolent light upon us



What Some People Have Said About the One Heart Flower Essences

I found that the One Heart Flower Essences have become on the most effective flower essences that I use today for emotional and spiritual issues.

*Jim O'Hearn, ND,
Melbourne, Australia*

I have been selling Happy Pet in my Veterinary practice for over 12 months. Clients are very impressed with this product. Many notice improvements in the pet's behaviour and temperament within 2 weeks. They continue to keep using Happy Pet and recommend it to their friends as well. Its effect seems to be superior to other essences, including Rescue Remedy. It has been used for timid pets; for those adjusting to the loss of another pet or family member; for puppies and kittens going to a new home and for compulsive behaviours like paw chewing. Happy pet is amazing for cats on heat. No yowling in just a few hours after 2 drops... thank you. I can recommend this product highly.

*Dr. Robyn Sharp
Veterinarian Surgeon
Hallett Cove, Australia*

My experiences with the Languedoc Flower essences from France were both joyful and powerfully healing. It is my belief that, as we heal and fully integrate the divine vibrational beings we are, higher frequencies are needed to assist us. I felt these flower essences on many levels - soul, mental, emotional and physical. I am truly grateful for the gifts they and Carol Asher share with us.

A beautiful creation, of the highest order, has been brought alive through you dear Carol. The feeling generated by the essences is a richness and deepness not generally felt with flower essences. They are of the new light healing order, brought through to help us in the now and they have very clear and very strong results.

*Deborah Gaeht
Automatic Writer, Shell Essence Consultant
Melbourne, Australia*

The workshop on the Languedoc Flower Essences was a powerful and enriching experience. Each essence spoke strongly for itself, vibrating at a high frequency, which echoed its roots in that special part of the earth. When the day was over, I was immediately aware of being in touch with and speaking my inner truth with a new level of assurance. The essences work at a very profound level and are continuing to unfold in my life.

*Hilary Bee
Occupational Therapist, Oneness Teacher
Arizona, USA*

Just a note to thank you so much for your help during my son's recent difficulties. I was quite surprised that he was so willing to use and enjoy the oil blends and the flower essence you recommended for him. They seem to have been perfect choices for his emotional state, since all his problems have resolved beautifully. He moved quite quickly from a state of depression to a balanced optimism, where his courage and masculine drive returned, and his very real life situations resolved in ways that were quite surprising.

*Lucy
Adelaide, Australia*

Synergistic Blends

These are specially prepared formulas designed to bring about a specific outcome. These essences can contain up to 12 different single remedies which work together in harmony and which enhance the action of each other. In this way they create a powerful synergy which can bring about amazing results.

These are 30ml bottles which average 5 weeks of use.

Average dosage: 4 drops 4 times a day directly in the mouth or in water.

Flowers To The Rescue

This is a blend of 10 Languedoc Flower essences for the purpose of instant rebalancing and restoration of Calm, Clarity and Peace to the body. It helps with any fears and anxieties, any physical, emotional and mental stress or trauma and helps deal with pain. It is great for fear of flying and for panic attacks, etc. Use liberally and often until balance is restored. Can be put directly on the body, or taken orally as traditionally one would use flower essences.

All Heart

A special blend to support the healing and nourishment of all emotions associated with the heart. Helps to open the heart and revitalize it. Helps attract love, care and kindness to us. Helps us heal painful relationships and enjoy life.

Brain Power

Helps with focus and concentration and the need for long study and work hours. Helps creativity and expansion of ideas. Helps clear confusion and keeps the mind alert, bright and clear. An all around brain boost.

Cleanse and Detox

An invaluable aid for any one undergoing a cleansing program. Works on the physical and emotional bodies. Supports all healing processes.

Energy Boost

Supports the physical body, brings in extra vitality when tired, run down or stressed. Strengthens the Chi and Prana in the entire body. Supports recovery processes with all physical illnesses. Good to use before and after all strenuous physical activity and sports activities.

Happy Pet

By popular request from my animal lover friends. A remedy to support any animal that is stressed, anxious, nervous, hyperactive or traumatised. Good to use when travelling with your pet, changing houses or environments, illness, pre and post surgery or if any disturbed behaviour is displayed.

I Am Woman

For balancing and strengthening the feminine energies within. Good for sexually developing teenagers. Helps with PMS and any hormonal imbalances. Also supports Goddess work and consciousness development where women are discovering their own special gifts and powers.



For Information and Ordering:

One Heart Flower Essence System Classes Offered:

Complete Kit (38 Essences— 30% off—save \$252.50)	AUS \$589.50
Individual Stock Bottles	AUS \$22.00
Mary Magdalene Cave Essence	AUS \$28.00
Walnut Tree Essence	AUS \$22.00
Combos and Flowers to the Rescue Remedy	AUS \$26.00
Flower Mandala Poster A3 Each	AUS \$20.00

Awakening the Magdalene Essence

2^{1/2}—Day Workshop

Aromatherapy and Flower Essences, basics and beyond, a journey through the chakras

One Heart Flower Essence

2—Day Certification Course

France Sacred Site Pilgrimage and Mary Magdalene Initiation

Please email Shreshta Carol at OneHeart@tpg.com.au for more information

For international enquires and prices please contact us at: OneHeart@tpg.com.au



Shreshta Carol Asher

Creator of the One Heart Flower Essences

Shreshta Carol Asher, BA (Hon.) was inspired to make her first One Heart flower essences during an educational medical Aromatherapy seminar in the South of France in 1998. For over 30 years she had been researching and teaching various healing modalities, in Australia, Europe and in the United States.

On this trip, as she took a class break to walk in the fields, certain flowers began to 'talk' to her. She made the 10 initial essences, which proved to be effective and applicable to her students and friends, and from then on she has returned yearly to the South of France, as she was being called to develop the rest of her system, in response to people's health and spiritual needs. There are 38 essences to date.

Shreshta Carol now teaches One Heart Flower Essence Therapy, Vibrational Aromatherapy, Essential Oil Bath Therapy, Awakening the Magdalene Essence workshops, Egyptian Goddess Reiki and Oneness Awakening Courses internationally. She also offers consultations as a skilled reader of the Akashic Records, having supported and helped thousands of people all over the world gain more clarity and happiness in their lives.

Her compassion and dedication to the path of healing in cooperation and with the guidance of Nature is woven into all her workshops and consultations.

She currently resides in Port Willunga, South Australia.