



Catalogue of
New Millennium
Flower Essences
of New Zealand



Living Energy

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Front cover illustration:

Yellow Canna Lily – Relief Essence, Zero Point Field series

Table of Contents

The New Millennium Essences	4
The Project	4
The People	5
Peter Archer.....	5
Glenys Earle	5
Basic Starter Essences	6
Trauma Essences	8
New Energy Series	9
New Generation Alchemy Series	11
Core Issues Series.....	14
Debugger Series	17
Deep Healing Series	20
Zero Point Field Series	23
Quantum and Alchemy Series.....	26
Divine Elements Series	28
Skin Care Series	29
Super-Essences Series	31
Animal Healing Series	37

The New Millennium Essences

The Project

At first glance, the flower essences in the **New Millennium Essences** range look to be quite basic and simple. Each bottle is labelled with the name of the condition that it treats. Pick up a bottle at random, and you might see a label that is headed with **Abundance, Heart Trauma Healing, Addiction** or **Depression**. This makes these essences simple to use, as there is no need to learn complex details of what each essence is for; it is right there on each bottle.



However, beneath this simplicity, there is a power and depth that is truly astounding. **Resulting from continuous research and development stretching back to 1992, these essences have an extraordinary energy and healing power that was not possible until very recently.**

*Just a note of thanks and feedback to let you know I have been taking the essences for a bit more than a week now and know they are working on energies that I have carried since infancy which until now I couldn't identify. I have had spontaneous memories of a time before I had words to describe it and I now feel a shift in what had been issues of trust and connectedness.
Rhiannon, New York.*

These New Millennium essences are a lot different from the original Dr Edward Bach Flower Remedies. One reason for this is that the people who developed these essences went right back to first principles in their search for a new range of remedies suitable for helping to heal the issues of the 21st century.

Using the same basic methods as Dr Bach, Peter Archer and his colleagues learned how to become very sensitive to the energies and the issues that are besetting people in the 21st century. And, they trained themselves in the art of consciously noticing and working with these issues, so as to encapsulate in the essences whatever healing energies are needed in order to heal the issues.

Just as Dr Bach, in his time around 1930, was a very keen observer of humanity, leading to his noticing and finding remedies for each of the issues pertaining to each of his 38 Bach Flower essences, so too have Peter and his co-workers noticed and defined many of the issues that are currently besetting people today. In many cases, these 21st-century issues were not recognised or observed until recently.

Humanity's perceptions, expectations and emotional awareness have evolved a lot over the last 90 years. Life is also a lot faster paced than it was back then, and the rate of change is speeding up.

The New Millennium Essences not only directly address these issues now faced by the mass consciousness of humanity, but they have the unique ability of **balancing simplicity with complexity**: **simple** and easy to use, yet **complex** in the way in which they treat the many layers of issues faced by people today.

The New Millennium Essences of New Zealand truly represent a genuine quantum leap into new territory, beyond the realms of what has traditionally been thought possible for flower essences, into a new paradigm of human healing and consciousness.

New Millennium Essences

The People



Peter Archer

When **Peter Archer** first discovered flower essences in 1992, he was at a major crossroads in his life. About to move to a new city to make a fresh start, he was highly dissatisfied with the way things were, for himself, and with society in general, and he was searching for new ideas. Flower essences were an obvious choice, and he embraced them wholeheartedly, both as a tool for his own healing, and for their potential in providing a future career as an essence practitioner.

After four years of intensive study and work as a part-time essence practitioner, using essences from around the world, Peter felt the need to take the next step into making his own essences, while also continuing in his training and intensive study. This phase lasted for two years until August 1998, when he finished his career in the computer industry to become a full-time essence practitioner and developer.

From those early beginnings, driven by a personal need and also a burning desire to help change the world for the better, the **New Millennium Essences** as they are today have evolved. Along the way, there have been many new discoveries and exciting innovations, and Peter continued to produce new essences until only a year or so before his untimely passing in June 2019.



Glenys Earle

When **Glenys Earle** was first introduced to flower essences in 2003, she found she had a real aptitude for this work. Her years of intensive study of yoga and metaphysics, as well as Reiki practice, had culminated in a sensitivity to the devic realm of Nature, enabling Glenys to assist in the development of new essences within a short time of meeting Peter. Glenys then commenced an intense internship with Peter, lasting seven years, and was a full-time partner in New Millennium Essences during that time. Glenys brought her love of aromatherapy to the partnership, and so began the aromatherapy spray blends, which combine organic essential oils with the New Millennium flower essences.

Glenys has a background in the computer industry, mixing teaching, writing and project management with technical skills. All through her adult life, as a result of a series of health crises, she has been searching for a kinder, more holistic model of health and wellness care for our society. Glenys currently works as a healer, specialising in ThetaHealing, Reiki and Energy Medicine. She is also the sole supplier of the **New Millennium Essences**, which are available as single remedies, as well as flower essence treatments, and in the powerful [Living Energy](#) range of aromatherapy spray blends.

New Millennium Essences








Basic Starter Essences

Most of the flower essences in this catalog are grouped according to the year in which they were found, or were specialist sets for particular sets of issues. However, in their work with a multitude of clients over many years, the New Millennium Essences team discovered that certain essences were useful for almost everyone – at least, when they begin their initial healing process.

And in fact, some of the essences, such as the **Aura Cleanse, Repair & Debugger** (Warrior Rose), **Negative Energy Release** (Dark Pink Geranium) and **Stability** (Amber Queen Rose) may be required many times over the course of a treatment.

*The **Basic Starter Essences** are drawn from different New Millennium ranges. The **Body and Energy** set were found along with the [New Energy](#) series in 2002; the **Emotional and Physical Relief** essences were discovered in 2003, while the **Energy Cleansing and Protection** essences date primarily from 2007 to 2008. Any of these essences may be used in conjunction with any of the other New Millennium essences, as needed.*

	Essence	Flower
	Body and Energy	
	Apprehension	<i>Stargazer</i> Rose
	Breaking the Pattern	Yellow-Orange Rose
	Energy of the Past	<i>Rosy Cushion</i> Rose
	Negative Energy Release	Dark Pink Geranium
	Shock	<i>Typhoon</i> Rose

New Millennium Essences

	Essence	Flower
	Emotional and Physical Relief	
	Body Symptoms Relief	<i>Thryptomene calycina</i>
	Completion of Issues	<i>Pieris Dorothy Wycoff</i>
	Emotional Relief	<i>Pieris Valley Rose</i>
	Feelin' Good	<i>Bokit Begonia</i>
	Energy Cleansing and Protection	
	Aura Cleanse, Repair & Debugger	<i>Warrior Rose</i>
	Complete Protection	<i>Serendipity Rose</i>
	Emotional Clearing	<i>Yesterday Rose</i>
	Stability	<i>Amber Queen Rose</i>
	Super-Arnica	<i>Friesia Rose</i>

New Millennium Essences










Trauma Essences

Healing from trauma has become a major focus of healing over the past few decades, in recognition of the knowledge that unprocessed trauma can become embedded in the body at the cellular level until it is released. So many of us experienced trauma of one kind or another in our lives, often as children growing up in dysfunctional settings. And we are all impacted by the legacy of generational and cultural trauma.

The *Trauma* essences are designed to help us heal from the effects of embedded trauma. The first set of four essences are for when the trauma occurred in the past and we wish to release it from various layers within the body. The second set is for acute trauma – that is, when the trauma has just occurred or was very recent. It helps us to process and release the trauma before it becomes deeply embedded.

The Trauma essences were discovered from 2002 to 2004 at the same time as the [New Energy](#) and [New Generation Alchemy](#) series. They were intended to be used for deeper trauma healing work with that series, but may be used in conjunction with any of the New Millennium essences.

	Essence	Flower
	Physical Trauma	Yellow Rose
	Emotional Trauma	Yellow-Orange Narcissi
	Cellular Trauma	Yellow Berries
	Shock & Cellular Trauma	Burnt Daisy
	Acute Trauma	
	Acute Trauma Energy	Pink Camellia, in snow
	Acute Trauma in Body Cells	Chinese Witchhazel
	Acute Trauma Holographic	Conifer, in snow







New Millennium Essences



New Energy Series

The **New Energy** Series of essences are made only from flowers, mainly roses. They cover a range of issues for people who are really committed to their personal and spiritual development. The New Energy collection comprises a number of essences for issues such as balancing our energy anatomy (chakras and meridians), and connecting more fully to our true inner “Self”. Specialist super-essences in this range help release beliefs and trauma embedded in the body, reprogram our DNA, and help release genetically inherited issues that no longer serve.

*The **New Energy** essences were first discovered from 2002 onwards, and they represent an advance on traditional flower essences, in that they are no longer dualistic: they no longer have a “negative” aspect, but are inherently holistic. As we enter the New Reality that is rapidly emerging, it is time for humanity to let go of the Duality and move into a state of non-dualistic wholeness.*

	Essence	Flower
	Aura Damage Repair	<i>High Hopes</i> Rose
	Blocks Dissolve	<i>Loving Memory</i> Rose
	Chakra Cleanse	<i>Lovely Lady</i> Rose
	Chakra Reconfiguration	<i>Ice White</i> Rose
	Emotional Energy Release	Pink Dahlia
	Gridlock Dissolve	<i>Dublin Bay</i> Rose
	Kundalini Energy	<i>Playboy</i> Rose
	Meridians Balance	<i>Friesia</i> Rose

New Millennium Essences

	Essence	Flower
	Negative Thought Forms Release	<i>First Lady</i> Rose
	Self-Judgement	Marigold
Original Perfection		
	Natural Balance & Harmony	<i>Iris Milestone</i>
	Releasing Duality	<i>Pieris japonica Red Mills</i>
	Source Connection to Perfection	<i>Trollius europaeus Superbus</i>
	Transforming into Perfection	<i>Pyjama</i> Lily
New Energy Super-Essences		
	Body-Embedded Beliefs & Trauma	<i>Windrush</i> Rose
	DNA Overhaul & Reprogramming	Cream Climbing Rose
	Generational Inherited Issues	<i>Old Master</i> Rose










New Millennium Essences



New Generation Alchemy Series

The **New Generation Alchemy** Series of flower essences were made from flowers and trees. They represent a higher vibrational energy than the earlier New Energy essence collection, and their purpose is to help us wake up to the “truth” of human experience, to see through the layers of falsehood and illusion that pass for accepted wisdom within our culture.

*The **New Generation Alchemy** essences were discovered from 2003 to 2004 and, like the [New Energy](#) collection before them, are inherently non-dualistic. The **New Generation Alchemy** essences are very powerful, and they are most suitable for people who have already resolved the more basic emotional, mental, physical, and spiritual issues. However, they deal with the same “basic everyday” issues faced by everybody that are covered by some of the earlier essence sets (such as the [Super-Essences](#)), but they work at a much deeper level.*

	Essence	Flower
	Body and Energy	
	Arnica Equivalent	Dried-up Daisy
	Body Energy & Balance	Feverfew
	Body Overhaul & Rejuvenation	Begonia diadema
	Body Wellbeing	Light Violet Bougainvillea
	Illness Support	Westringia amabilis
	Negative Energy	Clematis <i>Warzawska Nike</i>
	Negative Thought Forms	Schinus molle (<i>Pepper Tree</i>)
	Post-Trauma Healing	Hypericum choisianum
	Support on All Levels	Red Bottlebrush

New Millennium Essences

	Essence	Flower
	Tiredness & Fatigue	Dried Grass
	Trauma Energy	Pachystegia rufa
	Emotional and Mental	
	Abundance	Cornus capitata (<i>Strawberry Tree</i>)
	Addictions & Patterns	Peperomia polybotrya
	Cultural & Social Issues	Mexican Thorn Tree
	Depression	Amaranthus <i>Green Tails</i>
	Emotional Dependency	Pieris floribunda <i>Fetterbush</i>
	Family Issues	Tree with Yellow Fruit
	Feeling Overwhelmed	Olearia <i>Lavender Queen</i>
	Gender & Yin-Yang Issues	Coronilla valentina <i>Variegata</i>
	Healthy Sexuality	White Borage
	Heart Trauma Healing	Orange Aster
	Keeping On No Matter What	Aeschynanthus <i>Mona Lisa</i>
	Moving On to Happiness	Dahlia <i>Wylde Green</i>
	Recovery from Abuse	Small White Agapanthus
	Relationship Issues	Small Flax

New Millennium Essences

	Essence	Flower
	Releasing the Blame Game	Violet Bell-shaped Vine
	Self-Worth	<i>Ilex aquifolium Argentea Marginata</i>
	Stress & Low Energy	Scorched Pigface
	Stuck Thinking & Self-Judgement	<i>Penstemon hartwegii</i>
	Spiritual	
	Attaining True Adulthood	White-flowered Basket Plant
	Glitter & Glamour	<i>Sophora microphylla Dragon's Gold</i>
	Hidden Talents Revealed	Lipstick Plant
	Human Divinity & God-Self	Mexican Bush Sage
	Intuition & Lessons Integration	<i>Convolvulus English Blue</i>
	Karmic Issues & Contracts	<i>Helianthus mollis Ashy Sunflower</i>
	On the Path to Mastery	<i>Dahlia Titoki Point</i>
	Seeing Totally	<i>Ilex aquifolium Madame Briot</i>
	Shadow-Self & Ego	<i>Acacia deanii (Deane's Wattle)</i>
	Transforming the Self	<i>Leptospermum scoparium Sunrasia</i>
	Master Linkage Essence	
	New Generation Alchemy Master	Tree with Creeper










New Millennium Essences



















Core Issues Series

The **Core Issues** Series of flower essences were made primarily from flowers and trees. They follow on from the earlier [New Generation Alchemy](#) series of essences. This series of essences takes healing to a deeper level, to resolve not only the issues themselves, but also the various hooks, emotional residue and attached entities left by issues, or by people and events, either in the present or in past lives.

*The **Core Issues** collection was first discovered in 2006, and launched in 2007. They take the science of flower essences to a new level in their capability, and they are suitable for people who have already done a lot of work with our other essence collections in stripping away the many layers of energetic “garbage”, and who are now ready for healing at very deep levels, in the process stripping away the layers of the false self and false views of the world in which we live.*

	Essence	Flower
	Body and Energy	
	Body Energy Kickstart	<i>Kiskadee Rose</i>
	Body Negative Entropy	<i>Breath of Life Rose</i>
	Body Processes	<i>Monty’s Surprise Apple</i>
	Body Symptoms Release	Red Anthurium
	Body Water Balance	Light Apricot Rose
	Body’s Innate Intelligence	<i>Sunny Honey Rose</i>
	Body-Soul Seating	<i>Rhododendron Drum Major</i>
	Dissolving Family Lore	<i>Old Master Rose</i>
	Energy Anatomy Cleanse & Repair	<i>Sunblest Rose</i>

New Millennium Essences

	Essence	Flower
	Energy Anatomy Master	Rhododendron <i>Platinum Ice</i>
	Energy Anatomy Restructure	Red Blossom
	Illusion of Negative Energy	Pink Anemone
	Tissue Regeneration	Wild Carrot Seed
	Total Energy Rejuvenation	Light Pink Cyclamen
	Emotional and Mental	
	Complex Pattern Unraveller	Yellow Turnip
	Compulsive Dysfunctional Patterns	<i>New Year</i> Rose
	Ego Tamer	Large Yellow Daisy
	Emotional Residue Dissolve	<i>Virgo</i> Rose
	Energy Rebalancing	Cactus
	Feelings Validator	<i>Brilliant Pink Iceberg</i> Rose
	Heart of the Issues	<i>The Optimist</i> Rose
	Insane Illusions	<i>Spiced Coffee</i> Rose
	Insane World Clarifier	Pink Trumpet flower
	Karmic Residue Release	White Bold Rhododendron
	Life Contracts	<i>Perfect Moment</i> Rose

New Millennium Essences

	Essence	Flower
	Mindset Shifter	<i>Uncle Walter Rose</i>
	Negative Energies Transmute	Violet Creeper
	Past Life Master Healer	<i>Eyeopener Rose</i>
	Past Life Trauma Healer	<i>City of Auckland Rose</i>
	Reaction Triggers	<i>Many Happy Returns Rose</i>
	Subconscious Programming Hooks	Pink Bougainvillea
	Trauma from Childhood	Violet Bon Salvia
	Spiritual	
	Christ Human God	<i>Prima Ballerina Rose</i>
	Happiness Acceptance	<i>Double Delight Rose</i>
	Miracle Factor	Celery Seed <i>Nutty</i>
	Original Source Connection	Red-stemmed Beet
	Spiritually Alienated	<i>Westerland Rose</i>
	Truth of Who We Are	<i>Remember Me Rose</i>
	Master Linkage Essence	
	New Generation Alchemy Master	Tree with Creeper

New Millennium Essences



Debugger Series

The **Debugger** Series are a collection of essences for help in dealing with all forms of negative energy or psychic attacks, and attacks from Black Magic-type curses, hexes and spells. They also help in dislodging negative entities, releasing earth-bound spirits and for protection from Dark Forces.



*Peter Archer specialised in releasing negative energies and entities of all kinds. The **Debugger** essences were created in parallel with many of the other essence series as the need arose.*

	Essence	Flower
	Alien Implants Resolver	Oreocereus celsianus
	Astral Threads Disconnect	Lantana <i>Drap d'Or</i>
	Attached Entities	<i>First Love</i> Rose
	Black Magic Antidote	<i>Mamy Blue</i> Rose
	Dark Forces Immunity	<i>Spirit of Hope</i> Rose
	Dark Forces Mind Control	Parodia magnifica
	Deactivate Etheric Homing Beacon	Black Sage
	Demon Resolver	Espostoa lanata
	Earth-Bound Spirits Help	<i>Happy Wanderer</i> Rose
	Etheric Insect Repellent	Everlasting Daisy
	Etheric Mosquito Net	Melaleuca pulchella (<i>Claw Honey Myrtle</i>)

New Millennium Essences

	Essence	Flower
	Etheric Parasites Debugger	Yellow Hibertia
	Hidden Curses & Hexes	Camellia <i>The Czar</i>
	Holographic & Cellular Debugger	<i>Silver Cloud</i> Rose
	Implant Removal	Camellia <i>Blood of China</i>
	Mass Consciousness Programming	<i>Dusky Dancer</i> Rose
	Mass Hypnosis	Cleistocactus <i>strausii</i>
	Multidimensional Attack Immunity	Rebutia <i>spinosissima</i>
	Negative Energies Debugger (advanced)	<i>Matawhero Magic</i> Rose
	Negative Entity Release	Dragons Blood Tree
	Other People's Garbage	<i>Glamis Castle</i> Rose & <i>Pink Iceberg</i> Rose
	Psychic Attachments	Lantana <i>camara</i>
	Ritual Abuse Healing	<i>Marie Pavie</i> Rose
	Shadow-Self Integration	<i>Hermosa</i> Rose
	Shape-Shifting Demon Immunity	<i>Fairy Changeling</i> Rose
	Super Hexes	<i>Iris Gee</i> Rose

New Millennium Essences

	Essence	Flower
	Symptoms Magnified	<i>Chinatown Rose</i>
	Wiccan Initiation Antidote	<i>Magic Carrousel Rose</i>

New Millennium Essences



Deep Healing Series

The **Deep Healing** Series of flower essences are made only from flowers, mainly roses, and represent an even higher vibration energy than the earlier New Generation Alchemy and Core Issues series of essences. This series of essences takes healing to a very deep level when compared with earlier series, in order to prepare us for the higher-vibration energies that are now appearing on Earth.

*The **Deep Healing** collection was first discovered in 2007. They are intended for those who have already dealt with not only the basic issues of the [New Energy](#) and [New Generation Alchemy](#) series, but also with those who have worked with or are working with the more fundamental issues underlying the basic ones. They are a follow-on from the work done for the [Core Issues](#) series.*

	Essence	Flower
	Body and Energy	
	Balancing Alternate Realities	<i>Elmshorn Rose</i>
	Birth Trauma Healing	<i>Kia Ora Rose</i>
	Body & Sleep Cycles	<i>Quatre Saisons Rose</i>
	Cellular Processes Master	<i>LD Braithwaite Rose</i>
	Digestive System Master Healer	Coffea arabica
	Energy Bodies Balance & Alignment	<i>Peter Frankenfeld Rose</i>
	Female Oestrogen Balance	Pink-Orange Dahlia
	Female Progesterone Balance	Burmese Honeysuckle
	Female Sexual Health Master	<i>Anna Zinkeisen Rose</i>

New Millennium Essences

	Essence	Flower
	Healthy Sexuality	<i>Wife of Bath</i> Rose
	Immune System Support Master	<i>Sea Foam</i> Rose
	Male Hormonal Balance	<i>Charles Austin</i> Rose
	Male Sexual Health Master	<i>Nymphenberg</i> Rose
	Master Healing Process	<i>The Prince</i> Rose
	Medical Treatment Recovery	<i>It's Magic</i> Rose
	Microbes Balancing	<i>Soroptimist International</i> Rose
	Sexual Vitality Restoration	<i>The Squire</i> Rose
	Emotional and Mental	
	Deeply Hidden Stuff	<i>Honorine de Brabant</i> Rose
	Early Child Abuse Suppressed Memory	<i>Glowing Cushion</i> Rose
	Inner Child Formative Experiences	<i>Roundelay</i> Rose
	Inner Person Resolution	<i>Evelyn</i> Rose
	Releasing Our Personas	<i>Penny Lane</i> Rose
	Residual Garbage Clearance	<i>Maiwunder</i> Rose
	Resistance to Change	<i>Princess of Wales</i> Rose

New Millennium Essences

	Essence	Flower
	Sexual Abuse from Authority Figure	<i>Cardinal Hume</i> Rose
	Karmic and Cultural	
	Family & Generational Issues Healing	<i>Warm Wishes</i> Rose
	Genetic Body Imbalances	<i>Jacqueline du Pre</i> Rose
	Genetic Mutations Master Healer	<i>Swan Lake</i> Rose
	Grandmothers' Eggs Inherited Issues	<i>Anna Pavlova</i> Rose
	Healing Karmic Patterns	<i>Lest We Forget</i> Rose
	Karmic Patterns Master Healer	<i>Cyclamen hederifolium</i>
	Mass Consciousness Disconnect	<i>Radio Times</i> Rose
	Termination Process	<i>Fairyland</i> Rose
	Too Far Ahead of the Pack	<i>Golden Wings</i> Rose
	Tribal Ties Disconnect	<i>Great Ormond Street</i> Rose
	Master Linkage Essence	
	New Generation Alchemy Master	Tree with Creeper

New Millennium Essences










Zero Point Field Series









The **Zero Point Field** Series comprises a range of essences made primarily from flowers, as well as a few environmental essences. This collection represents a completely new breakthrough in the field of vibrational remedies. In the process of creating these essences, the essence maker's consciousness is fused with the zero point field, which is the fundamental quantum field comprising our reality. This takes the process of creating essences to an even deeper level than the [Core Issues](#) and [Deep Healing](#) collections.

In the zero point field individual subatomic particles exist as pure potentialities until an intelligent consciousness (ie. a human) actually observes them. The act of looking at a particle seems to ground it into concrete physical reality. Prior to the appearance of an observer, the “unobserved” (potential particle) actually is not really “real” in our physical reality.








*The **Zero Point Field** essences were discovered from 2010 onwards, in the upper North Island of Aotearoa New Zealand.*

	Essence	Flower
	Zero Point Field – General	
	Back on the True Path	Inkweed, by stream
	Cellular Optimisation	Lily <i>Little Elf</i>
	Consciousness Shift	Red Berries, through fence
	Energy Anatomy Optimisation	Aurum Lily & Wild Parsley
	Energy Reclaim	Large Aurum Lily
	Erasing Old Video Pictures	Pongas
	Habit Breaker	Mushroom growth on tree

New Millennium Essences

	Essence	Flower
	Healing Crisis Moderator	Red Bromeliad
	Jumbled & Scattered Energy	Fennel Seeds, on fence
	Optimum Past Choice	Cotoneaster Berries
	Perfection Download	Aurum Lily, in sun
	Radical Forgiveness	Storm Clouds
	Reality Creation Process	Dandelion & Wild Carrot
	Relief Essence	Yellow Canna Lily
	Restoring the Impossible	Pure White Camellia
	Time Traveller	Rocket
	Healing Entrainment	
	Functional Society Entrainment	Mt Ruapehu, in winter
	Perfect Body Cell Entrainment	Lily with "rotten" flowers

New Millennium Essences

	Essence	Flower
	Dissolving Hypnotic Spells	
	Erasure of That Which I Am Not	White Toetoe & Black Manuka
	False Teachings	Gorse, with flood debris
	Knowing Better	Aurum Lilies
	Chakra Essences	
	Chakras – Physical	Horse Chestnut
	Chakras – Energetic	Three Pines
	Chakras – Spiritual	Mt Ngauruhoe
	Master Linkage Essence	
	Zero Point Field Master	Kawakawa & Huge Rock

New Millennium Essences









Quantum and Alchemy Series

The **Quantum & Alchemy** Series are different from earlier New Millennium essence series, both in their extraordinary power, and in the way they work, by addressing issues that have been overlooked previously. They drill right down deep into the very core of the human psyche, healing the deepest trauma.

*The **Quantum & Alchemy** essences are the result of 25 years of intensive research and development. This series represents the last of Peter's work prior to his death in 2019.*

	Essence	Flower
	Quantum Essences	
	Divine Alchemy	<i>Ohinemuri</i> Apple
	Double Bind Resolution	Green & Red Basil
	Ho'oponopono Prayer	Niagara Grape
	Inner Child Wounding Healing	Sunflower
	Original Wounding Healing	White & Pink Cosmos
	Pain Grid	Pink & White Naked Ladies
	White Gold Healing	<i>Aquilegia viridiflora</i>

New Millennium Essences

	Essence	Flower
	Alchemy Essences	
	Ancestral Total Healing	Baby Ponga
	Cellular Memory & Patterning	Big Bush
	Gut Health	Corylopsis glabrescens
	Karmic Total Healing	Yellow & Brown Pansy
	Meme Creation	Red Canna Lily
	Mitochondria Health & Balance	Kikuyu Grass
	Master Linkage Essence	
	Zero Point Field Master	Kawakawa & Huge Rock








New Millennium Essences



Divine Elements Series

The **Divine Elements** Series comprises a small range of gem and sea essences. This exquisite collection is primarily for healing and balancing the chakras, helping in the process of upgrading the human energy anatomy in order to bring more of the “Divine Energies” into one’s experiential reality, and integrate the divine into our bodies.

*The **Divine Elements** essences were discovered in the year 2000, primarily on beaches in the North Island of Aotearoa New Zealand.*

	Essence	Stone/Gem
	Crown Chakra	Divine Purity
	Third Eye Chakra	Divine Lattice
	Throat Chakra	Divine Communicator
	Heart Chakra	Divine Love
	Solar Plexus Chakra	Divine Blueprint
	Sacral Chakra	Divine Creativity
	Base Chakra	Divine Manifestation
	Heart Connection	Pink Pumice

New Millennium Essences



Skin Care Series




The **Skin Care** Series comprises a small set of specialist essences for skin-care applications. These essences work at the energetic level, supporting the cells and tissues of the skin to work more efficiently.

This series is primarily designed to be combined with other ingredients, like essential oils or herbs, into blended skin-care products. However, they can also be used topically on the skin, or be taken internally (in the same as other essences), either on their own or mixed in blends with other essences.

*The **Skin Care** essences began as a project for a day spa training application, and have been used by many producers of bespoke skin care products.*

	Essence	Flower
	Aged Skin	Canary Date Palm
	Cooling Overheated Skin	Pink Magnolia & Red Azalea
	Healing Damaged Skin	Hemp Palm
	Healthy Skin Balance	Circular Flower Bed
	Healthy Skin Nutrient Supply	<i>Cornus florida Stokes Pink</i>
	Inner Beauty	Magnolia stellata, behind tree
	Natural Botox	<i>Cornus florida Cloud Nine</i>
	Sebum Balance	<i>Anna Maria de Montravel Rose</i>
	Skin Ageing Issues	<i>Monarda prairienacht</i>

New Millennium Essences

	Essence	Flower
	Skin Cellular Essence	Magnolia stellata
	Skin Essence	Violet Flower
	Skin Hydration	Peltiphyllum peltatum

New Millennium Essences



Super-Essences Series

Super-Essences comprise our largest collection of essences, and they are made from flowers, gems, shells and crystals. They cover a very broad range of mainly everyday issues, for practitioner and personal use, as well as essences suitable for those starting out on the spiritual path.















*The **Super-Essences** were first discovered in 2000, and they are produced via an innovative process that combines between two and six of the earlier-generation New Millennium flower essences, to create a new essence that is more than simply a mixture of its ingredients. A Super-Essence is a synergistic blend of the energies of the constituent essences, reconstituted to become a single essence, thus providing far greater breadth and subtlety in its healing power than was previously possible.*

	Essence	Primary Flower/Gem
	Super-Essences – General	
	Anger & Resentment	Spiraea japonica
	Body-Soul Integration	Quartz & Granite
	Childhood Trauma Recovery	Cosmos
	Cleansing & Self-Worth	Gorse
	Communication	<i>Communication Stone</i>
	Creativity	Bird of Paradise
	Cultural Future Shock	Zucchini
	Divine Connection	Bermuda Buttercup
	Divine Joy	Fringecup













New Millennium Essences

	Essence	Primary Flower/Gem
	Dopamine Regulation	Violet/Pink Cyclamen
	Everyday Challenges	<i>Everyday Challenges Stone</i>
	Fears	Flax
	Forgiveness	Piripiri (<i>Bidibid</i>)
	Gender Battles	Ostrich Foot Shell
	Grandmother Nurturing	Blackberry
	Grief Blockage	Water Celery
	Grounding	Smoky Quartz
	Guilt	Strawberry Cactus
	Healing the Sacred Feminine	<i>Sacred Feminine Crystal</i>
	Letting Go	Spur Valerian
	Male-Female Integration	Plantain
	Mental Dysfunction	Olearia
	Mourning & Grieving	Canadian Fleabane
	Nurturing	Pink Verbena


New Millennium Essences

	Essence	Primary Flower/Gem
	Out of Place	Pinus radiata
	Out of Time	Scotch Thistle
	Past Trauma	Red Flowering Gum
	Personal Transformation	California Poppy
	Radiation Repair	Peace Lily
	Relationship Fear	<i>Duet</i> Rose
	Seeing Clearly	Eagles Eye View
	Self-Acceptance	Self-Acceptance Stone
	Self-Pity	Wandering Jew
	Sleep & Insomnia	Pink Dahlia
	Suicidal	Violet & Yellow Salvia
	Sweetness	Dark Pink/Violet Bush
	Wounded Heart	Pink Sedum
	Master Linkage Essence	
	Super-Essence Master Linkage	White Magnolia



New Millennium Essences










	Essence	Primary Flower/Gem
	Addiction Issues	
	Addiction – General	Yellow Canna Lily
	Craving & Wanting	Scabious
	Codependence	Parahebe
	Drug & Alcohol Addiction	Bush Lawyer
	Smoking Addiction	Nicotiana alata
	Children's Issues	
	Children's Emotional Mirroring	<i>Camellia Elegans Supreme</i>
	Indigo Children's Issues	Giant Geranium
	Schooling Trauma Recovery	Pohue
	Women's Issues	
	Abortion Trauma	Red Frilled Lettuce
	Female Health	<i>Jean Ducher Rose</i>
	Feminine	Rock Plant
	Father-Daughter Issues	Broccoli
	Mother-Daughter Issues	Pink Camellia

New Millennium Essences

	Essence	Primary Flower/Gem
	Sexual Power	Marjoram
	Women's Busyness	Parahebe
	Women's Self-Worth Issues	Aunt Daisy
	Men's Issues	
	Father-Son Issues	Bog Sage
	Mother-Son Issues	Poke Weed
	Male Health	Orange Begonia
	Male Sexual Pride	Dark Pink Hibiscus
	Masculine	Korokio
	Sexual Toxicity	Lantana
	Physical Body Healing	
	Acute Body Symptoms	Helichrysum
	Body Messages	Orange Poppy
	Cellular Function	Small Hebe
	Chronic Body Symptoms	Pink Flower Bush

New Millennium Essences

	Essence	Primary Flower/Gem
	Metabolic Function	Pink Poppy
	Master Linkage Essence	
	Super-Essence Master Linkage	White Magnolia

	Essence	Primary Flower/Gem
	Feng Shui House Balancing	
	House Cleansing	Wild Fennel
	House Energising	Red Clover
	House Energy Aligning	Angelica
	House Energy Balancing	Spur Valerian
	House Energy Transforming	Peace Lily
	Land Balancing	
	Land Balancing & Aligning	Lavender
	Land Healing	Quartz & Granite
	Restoring the Land	Red Toetoe
	Master Linkage Essence	
	Feng Shui Master Linkage	Pink & White Magnolia









New Millennium Essences







Animal Healing Series

The **Animal Healing** Series comprises a series of essences that are specifically created for animals. While it is true that most essences that work for humans also work well for animals, it is also true that animals experience the world differently, and have many different physical, emotional and behavioural issues than humans do. It therefore makes sense to develop essences for issues that are specific to animals.














The Animal Healing essences were discovered from 2003 onwards. They were defined in partnership with animal communicator and healer, Deb Stewart.

	Essence	Flower
	Animal Healing – General	
	Animal's Emotional Mirroring	Red & White Camellia
	Animal's Emotional Relief	White Rhododendron
	Animal's Frustrations & Limitations	Fir Tree
	Animal's Perspective on Life	Camellia <i>Crimson Robe</i>
	Animal's Physical Condition	Anthurium <i>Hybrid Two</i>
	Animal's Physical Relief	Raupo Seed
	Arnica Emulator	Marguerite Daisy
	Caged Birds & Poultry	Light Pink Anthurium
	Cat's Territorial Issues	<i>Canterbury</i> Rose




New Millennium Essences

	Essence	Flower
	Dog's Nervousness	<i>Aeschynanthus Black Pagoda</i>
	Emotional Garbage Energy	Orange Begonia
	Energy Lack	Nasturtium
	Energy Upliftment	Helichrysum
	Horse's Nervousness	White Ball Flower
	Nature Helper	Yellow Senecio
	Positive Change	Wild Turnip
	Seeing the Positive	Statice
	Animal's Physical Issues	
	Animal's Allergies	Fagus Atropunica Tree
	Animal's Arthritis	Macrocarpa Tree
	Animal's Eczema	Red Flower Bush
	Animal's Kidney Problems	Red Begonia
	Animal's Kidney Stones	Green Berries
	Animal's Respiratory Problems	<i>Chestnut Red Horse</i>
	Degenerative Diseases in Animals	<i>Euphorbia Chameleon</i>

New Millennium Essences

	Essence	Flower
	Environmental Pollution Legacy	Horse Chestnut <i>Indian</i>
	Flea Repellent	Dahlia <i>Oreti Stacey</i>
Animal's Behavioural Problems		
	Animal's Attention Seeking	Red & Violet Sweet Pea
	Animal's Depression	Garlic Chives
	Animal's Family Issues	Dicentra <i>Langtrees</i>
	Animal's Feeling Boxed-in	Eryngium caenuleum
	Animal's Unhealthy Feelings	Chinese Chives
	Animal's Food Addiction	<i>Hamburger Phoenix</i> Rose
	Animal's Jealousy	Myrtle
	Animal's Mental Health	<i>Leander</i> Rose
	Animal's Territorial Issues	Iris <i>Circus Stripes</i>
	Cat's Territorial Disputes	Mammillaria hexacantha
	Dysfunctional Emotional Issues	Ulmus minor

New Millennium Essences

	Essence	Flower
	Rescued Animals	
	Abused Animals	<i>Mme Louis Laperriere</i> Rose
	Animal's Major Trauma	Red Camellia, in snow
	Unwanted Animals	<i>Chaplins Pink</i> Rose