



**ARCHEUS PLANT ESSENCES**  
**A Quick Guide**

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*“I didn’t just hug a tree.... I became the tree”*

*– Georgina Langdale*

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## Archeus Plant Essences & Elixirs

The Archeus Plant Essences & Elixirs are all prepared from plants growing in our organic gardens that surround the Centre for Nature Connection and growing in nearby forests and parks.

Plant essences are not harmful or habit forming. They are not selected for a physical complaint, but rather for the person's state of mind. They are a way of making a direct connection with the pure energy of plants to aid one's one return to well-being. They are a form of Earth Medicine for the Soul.

The Archeus Essences find their starting place with the system developed by Dr Edward Bach in the early 20<sup>th</sup> Century, but they reflect Archeus' founder, Georgina Langdale's own plant knowledge and multi-disciplinary approach to working with Nature.



### About Georgina Langdale

Georgina Langdale is trained as an herbalist, massage therapist, and aromatherapist. She is a Reiki Master, graduate of the prestigious Four Winds Light Body School in Shamanic Energy Medicine and trained with the Conscious Dying Institute (USA) as a certified end-of-life coach and doula. She has studied with the Bach Centre in the UK and is completing a MSc in Environmental

Psychology Health & Wellbeing with the University of Cumbria.

Georgina's work with plants and energy for healing evolved out of her own experience of connecting with Nature to help her through childhood trauma. Now in her 50s she has moved away from a career in international conservation with the United Nations and is devoting her life to creating ways of helping others tap into the healing power of Nature for their own health, well-being, with a particular focus on nature-based interventions to support palliative and end-of-life care.

In 2013 Georgina launched her business Archeus. In 2018 Georgina received a Good Magazine Award for her work with nature to help people through key life transitions and 'the tough stuff'. Archeus has also been selected in Global Awards for the beauty industry. In 2021 she launched the Centre for Nature Connection to help people connect with the healing power of nature via coaching, plant essences, training and support in palliative and end-of-life care.

Every purchase contributes to plant conservation activity in Hawke's Bay.

### About Edward Bach

Dr Edward Bach MB, BS, MRCS, LRCP, DPH was a consultant pathologist, bacteriologist and homeopath living and working in the UK in the first part of the 20<sup>th</sup> Century. He was born in 1886 and died in 1936. Bach believed that mental states could have a direct and powerful effect on physical health. He was not enamoured of the growing pharmaceutical and invasive approach of western medicine. Eventually he gave up his Harley Street practice in order to devote himself to developing the Bach Remedies System, which includes his composite remedy 'Rescue Remedy' which is still very popular today.

## THE ESSENCES

| Archeus Essence  | Primary Positive Quality | Key negative emotion to help with | Planet                | Direction | Chakra |
|------------------|--------------------------|-----------------------------------|-----------------------|-----------|--------|
| Hawthorn         | Balance                  | Heartbreak                        | Mars (with Saturn)    | North     | 4th    |
| Motherwort       | Balance                  | Loss of Self                      | Venus                 | North     | 2nd    |
| Aquilegia        | Balance                  | Disempowerment                    | Venus                 | North     | 5th    |
| Fennel           | Calm                     | Rage                              | Mercury               | North     | 3rd    |
| Lavender         | Calm                     | Worried, disturbed                | Jupiter               | East      | 7th    |
| Mallow           | Soothing                 | Fear, shock                       | Venus                 | East      | 4th    |
| Violet           | Calm                     | Grief                             | Venus (with moon)     | West      | 2nd    |
| Basil            | Focus                    | Scattered anxious thoughts        | Mars (with Jupiter)   | East      | 6th    |
| Rosemary         | Focus                    | Stressed                          | Sun                   | East      | 6th    |
| Bee Balm         | Calm                     | Volatile                          | Mercury (with Saturn) | West      | 5th    |
| Borage           | Joy                      | Melancholy                        | Jupiter (under Leo)   | East      | 4th    |
| Evening Primrose | Liberation               | Uptight                           | Venus (with Jupiter)  | South     | 1st    |
| Mullein          | Liberation               | Unable to communicate             | Saturn (with Mercury) | North     | 5th    |
| Houhere          | Nurture                  | Farewell                          | Moon (with Venus)     | South     | 1st    |
| Calendula        | Nurture                  | Overwhelmed                       | Sun                   | South     | 4th    |
| Dandelion        | Nurture                  | Fatigued                          | Sun (with Jupiter)    | West      | 3rd    |
| Hollyhock        | Nurture                  | Rootless                          | Venus (with Saturn)   | South     | 1st    |
| Rose             | Nurture                  | Self-loathing                     | Venus (with Jupiter)  | South     | 4th    |
| Self-Heal        | Nurture                  | Overwhelmed                       | Venus                 | West      | 3rd    |
| Kawa kawa        | Protection               | Depressed                         | Saturn (with Moon)    | west      | 2nd    |
| Yarrow           | Protection               | Exhaustion                        | Mercury               | West      | 3rd    |
| Oak              | Protection               | Overwhelmed                       | Mars (with Saturn)    | South     | 2nd    |
| Silver Birch     | Protection               | Loss of Self                      | Venus                 | East      | 7th    |
| Willow           | Protection               | Vulnerable                        | Moon                  | West      | 3rd    |
| Cleavers         | Release                  | Pent up emotions                  | Moon                  | West      | 5th    |
| White Sage       | Release                  | Toxic experiences                 | Venus                 | North     | 5th    |
| Kowhai           | Strength                 | Sudden change                     | Venus                 | West      | 3rd    |
| Totara           | Strength                 | Vulnerable and not grounded       | Mars (with Saturn)    | east      | 7th    |

## PRICING

**Each single essence is in a 10ml amber glass dropper bottle. NZD \$17 each.**

**Each Elixir Blend is in a 10ml amber glass dropper bottles. NZD \$19 each.**

**When ordering state which essence or elixir and the quantity of bottles.**

**Custom sets of 3-5 essences/elixirs per box can be created for you. Add NZD\$5 for the gift box**

# THE ESSENCES

## **AQUILEGIA**

**Botanical name:** *Aquilegia vulgaris*

The name *Aquilegia* is derived from the Latin *Aquila* (an eagle) as the spurs of the flowers are said to resemble an eagle's claws. Its other name, *Columbine*, comes from the Latin *columba* for a dove or a pigeon. I think of it as the Spirit Woman Remedy. This essence is about stepping into our women's wisdom, owning our stories, our sense of who we are in this world, and with that ownership and knowledge, we can step into a new day with profound inner wisdom and spiritual guidance.

## **BASIL**

**Botanical name:** *Ocimum basilicum*

Basil has a long history of use as a plant to help dispel melancholy and protect against the unknown. It is a herb of joy, calm and happiness. It helps us focus and prepare for new paths through life. It helps stop lovers quarrelling. It is also a beautiful herb to use at the end of life. It is often planted on graves and used as an incense in rituals for the dead. We love the energy that basil brings to a situation. It helps with focus and can act as a broom sweeping the path clear for you.

## **BEE BALM**

**Botanical name:** *Monarda fistulosa*

When you nibble a bee balm leaf it is hot and peppery and gradually makes the tip of your tongue go numb. Bee Balm can help us keep our words in check. It reminds us to think first and speak later. Its numbing qualities are also of comfort when we do want to take the heat of a situation, to reduce our anger.

## **BORAGE**

**Botanical name:** *Borago officinalis*

Borage is regarded as a medicine for melancholy. Feeling blue? Let Borage help you bring things back into balance again. This is a beautiful ally for 'calming the aches and passions of the heart'.

## **CALENDULA**

**Botanical name:** *Calendula officinalis*

Beautiful *Calendula*. What a friend you are. In herbalism *calendula* is one of our favorites as it is so gentle yet so effective as an antibacterial and antiseptic agent. We see this energy extended into the plant essence derived from it. Its sunny disposition helps strengthen and comfort the heart.

## **CLEAVERS**

**Botanical name:** *Galium aparine*

In herbal medicine, *Cleavers* is regarded as a specific herb for the lymphatic system. They help stimulate flow of lymph and thus the removal of toxins from the body. You can just imagine that sticky, Velcro-like plant material coursing through the body and all the nasties sticking to it before being flushed out via sweat and urine. *Cleavers* plant essence can help you free yourself of negative thoughts, the angst of bad memories or the pain of heartbreak. *Cleavers* can, as per Buddhist thought, help you move through a painful experience, but enable you to not hold onto the suffering.

## **DANDELION**

**Botanical name:** *Taraxacum officinale*

Have you ever noticed how dandelions seem to thrive everywhere, including the most barren and inhospitable places like the sides of roads? They are tough little plants but really get on with getting

the job done of clearing out waste and bringing in goodness. In herbalism they are a primo herb for the digestive system and energetically we see this quality as helping you deal with past issues and renew your energy, stoke your furnace. We also see how this energy may be of support to you emotionally as you make your way back from illness to wellness. Tough little dandelion with its bright yellow face making the best of everything put in its way.

### **EVENING PRIMROSE**

**Botanical name:** *Oenothera biennis*

Evening Primrose is associated with the feminine, its oil nourishes and its energetic properties provide a sense of grace and calm. Evening Primrose is not afraid to grow tall, to be seen about the cluster of flowers in the garden, to stand out in the crowd. She grows all wavy and wonky and all over the place and she just doesn't care! In fact she is positively jubilant. This also makes her a great remedy for body work like yoga, pilates, dance etc because her energy is so deliciously free form. Sacred to the Goddess Freya, primrose in all its forms is said to increase beauty and attract love

### **FENNEL**

**Botanical name:** *Foeniculum vulgare*

In Ayurvedic medicine, fennel is used as a carminative - this means it helps calm the digestive system and reduce things like wind. Energetically we see fennel as a remedy for rage.

### **HAWTHORN**

**Botanical name:** *Crataegus monogyna*

Hawthorn is a beautiful heart remedy and its leaves, flowers and fruit are all used. As an essence Hawthorn helps the heart, protecting it while also opening it to love, and we believe it helps you give out more love. It is also a great tree of courage.

### **HOLLYHOCK**

**Botanical name:** *Althea rosea*

Hollyhocks signify home. They are the plants of gardens and front doors. The energy of hollyhocks helps one feel grounded, they give a sense of place and belonging. They are also a traditional remedy for menopause. New beginnings.

### **HOUHERE**

**Botanical name:** *Houheria populnea*

Houhere is also known as Lacebark. A member of the mallow family, this tree has a gentle quality to it and has been used traditionally as medicine for eyes and for the digestive tract. The lace-like inner bark is used for fine decorative weaving and in embroidery. Energetically, with its attributes of stitching and soothing, houhere supports the mothering in us. Houhere helps us find a gentle place within our relationships with others. If a child is leaving the nest, Houhere helps us let them go, knowing that the bonds are strong, and the love is cherished.

### **KAWA KAWA**

**Botanical name:** *Macropiper excelsum*

Kawa kawa is a beautiful tree, so full of healing and good will. Its energy can be very cleansing and healing. Like the way it grows, Kawa kawa helps you move from darkness into light. It is a wonderful energy to help lift the dark cloud of depression.

### **KOWHAI**

**Botanical name:** *Sophora microphylla*

Kowhai is a plant that helps us in transitions. It can help us move from place to place, from illness to wellness, from life into death. It can help us move on and it can help us grieve. It does not change a situation, but it can help us function within it. It really steps up for us when a situation in our life changes very suddenly and abruptly.

### **LAVENDER**

**Botanical name:** *Lavandula angustifolia*

Energetically lavender can help calm ragged emotions and bring a sense of piece to life. The name lavender comes from the latin 'lavare' or 'to wash'. Let it wash away your worries.

### **MALLOW**

**Botanical name:** *Althea officinalis*

Beautiful mallow is used in herbal medicine to soothe, particularly the digestive tract, or babies' gums as they are teething. Energetically, mallow can help you calm and recover after a shock, illness or other intervention and is also an ally as someone is approaching the end of life, soothing safe passage.

### **MOTHERWORT**

**Botanical name:** *Leonurus cardiaca*

Motherwort has long been known as a herb that calms the nerves and the heart. It's a key herb for women as they journey through menopause. She is a powerful ally for women stepping into their own power. She is the herb of the woman who has had enough of being walked over.

### **MULLEIN**

**Botanical name:** *Verbascum Thapsus*

Mullein has a very strong grandmother energy. You can see her with her crown of flower stalks watching over her offspring on the hill below her. She is wise and her energy brings you that wisdom and that ability to speak with a clear voice and listen well.

### **OAK**

**Botanical name:** *Quercus alba*

Oak is for the person who often appears strong and tough and like nothing can ever get them down. An Oak person is often depended upon by others for strength and guidance, and they never take the easy way out of any situation. This is the person who sacrifices for her family, or for the good of the company without complaint.

### **ROSE**

**Botanical name:** *Rosa damascena*

Rose makes powerful love-magic for oneself as well as for others. This is a beautiful energy for when the beauty you have inside and out.

### **ROSEMARY**

**Botanical name:** *Rosmarinus officinalis*

Rosemary is a plant of clarity, focus, fidelity and remembrance. This is a great essence for busy minds. It helps keep you on track and focussed on the important stuff. We also think that its symbolism around fidelity also refers to the ability to back oneself, to be true to one-self and to believe in oneself. It also helps create a clear mind for receiving knowledge or the answer to a question. Long used in ritual and ceremony, rosemary is also perceived as enhancing sacredness.

### **SELF HEAL**

**Botanical name:** *Prunella vulgaris*

Dear little Self-heal. You can mow it, cut it, dig it out and it still pops back unfazed and joyous in its purple blooms. This essence is perfect for those on the mend after illness, upset or grief. It helps you heal you. There is something joyous, charming and celebratory about its energy and its plucky determination to enjoy every moment of life.

### **SILVER BIRCH**

**Botanical name:** *Betula alba*

This is a tree of infinite grace and kindness. She offers protection, dappled shade, she watches over you. Her energy is strong without shouting. Her presence so visceral, yet without clamour. You touch her trunk and it is cool and mysterious. She helps us connect to Nature and to the divine feminine.

### **TOTARA**

**Botanical name:** Podocarpus totara

Totara is a magnificent tree with a deeply protective energy. Totara reminds us there is wisdom in stillness. You can find confidence in observation. Roots deep in the earth. Head with the stars. Totara sings low and deep. Earth hum. Comfort.

### **VIOLET**

**Botanical name:** Viola odorata

Violets are intensely feminine plants. A traditional remedy for breasts and reproductive tract, they have been used to help break down lumps and cysts in these areas. They look after the mothering parts of our bodies and our psyche and so when our sense of self as a mother, as a woman is challenged, violet is there to help. Violets are a symbolic plant for the death of a child – they help support the mother in her loss.

### **SAGE**

**Botanical name:** Salvia officinalis

White sage has been used traditionally as a plant of purification and cleansing. This essence is to help you move on from difficult times. It cleanses body and soul. It creates a pathway to the divine. It brings about a sense of calm and peace. It is the wise old sage.

### **WILLOW**

**Botanical name:** Salix nigra

In Druid lore, willow is regarded as a guardian tree – it protects all that it touches. We see it holding riverbanks together, filtering water and creating cool shade in the heat of summer. Its bark contains salicylic acid which is what Aspirin is derived from. Willow helps recovery after emotional pain. It helps us hold ourselves together. It's a herb of communication, letting thoughts find clarity and it cools our troubled emotions.

### **YARROW**

**Botanical name:** Achillea millefolium

The three words I would use to sum up Yarrow are: Stop. Disperse. Eliminate. The 17<sup>th</sup> Century herbalist Nicholas Culpeper spoke of yarrow's drying and binding qualities. Let it help you dry those tears. Yarrow staunching the flow of energy and spirit after an emotional or energetic wounding. It is as if Yarrow is stitching together tears and rips in our aura. I have used yarrow with work on the 3<sup>rd</sup> chakra, helping to stop the 'leaking' of vitality. If we are wounded in life and love's battles, yarrow comes to our aid.

## THE ELIXIRS

**Archeus Plant Elixirs are blends of essences.**

**They come in 10ml amber glass bottles NZD \$19 each**

### **ACCEPTANCE**

**Positive attribute:** the ability to accept what is.

There are times in life where we find ourselves having to come to terms with things we wish we did not have to deal with. In becoming more accepting of a situation we are not 'giving in' or 'losing out', we are learning to find some sort of peace within ourselves so we can move forward. This blend helps Nature help you at this time.

This Elixir Blend contains the following plant essences: Hawthorn no.1 'The Grandmother Tree' (*Crateagus monogyna*), White sage (*Salvia apiana*), Thyme (*Thymus vulgaris*), Basil (*Ocimum basilicum*), Rose (*Rosa damascena*)

### **GODDESS**

**Positive attribute:** celebration of your innate womanly wonderfulness

Why is it that we can feel so rubbish about ourselves? In shamanic thought it is said that the world will see us as we see us. So, go on, let these plant healers help you let the world see something beautiful, majestic, gorgeous, talented, inspirational.

This Elixir Blend contains the following plant essences: Evening primrose (*Oenothera biennis*), Motherwort (*Leonurus cardiaca*), Willow (*Salix nigra*), Silver birch (*Betula alba*), Rose (*Rosa damascena*), Calendula (*Calendula officinalis*), Aqua, Grape alcohol.

### **I CAN DO THIS**

**Positive attribute:** self-confidence, vitality and courage.

You can do it. You can get through this. This elixir blend helps Nature help you in the times that are tough, the times that challenge. It is there to help you conquer your fear and boost your confidence and self-belief.

This Elixir Blend contains the following plant essences: Oak (*Quercus alba*), Rosemary (*Rosmarinus officinalis*), Willow (*Salix nigra*), Mullein (*Verbascum thapsus*), Bee balm (*Monarda fistulosa*).

### **HOLDING SPACE**

**Positive attribute:** finding moments of stillness after loss, shock or bereavement and knowing nature is helping your heart.

This Essence can't take the cause of your grief away, but it can help hold you in sacred space.

This Elixir Blend contains the following plant essences: Oak (*Quercus alba*), Violet (*Viola odorata*), Motherwort (*Leonurus cardiaca*), Kowhai (*Sophora microphylla*), Hawthorn no.3 'The Hurting' (*Crataegus monogyna*)

## **Prescribing Archeus Plant Essences:**

Start by identifying the major underlying issue and the plant that will best meet that need. From there find plant allies to build out and augment the healing and vibrational field. Think of this like creating a musical chord from a series of notes or composing a painting. Look for complementary actions and harmonic resonance.

Start with the major issue presenting. Think of this in a physical sense or the 'Coarse Level'. How does the client present? What are the physical manifestations of their issue? What are the plants that can help at a physiological level with this?

Then move to the Mind Level. This is the level of connection and emotions. How does the client present? What is their primary negative attribute? What plant or plants can resonate with that attribute as well as their coarse level needs?

Then move to the Spirit Level. This is the level of oneness. It is the level of circular time and stepping outside of time. This is the level of universe and lineage. What would be of benefit to the client in the bigger scheme of things, in the acknowledgement that their soul is part of the oneness of things. What are the plants that can connect them to this oneness in a way that resonates with their soul? What do they need right now for support? What energies would they benefit from being connected to?

## **OTHER USES & APPLICATIONS:**

### **Yoga**

Archeus Plant Essences can add a beautiful energetic dimension to yoga practice. They can be used in a number of ways:

- Is there an aspect of your Self that you wish to enhance or focus on for your practice? Select the corresponding essence or elixir e.g Silver birch for grace, rosemary for focus, motherwort for lion-hearted strength, evening primrose for flexibility, letting go elixir for well, letting go and so on. Meditate on that essence prior to your practice and take 2 drops internally and add a drop or two to your water bottle. Picture the aspects of the plant and what they bring to you and your practice.
- In a studio setting you could create a series of Nature practices – selecting an essence or elixir for the session and put a couple of drops in an aroma diffuser so that its energy permeates the room. At the beginning of class tell your student what the plant is, its attributes, the negative aspects it can help calm and the positive aspects it manifests.

This is a truly beautiful thing to do, as one is able to picture the plants working with one's body and mind as you do your practice. It is immensely grounding and adds to that delicious sense of yoga being a moving meditation.

### **Meditation**

The essences and elixirs can be used in the same way as the yoga practice above.

### **Healing Work**

Often when I am working with a client in my healing practice, a plant will come to me for this person. I use the essences to anoint them, to give them to take internally towards the end of the session to imbue them with the energy of that plant, their spirit plant.

### **Dosage for Animals:**

Small to Medium animals – two drops of individual essences into drinking water

Large animals – 8-10 drops per bucket of water.

### **Dosage for Plants:**

Add two drops of each essence to a spray and spray on the plant.



## **THE CENTRE FOR NATURE CONNECTION**

### **MISSION**

**To help people navigate life and the end-of-life through compassionate care and nature connection**

Nature really can help us through the tough stuff. Over the past decade I have developed a range of techniques and training to help people with end-of-life and compassionate care. Now I am offering this work here so people can take these techniques and work with them, wherever they may be in the world.

**To inspire people with the workings of Nature (and how they can work with it)**

Nature is amazing. Whether you are wanting to tap into its power to help you through life, if you have a business idea that's busting the old paradigm to make a positive difference to this world, or you simply want to learn more about how to work with, rather than against nature... I want to help you get there

**To support environmental and human health and wellbeing**

We are nature, not separate to it. When we work to 'save nature' we are actually helping save ourselves. Everything is connected, so let's get connected and see how it helps everyone, and every thing.

[www.centnatureconnection.org](http://www.centnatureconnection.org)

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