

The African Tree Essences

Bladder Nut – Tree of Self-Knowledge ... for centering and letting go of the need for pretence. For those who hide behind a mask, believing that their true self is less than lovable. Helpful for mood swings, poor body-image and the challenges of puberty.

Cherry Wood – Tree of Serenity ... for use after shock, fear, fright or trauma of any kind. Unlocks the sense of being “frozen” in the trauma and creates a safe and contained space for healing. An essence to soothe and calm.

Hard Pear – Tree of Forgiveness ... for releasing and processing unshed tears so that forgiveness and healing is possible. Letting go of grudges and bitterness. Helpful for post-traumatic stress.

Milkwood – Tree of Wholeness ... for standing in your own power. Brings a sense of belonging and connectedness. A nurturing and supportive essence that balances feelings of insecurity and a lack of grounding. For nightmares and negative states of mind.

Pock Ironwood – Tree of Intuition ... for enhancing receptivity and intuition; brings focus, clarity and perspective. Assists with seeing the “bigger picture” and connecting with your inner wisdom.

Rock Alder – Tree of Bliss ... for maintaining healthy boundaries and integrity in relationships. For balancing feelings of possessiveness, jealousy and demanding, needy behaviour. Enhances sensuality and brings in a youthful energy.

Saffronwood – Tree of Tears...for tender-hearted souls who are easily bruised by life. Offers comfort for hurt, loss, grief or tearfulness. For children who are homesick or struggling to fit in at school. Helps with voicing troubles.

Sea Guarri – Tree of Inspiration ... for enhancing creativity; brings in a sense of fun and a zest for living. Enlivens with a bubbly, playful energy. For balancing depression, apathy and disinterest in life.

Spike Thorn – Tree of Loving Kindness ... for gaining perspective and understanding in situations of feeling trapped, limited or stuck. For hard-heartedness, bitterness and meanness. Brings in compassion and enhances self expression.

White Pear – Tree of Joy ... for accessing your innermost joy and heart’s desire. Uplifts and opens your eyes to the beauty of life. Encourages open-heartedness and self- acceptance.

White Stinkwood – Tree of Light ... for aligning with the higher self and connecting with your soul purpose and inner wisdom. Assists with smoothly negotiating life changes and rites of passage. For auric-protection and developing channeling abilities. Shine your Light!

Wild Olive – Tree of Faith ... for times of need or despair when strength and protection are required. For the darkest hour before the dawn when faith and patience are needed.

Wild Peach – Tree of Courage . . . for integrity, fortitude and spiritual courage in the face of victimization, intimidation and oppression. For speaking your truth. For accessing the strength to be compassionate and the wisdom to be humble. Balances procrastination and indecision and encourages self-worth.

Check-list for the African Tree Essences

Alienation	Milkwood, White Stinkwood, Spike Thorn
Anger	Cherrywood, Spike Thorn
Change, adapting to	White Stinkwood, Saffronwood, Bladdernut
Concentration, lack of	Pock Ironwood, Wild Peach
Confidence, lack of	Bladdernut, White Pear, Wild Peach, Saffronwood
Convalescence	Cherrywood, Milkwood
Depression	White Stinkwood, Sea Gaurrie, Wild Olive
Despair	Hard Pear, White Pear, Wild Olive
Exhaustion	Milkwood, Sea Gaurrie
Embittered	Hard Pear, White Pear, Spike Thorn
Grief	Saffronwood, Hard Pear
Indecision	Wild Peach
Hopelessness	Cherrywood, Milkwood, White Pear, Wild Olive
Insight, lack of	Pock Ironwood
Loneliness	Milkwood, White Pear
Negativity	Milkwood, White Pear, Spike Thorn, Sea Gaurrie
Patience, lack of	Wild Olive, Wild Peach, Spike Thorn
Peer pressure, negative	Bladdernut, Milkwood
Possessiveness	Rock Alder, White Pear
Post-traumatic stress	Hard Pear
Procrastination	White Stinkwood , Wild Peach, Sea Gaurrie
Rigid thinking	Pock Ironwood, White Stinkwood, Spike Thorn
Self-worth, lack of	Bladdernut, White Pear, Cherrywood
Self-pity	Bladdernut, Saffronwood
Sensuality, lack of	Rock Alder
Shock, fear & trauma ..	Cherrywood , Hard Pear, Saffronwood
Sorrow	Saffronwood, Wild Olive
Vulnerability	Bladdernut, Cherrywood

The **African Tree Essences** are made under the guidance of the Tree Devas of **Platbos Forest** and harness the vibrational properties of this unique forest. Ancient and mysterious, with trees of over one thousand years of age, this southernmost forest of Africa is a living link to our primordial past when much of the Earth was clothed in forest-finery. The **African Tree Essences** bring the healing spirit of Platbos Forest to you, wherever you might be.

Tree flower essences address negative states of mind by encouraging subtle shifts in consciousness as the flower energies gently realign mental and spiritual imbalances. The **African Tree Essences** are safe and effective for adults, children, animals and plants.



PLATBOS

Africa's Southernmost Forest

African Tree Essences

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