



One Garden Divine Flower and Nature Essences

The Deepening Essences

Key Word Descriptions

One Garden Divine Flower and Nature Essences give assistance by drawing awareness to truth, to inspire alignment with truth and love, encourage, coach, support, and invite your will and desire to emotionally seek truth of the blocks and soul injuries that cause all your pain and suffering.

The One Garden Essences also indicate the positive qualities and potentials of your soul and encourage their development.

The One Garden Essences always honour your free will by allowing you to choose your actions.

Examine your feelings, impressions, and reactions (positive & negative) when you connect to the **name of the essence, keywords and descriptive words**.

As you read about and “*feel into*” each essence, it will automatically connect/trigger, a recognition within your soul and may offer a response indicating an issue that requires your attention. A negative response indicates your need of that essence just as much as a positive response.

This is a more than a mental process it’s a feeling process, because *feeling is more truthful and healing*.

☺ - indicates essential truths, inspiration & potential

☹ - indicates errors & wounding requiring truth

1	Royal Welcome	☺ True Identity – soul, belonging, important, welcoming ☹ Façade - no-one, rejection, outcast, unwelcome, wrong, excluded, elitism, suicide
2	Golden Chalice	☺ Soul Abundance – open, recovery, fertile, flourish, reinstated, true wealth, healing ☹ Soul Poverty – closed, trauma, victimised, abandoned, money issues, greed, depressed, infertile, tantrum
3	Divine Feminine	☺ Authentic version – God’s feminine qualities, beauty, kind, mental agility, sane, resourceful, bold ☹ Repressed – malicious, divisive, timid, wronged, dysfunctional, insane, hysteria
4	Divine Masculine	☺ Authentic Version – God’s masculine qualities, power without force, gentle, logical, methodical, constructive ☹ Warrior – brutal, hot-headed, gang culture, wounded, diminished, pandering
5	Emissary of Peace Central Nervous System	☺ Peace - desire peace, comfortable, assured, genuine, truthful, leadership ☹ War – desire war, attacking, defensive, reactive, parochial, exhausted, competitive
6	Sweet Surrender	☺ Allowance – inspired, vulnerable, overwhelmed, flexible, willing ☹ Control – manipulative, argumentative, tense, immobilised, self-reliant
7	Divine Purity Elimination System	☺ Truth – purifying, releasing error, unburdening clarifying ☹ Error – untruth, injured, tainted, burden

8	Divine Patience Pineal Gland	☺ Process – patient, relaxed, optimistic, digested, understanding ☹ Demand – impatient, restless, anxious, forceful, jealous
9	Divine Grace	☺ Easy – God’s assistance, sincere forgiveness & apology ☹ Hard – doing it alone, unforgiveness, unapologetic, challenged
10	Divine Truth	☺ Absolute Truth – intervention, authentic, honesty, ☹ Fabricated Truth – façade, deceitful, secretive, destructive, denial
11	Divine Revelation	☺ Exposed – transparent, liberated, relief, unmasked ☹ Hidden – addictions, guilt, shame, illusions

12	Divine Love	☺ Transformation – God’s Love, highest form of love, soul absorption ☹ Refusal of Love – autism, unlovable, failure to thrive, deprived, anguished
13	Divine Timing	☺ Opportunity – inspired, order, sequence, responsive, discerning, intuitive ☹ Avoidance – procrastination, suspicion, overbearing, reckless
14	Divine Knowing	☺ Awareness – self-knowing, God knowing, approving, claircognizance, perceptive, Law of Attraction ☹ Ignorance – unaware, perplexed, detuned, powerless
15	Royal Heart	☺ Soul Longing – earnest intention, yearning, hopeful, soulmate bond ☹ Disheartened – heartbroken, pining, hateful, despondent
16	Divine Passion Sacral Chakra	☺ Clear Direction – passionate, action, purposeful ☹ Lost – sad, confused, vague, resentful, blaming
17	Divine Respect	☺ Value – appreciation, generosity, honouring, bountiful prosperity ☹ Disregard – disrespectful, lack, scarcity, desolate, desperation
18	Divine Flow	☺ Movement - self-assured, unimpeded, instinctual, humble ☹ Block – obstruction, inhibition, humiliation, rigid
19	Divine Song	☺ Expression – creation, amplify, soul song, harmonise, synthesis ☹ Suppression – creative block, issues with voice, throat, eyes, ears
20	Divine Ecstasy Pineal Gland	☺ Vital – creative energy, vitality, sexuality, stamina ☹ Lifeless – apathy, exhaustion, sexual wounding, impotence, indoctrinated
21	Divine Trust	☺ Reliability – trustful, faith building, consistency ☹ Betrayal – unpredictable, wariness, mistrustful, trauma
22	Divine Joy	☺ True Happiness – pleasure, resolved, healed, confidence ☹ Depression – pain, denial, blaming, excuse, false comfort, minimising
23	Divine Devotion	☺ Focus & Priority – loving use of will, healthy responsibility, order, commitment ☹ Distraction – obsessive, duty-filled, misguided, sacrificial
24	Divine Justice	☺ Correction - God’ laws, recoverable, supported, fairness, accountability ☹ Punishment – judgement, injustice, corrupted, dominating, vengeful, rebellious
25	Divine Sovereignty	☺ Freedom – equality, soul heritage, deserving, dignity ☹ Enslaved – relinquishing soul ownership, abuse of power, superiority, inferiority, bully/victim
26	Divine Wisdom	☺ Experience – wise, experiential learning, experimentation ☹ Intellect – unwilling to experience, superficial, inadequate, assumption
27	Divine Nurture	☺ Soul Sustenance – nourished with love, comfortable, fulfilled ☹ Emptiness – gluttony, self-annihilation using food, excessive nurturing, eating disorders, desperate
28	Divine Reconciliation	☺ Restoration – will, desire and action to heal, regather ☹ Victim – unwilling, powerless, self-defeating, blaming, not-accepting self- responsibility
29	Divine Purpose	☺ Soul Purpose – inspired, recognition of our uniqueness, purpose-full ☹ Aimless – apathetic, uninspired, bored, insecure, defeated

30	Divine Courage	☺ Brave - bravery, daring, vulnerable, willing ⊗ Fearful – unwilling, cowardly, frightened
31	Divine Union	☺ Soulmate – relationship, reunited with other half of soul, wholeness ⊗ Single – disharmony, choice, separation, unresolved, pining
32	Divine Growth	☺ Progress – desire to grow in love, risk, improvement ⊗ Stagnation – resignation, disillusioned, embattled, ordinary
33	Divine Communication	☺ Inform – co-operation, mediumship, logical, sequential, order, record ⊗ Secret – withhold, unco-operative, withdrawn, illogical
34	Divine Protection	☺ Safe – secure, friendly, brave, humble ⊗ Unsafe – attacked, suspicious, phobic, fragile, defensive, antagonistic
35	Divine Expansion	☺ Curious – inquisitive, explorative, adventurous, stretching ⊗ Constriction – hesitant, stubborn, complacent
36	Divine Gratitude	☺ Thankful – sincere, abundant, expansive ⊗ Ungrateful – dismissive, insincere, devaluing
37	Divine Temple	☺ God-Reliance – God’s system, provision, unlimited, collaboration ⊗ Self-Reliance – limiting, difficult, materialism
38	Divine Ascension	☺ Evolution – soul condition, growing in love, improving ⊗ Devolution – soul condition declining, withering, contraction with error
39	Divine Unity	☺ Collaboration – teamwork, shared-focus ⊗ Solitary – isolation, self-determined
40	Divine Initiation	☺ Beginning – transition, new journey, decisive, embarking with action ⊗ Procrastination – pain & suffering, often seeking permission
41	Divine Completion	☺ Death – acceptance, finality, birth, surrender ⊗ Unacceptable – uneducated, apprehensive, distressed
42	Divine Sanctuary	☺ Reflection – prayer, rest, assessment, replenishment ⊗ Recluse – hiding, frozen, hostile, restless
43	Divine Self Love	☺ Loving Self – love of self, forgiveness, self-acceptance ⊗ Selfishness – self-absorbed, self-hatred, unforgiving, self-deprecating
44	Divine Self Worth	☺ Worthy – accepting God’s version, precious ⊗ Unworthy – falsehood, impoverished, hurtful, apologetic
45	Divine Innocence	☺ Playful – child-like, inner child, innocent, true self ⊗ Wounded – serious, hurt self, crushed, afflicted
46	Divine Guidance	☺ Counsel – highest authority, God’s guidance, infinite learning ⊗ Misguided – tricked, gullible, limited learning
47	Divine Tribe	☺ Belonging – universal family, togetherness, authentic leadership ⊗ Conflict – cliques, parochial, false authority, divorce, custody
48	Divine Resonance	☺ Rapport – compatible, resonant, broadcast, distribution ⊗ Dissonance – incompatible, interference, disagreeable
49	Divine Glory	☺ Recognition – breakthrough, acknowledge, authentic, assured ⊗ Neediness – unrecognised, prideful, conceited
50	Divine Giving	☺ Genuine – authentic gifting ⊗ Hidden Agenda – manipulative, conditional, seeking approval
51	Divine Receiving	☺ Open – accepting love ⊗ Closed – armour, resistance
52	Divine Humility	☺ Emotional Honesty – open to feeling & expressing all feelings – pleasant or unpleasant to heal ⊗ Pride – controlling, reluctance to self honesty
53	Divine Prayer	☺ Ask – sincere, soul-full request to God, personal conversation ☺ Dictate – ritual, demand

54	Divine Gift	☺ Blessing – unexpected gift, reward ⊗ Penalty – response to error
55	Divine Rebirth	☺ Clean Slate – removal of error, emergence of new pattern ⊗ Perpetual – doing nothing to change error
56	Divine Remembrance Pineal & Pituitary Glands	☺ Memory – remembering, healing suppressed feelings, desire to unlocking repressed emotions, loving truth more than fear ⊗ Forget – frozen moments, fear of past, denial, suppression
57	Divine Fearless	☺ Confident – humble, daring, enthusiastic ⊗ Scared – paralysed, panicked, phobias
58	Golden City of Light	☺ Change – innovation, experimentation, inspiration, aspiration, futuristic ⊗ Tradition – unimaginative, ridged, closed, regression
59	Starry Night	☺ Sleep State - dreams, angels & spirits, rejuvenation ⊗ Insomnia – nightmares, negative spirit experience, disturbance
60	Tears From Heaven	☺ Emotional – soul healing, release, humble ⊗ Stoic – self-harm, prideful, controlling, misguided
61	Unfolding Potential	☺ Risk – natural urge, daring to grow, exercising will ⊗ Comfort – unwilling, suspension, choosing not to grow
62	Divine Faith	☺ Belief – experimenting ⊗ Anxiety – worry, no faith
63	Divine Redemption	☺ Forgiveness & Repentance – recovery of soul, God’s system of healing ⊗ Defiance – refusal
64	Divine Resurrection	☺ Immortal – reception of Divine Love, hope ⊗ Mortal - reception of natural love
65	Divine Mother	☺ True Parent - God (real parent), bonding, mother healing ⊗ Sibling Rivalry – bickering
66	Divine Desire	☺ Manifesting - heart’s desire, motivated, optimistic ⊗ Apathy - waiting to be lucky, lust, self-limiting
67	Divine Embrace	☺ Acceptance – loved & embraced, celebrated ⊗ Prejudice – rejected, segregated, wronged
68	Divine Free Will	☺ Choice – free will, love, living God's truth ⊗ Manipulation – hooked, controlled, entangled, enmeshed
69	Convergence	☺ Merger – integration, forward movement, sorting, acceleration ⊗ Divergence – separate, wandering, indecisive
70	Divine Father	☺ True Parent – God (real parent), certainty, father healing ⊗ Doubt & Uncertainty – unreliable, unloved, distorted
71	Fountainhead	☺ Source – God, creator of universe, infinite resources ⊗ Void – scarcity, limited, war over resources
72	Divine Compassion	☺ Mercy – forgiven, apologised, kindness, educational mistakes ⊗ Harshness – unforgiving unreasonable, punishment
73	Rage	☺ Release – ownership, safe physical release, personal responsibility ⊗ Hindrance – tantrums, blaming, passive-aggression, tension
74	Denial	☺ Cause – magnification, discovery, love of truth, permanent resolution ⊗ Effect – short-term result, long & repetitive process, pain & suffering
75	Divine Foundation	☺ Stability – soul infrastructure, strength, permanent support ⊗ Fragility – wavering, collapse, deconstruction
76	Divine Connection	☺ Sensitivity – awareness, feeling, sensory ⊗ Numbness – shut-down, disconnected
77	Divine Balance	☺ Equilibrium – moderation, moderating, measured, management ⊗ Extreme – excessive, insufficient,

78	Reminiscence	☺ Recall - completing emotional process, replacing fantasy with truth ☹ Regret – nostalgia, guilt, shame, unresolved pain, bitterness, love is a gift & cannot be expected or demanded
79	Aloha	☺ Friendship – sincere desire to love others, affection, consideration, truthful ☹ Narcissism – self-focussed, judgement, condescension, hatred, lies
80	Sacrifice	☺ God's Truth – importance, self-loving, ethic, morals, values ☹ Suffering - self-denial, unimportant, violation
81	Divine Intimacy	☺ Closeness – familiar, closely connect to another, relationship ☹ Separation – incompatible, rejection
82	Divine Presence	☺ Present – highlight, in the moment, receiving the gift, feedback ☹ Detached – absent, disassociation, overlook, past, future
83	Divine Perseverance	☺ Commitment – determination, persistent, enduring, faithful ☹ Waning – inadequate, useless, unsupported, futile, faithless
84	Divine Liberation	☺ Victory – willingness, overcoming adversity, accepting truth, sovereignty ☹ False Beliefs – self sabotage, entrapment, self-defeating, disillusioned
85	Unconditional	☺ Intention – pure, unconditional love ☹ Obligation – bartering, bribery, blackmail, expectations, sacrifice
86	Mouth of God	☺ Integrity – prophet, purity of word, authentic source, speaking God's truth ☹ Falsehood – lies, deception, making assumptions
87	Tree of Life	☺ Sustainability – constant supporting life, everlasting life, renewal, life beyond death, ☹ Unsupported - precarious, unreliable, falsehood about life & death
88	Gate of Heaven	☺ Sincerity – honest use of will in the direction of love ☹ Resistance – unwilling, stubborn, waiting for others

The Deepening Essence – For a Deeper Engagement

1	False Notions	False Self - Facade Busting
2	True Perceptions	Hurt/Inner Child Revelations of Truth of how you really feel
3	Ultimate Conclusions	True Self - Confirmation
4	Pathfinder	Path of truth, Love and Desire
5	Wayward	Lost Off Track – Why? – Exposer of addictions
6	Pinnacle	Ultimate Discovery of Identity and Worth
7	Confrontation	Being Brave with Truth
8	Vagabonding	Searching & Exploring – finding or running away?
9	Survival	Strength in Truth – how not to live a precarious life
10	Shame	Exposing and Healing Shame
11	Forgiveness and Sorry	Loving Self and Others – soul clean-up

I am constantly learning more about these essences and will update this page as new information comes to consciousness.

For more information, feedback, suggestions or questions, please contact Christine

W:www.onegardenessences.com E: info@onegardenessences.com Facebook: @onegarden