



Georgina Langdale

**ARCHEUS PLANT ESSENCES**  
**Catalogue**  
**2024**

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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 by me from plants growing in our organic gardens and nearby forests.

My approach to working with plant energetics is deeply shaped by a near death experience as a child, that opened me to seeing the energy of plants, trees, nature, and working with it for my own healing. Everything is connected and when we acknowledge that we can find powerful allies and helpers in the natural world around us.

The ancients saw that our physical, emotional, intellectual and spiritual wellbeing was directly related to our relationship with nature, spirit and cosmos. They said that to heal, first one must know the stars. With this in mind, I work with the plants’ astrological profiles as well as their earthly ones. This means that I look for helpful transits and progressions that help augment certain aspects of plant energy, and then create various plant essences throughout the year, even from the same plant. When I do plant essence consultations with a client I am looking at which of these astrologically influenced transit-harvests will be of most benefit to the individual.

When you order from me, I then prepare your remedies for you. If you order single plant essences I will make them with a blend of these different transit-harvests. It’s a bit like building up a piece of music, each particular harvest providing a different energetic ‘note’ of the plant.

I also blend the plant elixir blends for you at the time of ordering. This is so that I can select the best transit-harvest to suit the overall aim of the elixir.

If you join my mailing list I will let you know when I am doing certain transit harvests and with which plants.

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 my 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 training with the Onespirt

Foundation in the UK as a spiritual counsellor and interfaith minister.

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 midlife women, and 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 2015 she expanded Archeus 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 and women's empowerment.

## 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.



## HOW TO ORDER

Select your essences and/or elixirs.

## PRICING

Each plant essence is prepared for you in a 30ml glass dropper bottle.

**NZD \$26 each.**

- Once you have made your selection, return to the plant essences page on the Archeus website.
- Go to the product page. Use the dropdown menu to select your essences or elixirs.
- Then add the number of bottles you want of each.
- When you place your order, it will be prepared for you and shipped.
- Please allow a few days for this to take place. You will be sent an email notifying when your order ships.

## Consultations

Consultations are available. They take place with Georgina as a 30-minute session on Zoom. The price includes the cost of your own elixir blend or single essence being made and sent to you. Bookings are available at [georginalangdale.com](http://georginalangdale.com).

Training is also available at [georginalangdale.com](http://georginalangdale.com).

**[archeus.nz](http://archeus.nz) or [georginalangdale.com](http://georginalangdale.com)**

# THE ARCHEUS ESSENCES



## **AQUILEGIA**

**Botanical name:** Aquilegia vulgaris

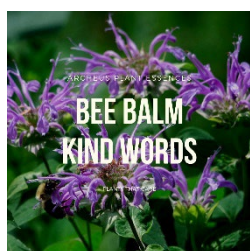
The name Aquilegia is derived from the Latin Aquila (an eagle) as the spurs of the flowers are said to resemble an eagle's claws. Its other name, Columbine, comes from the Latin *columba* for a dove or a pigeon. I think of it as the *Spirit Woman Remedy*. This essence is about stepping into our women's 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

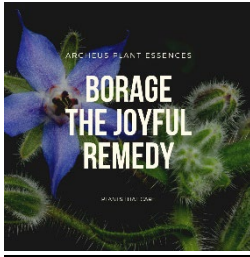
Basil has a long history of use as a plant to help dispel melancholy and protect against the unknown. It is a herb of joy, calm and happiness. It helps us focus and prepare for new paths through life. It helps stop lovers quarrelling. It is also a beautiful herb to use at the end of life. It is often 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

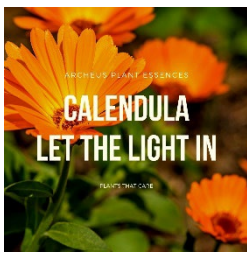
When you nibble a bee balm leaf it is hot and peppery and gradually makes the tip of your tongue go numb. Bee Balm can help us keep our words in check. It reminds us to think first and speak later. Its numbing qualities are also of comfort when we do want to take the heat of a situation, to reduce our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

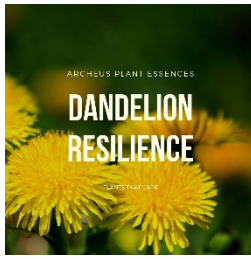
Beautiful Calendula. What a friend you are. In herbalism calendula is one of our favorites as it is so gentle yet so effective as an antibacterial and antiseptic agent. We see this energy extended into the plant essence derived from it. Its sunny disposition helps strengthen and comfort the heart.



## **CLEAVERS**

**Botanical name:** Galium aparine

In herbal medicine, Cleavers is regarded as a specific herb for helping stimulate flow of lymph and thus the removal of toxins from the body. 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

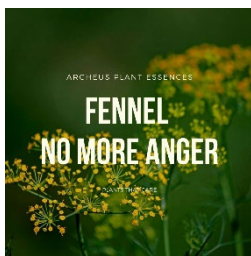
Have you ever noticed how dandelions seem to thrive everywhere, including the most barren and inhospitable places like the sides of roads? They are tough little plants but really get on with getting the job done of clearing out waste and bringing in goodness. In herbalism they are a primo herb for the 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.



### **FLAX – HARAKEKE**

**Botanical name:** Phormium tenax

Flax or harakeke can help you with the stories you tell yourself about who you are. Harakeke's energy can help us define and hold our own stories as sacred. Harakeke helps you get to the truth of your own wishes, dreams and desires and keep them safe, as if in a sacred basket woven from the rich strands of your life story.



### **HAWTHORN**

**Botanical name:** Crataegus monogyna

Hawthorn is a beautiful heart remedy and its leaves, flowers and fruit are all used in herbal medicine. As an essence Hawthorn helps the heart come back into balance, protecting it while also opening it to love, and we believe it helps you give out more love. It is 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. I think of hollyhocks as a beautiful essence for the menopause transition as it helps us feel at home in our changing body.





## 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.



## JASMINE (Star)

**Botanical name:** Trachelospermum jasminoides

Star Jasmine is ruled by Venus and brings with it the ability to appreciate beauty, even in the darkest moments. She helps us rewrite the codes we live our lives by – changing those negative “I’m not good enough” mantras to something self-enhancing and uplifting, “I am pure potential and completely worthy of every good thing that comes to me.”



## 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*

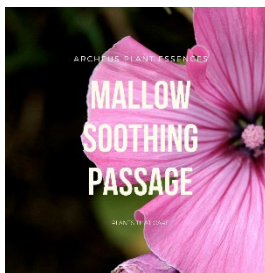
Kowhai is a plant that helps us in transitions. It can help us move from place to place, from illness to wellness, from life into death. It can help us move on and it can help us grieve. It does not change a situation, but it can help us function within it. It really steps up for us when a situation 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 peace 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. I see this because of the way mallow reflects the life cycle, from the root helping the baby and then the flower helping the person at the end of life.



## **MOTHERWORT**

**Botanical name:** Leonurus cardiaca

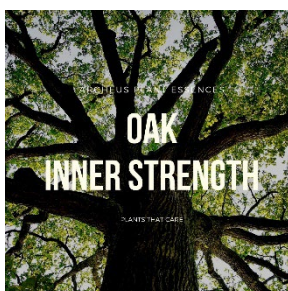
Motherwort has long been known as a herb that calms the nerves and the heart. It's a key herb for women as they journey through menopause. The botanical name *Leonurus cardiac* means *lion-hearted*. She is a powerful ally for women stepping into their own power. She is the herb of the woman who is claiming her power.



## **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. Oak's roots are as deep as its branches are high, this bringing about a state of balance.



## **OLIVE**

**Botanical name:** *Olea europaea*

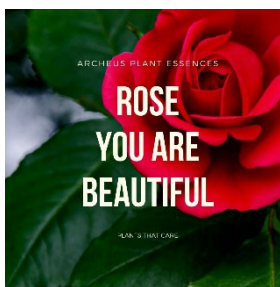
Olives are a tree of peace. Renowned for living to an extraordinary age, they have seen much; the clash of kingdoms, the generations of families playing under their branches. Birth and death. The stories that have grown up around them are all about peace for friends, families and strangers alike.



## **PLANTAIN – Kopa kopa**

**Botanical name:** *Plantago major/lanceolata*

As an energetic aid, plantain can help us heal from verbal disputes and altercations. It can help us not be so affected by nasty names and negative encounters. Plantain helps us release that which does not serve us, and to be strong in the face of adversity.



## **ROSE**

**Botanical name:** *Rosa damascena*

Rose makes powerful love-magic for oneself as well as for others. This is a beautiful energy for when you may be struggling to see the beauty you have inside and out. It offers up the gentleness and beauty of its aroma and petals, and the deep protection of its thorns.



## **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.



## **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.



## **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 and known as 'the Lady of the Woods'. 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.



## **STACHYS – Woolly Lamb's Ear**

**Botanical name:** Stachys byzantina

Stachys was used in ancient times as a wound dressing, particularly for wounds caused by iron weapons. It is also renowned for its calming influence on the nervous system. A common name for stachys is *woolly lambs ear*, and when you touch the soft furry leaves, you can see why. Energetically stachys can help us heal after trauma or abuse. Stachys can comfort a troubled mind. It can help us heal and move on. Its action is gentle – softness, soul-like. Beautiful.



## **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.

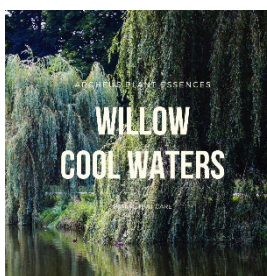
Totara is a beautiful essence for helping someone get grounded, to have a sense of strength and protection. I also feel it gives the ability to see a situation from all sides and with a perspective (top of the tree) that enables objectivity and wisdom.



## **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.



## **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 to provide a multi-layered support to emotional states.**

### **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*)

### **FORGIVENESS**

**Positive attribute:** the ability to forgive with grace and love

Being able to forgive can be hard. We can get so consumed by the Self and the separateness of us to the other that we can't see how the inability to forgive is slowly hurting us as well. But we can forgive without losing our own sense of being and this blend helps us do that with plants that nurture the heart and release.

This Elixir Blend contains the following plant essences: Cleavers (*Galium aparine*), Hawthorn no.1 "The Grandmother Tree", (*Crateagus monogyna*), Kowhai (*Sophora microphylla*), Evening primrose (*Oenothera biennis*), Lavender (*Lavandula officinalis*), Aqua, Grape alcohol

## **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: Aquilegia (*Aquilegia vulgaris*), Evening primrose (*Oenothera biennis*), Motherwort (*Leonurus cardiaca*), Willow (*Salix nigra*), Silver birch (*Betula alba*), Rose (*Rosa damascena*), Calendula (*Calendula officinalis*), Aqua, Grape alcohol.

## **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*)

## **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*).

## **LETTING GO/ QUINTESENCE**

**Positive attribute:** releasing negativity, feeling strong and protected as you move through life and experiences

Sometimes letting go can be the hardest thing to do. We are used to the way things are, we are frightened of change. But change can happen, whether we want it to or not. This Archeus Plant Essence helps with those moments.

This Elixir Blend contains the following plant essences: Cleavers (*Galium aparine*), Self heal (*Prunella vulgaris*), Mallow (*Althea officinalis*), Willow (*Salix nigra*), Tōtora (*Podocarpus totara*), Aqua, Grape alcohol

## **LOVING ME**

**Positive attribute:** Being able to love yourself, acknowledge your own beauty and spirit

How is it that the person we love the least is ourself? This Archeus Plant Essence Elixir Blend is all about helping you acknowledge your own beauty and spirit. It is about supporting you as you realise that part of healing is being kind to yourself. It is about letting go of negativity and starting to appreciate the amazing, extraordinary and unique being that you are.

This Elixir Blend contains: Aqua, *Prunella vulgaris* (Self heal), *Oenothera biennis* (Evening primrose), *Rosmarinus officinalis* (Rosemary), *Rosa damascena* (Rose), *Calendula officinalis* (Calendula), Grape alcohol.



### **TIPS for selecting 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?

### **Tips for taking plant essences and elixirs**

- Dosage: 1-3 drops
- Drops can be put in water and sipped.
- Grape alcohol is used to preserve the essences and can be evaporated off by adding drops to hot water.
- Drops can be placed under tongue.
- It is also lovely to anoint pulse and chakra points with plant essences or elixirs.

## **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.



## MISSION

- **To support women in midlife, menopause and beyond**
- **To help people navigate life transitions compassionate care and nature connection**
- **To inspire people with the healing power of Nature (and how they can work with it)**
- **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.

Georgina

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