

## These essences are very special...

Where possible living flowers are held into the bowl, in addition to the picked flowers. As the remedy is potentising, it remains connected to the ongoing stream of life force, which strengthens the healing potential of these English Flower Essences. These essences are valuable additions to the flower essence blends.



### Alkanet *Pentaglottis sempervirens*

Alkanet can help you to keep your own inner sacred space, centred and contained. It becomes easier to focus and communicate clearly, thus finding a way through challenging situations. Calm in a storm.



### Elderflower *Sambucus nigra*

Elderflower can help us come to terms with the dark side that is within us all. It gives a sense of protection as we face this fearful challenge and promotes a deeper understanding and acceptance of the self.



### Eyebright *Euphrasia nemorosa*

Eyebright is indicated when there is a need to live life through someone else, thus losing your sense of identity and path in life. This essence can bring clearer sight and helps you to embrace new independent opportunities in life.



### Feverfew *Tanacetum parthenium*

In quick moving, challenging situations, this essence can help you to 'think on your feet', encouraging the quality of adaptable and flexible thinking. It's an ideal choice when travelling or moving house as it brings out strength and tenacity.



### Ladies Mantle *Alchemilla vulgaris*

This essence can help protect your sensitive, female side. Ideal for men struggling to be comfortable with their vulnerabilities or holding back emotions through fear. Ladies Mantle helps give more understanding and acceptance of the feminine.



### Mixed Poppy *Papaver (various species)*

This essence is indicated when you are restricted by life. Perhaps you are trapped in your head with many pressured thoughts, or you may be hemmed in by physical circumstances you can't change, e.g. elderly people in a home, so escape is not an option. With Poppy essence, pent up pressure is dissipated and some sense of inner control within the self is regained, despite the situation. Also suggested for animals in kennels and people immobilized by various domestic or work related circumstances.



### Tormentil *Potentilla erecta*

This essence brings respite and is ideal for the very tense and tormented individual who may be suffering in all ways. Helps them move out of an old way of being and into something new. Also helps this crushed and distorted inner-self open up and begin to express with strength and assertiveness. Tormentil helps people spring back from difficulties with confidence and hope.



### Sage *Salva officinalis*

For those who tend to see difficult life situations as undeserved, Sage can bring a more detached view-point. This essence can help distil wisdom from life's various experiences and encourage a more insightful angle on the problem.



### Vipers Bugloss *Echium vulgare*

In an effort to meet their needs, people may become the perpetrator or victim of manipulative and dominating behaviours. This flower can help dissolve these stubborn and distorted patterns, and bring in more love of self and others.



### Yellow Archangel *Lamium galeobdolon*

When there is a loss of spiritual direction, and a scattering of energies. Rushing to get somewhere, with an urge to keep up with everyone else. You try and be other than what you really are, and therefore have unreasonable expectations yourself. This essence helps put everything in perspective, you are content to move at your own pace and able to take care of your own needs.

## Dosage Instructions:

Fill a 30ml dosage bottle with spring water plus a teaspoon of brandy or apple cider vinegar (as a preservative). Add two drops of each chosen essence to the mixture and shake. Take seven drops three times daily (morning, late afternoon and evening). Finish whole bottle.

