

## **Karmic Essences**

### **– Descriptions for Your Website & Marketing**

The Karmic Essences are simple and easy to use and link directly into the work of Dr Edward Bach, and the seven personality groups into which he divided his 38 Flower Remedies. Each Karmic Essence helps to open the inner doorways and take you straight to the heart of an issue, promoting a swift release of any unconscious belief pattern that is holding you back.

#### **Essence Type**

Single Flower Essences | Stock Level

#### **How to Use**

We'd normally recommend using one Karmic Essence at a time. Take 4 drops on the tongue from your chosen Essence 3 or 4 x a day directly from the stock bottle for as long as needed to create a shift in the energy of the pattern you are working with. We do not recommend giving Karmic Essences to children under 12 years of age.

#### **Size**

10ml & 25ml

#### **Key Points**

- Swift release of unconscious belief patterns and emotional blocks.
- Link directly to the Bach Flower Remedy groups.

#### **Fuchsia Flower Essence: Opening the Heart Chakra**

This Essence helps to quickly release pent up emotions such as anger, fear & resentment from the heart chakra, giving you access to the higher perspective on a situation that will allow you to forgive and move on.

#### **Geranium Flower Essence: Bringing in the Light**

This Essence helps those who recognise the need to contact their spiritual essence but cannot seem to find the doorway that will give them access to this part of themselves. This situation can create a feeling of being in the dark or a feeling of gloominess. Geranium helps to open the inner doorways so that you can more easily contact your own inner light.

#### **Lily Flower Essence: Spiritual Connection**

This essence, made from a pure white lily, helps to keep you aligned with your spirituality, bringing greater peace, serenity & comfort. It is especially helpful for those experiencing feelings of spiritual insecurity – something that can happen to us all from time to time.

### **Pink Rose Flower Essence: Fear**

Fearful and traumatic experiences have been a part of life on Earth for thousands of years and many people still have the emotional memory of these experiences locked away in their unconscious. Pink Rose will help to unlock these old memories and transform the crystallised energy that has collected around the issues. Once the root cause has been brought into the light of awareness, it is much easier for us to recognise the lesson attached to the original experience and to overcome the fear.

#### **When to Use**

- When it feels like you cannot get to the root of your fear.
- Phobias or fears with no apparent cause in this lifetime.
- Fear that has been present since birth.
- As normal or during healing, hypnotherapy or past life regression.

#### **Related Bach Flower Remedies**

Pink Rose Flower Essence relates to Dr Bach's Fear Group - Aspen, Cherry Plum, Mimulus, Red Chestnut & Rock Rose.

### **Valerian Flower Essence: Lack of Interest**

Those in need of the Valerian Essence might carry a deep reluctance to fully take part in life or to completely occupy their physical body due to past difficult experiences which, although long forgotten, continue to exert an unconscious influence on their personality. Some in need of this essence might choose to live in past 'happier' times, or in an imaginary future where life will be 'better' than the present, while others find themselves all too easily caught up in the whirling thoughts of an over active mind. Valerian helps you to uncover and transform the deep-seated beliefs that underpin these states at a personality level.

#### **When to Use**

- When there is a deep disconnection from the physical body.
- Always feeling ungrounded or spaced out.
- Inability to function fully in the world.
- Recurring feelings of not wanting to be here.

#### **Related Bach Flower Remedies**

Valerian Flower Essence relates to Dr Bach's Lack of Interest Group - Clematis, Chestnut Bud, Honeysuckle, Mustard, Olive, White Chestnut & Wild Rose.

### **Water Lily Flower Essence: Loneliness**

Deep feelings of loneliness or isolation often originate from experiences in other lifetimes that have left deep emotional scars in the heart. These form barriers around the heart that the personality unconsciously sees as security against further pain, without realising that the

resulting feelings of isolation and loneliness are self-created. Water Lily helps to gently dissolve the barriers, and to release the old energy bringing understanding and the ability to reach out to others once again.

### **When to Use**

- Deep feelings of isolation and loneliness.
- Unexplained feelings of great grief and sadness.
- Feeling that you do not belong here.
- Deep heart chakra blocks and barriers.

### **Related Bach Flower Remedies**

Water Lily Flower Essence relates to Dr Bach's Loneliness Group - Heather, Impatiens & Water Violet.

### **White Bluebell Flower Essence: Over-Sensitivity**

Those in need of the White Bluebell Essence are often working with strong feelings of vulnerability created by extreme sensitivity to the emotional and mental energies of others. Those in need of this essence are acutely and uncomfortably aware of the thoughts and emotions of others and are often unable to recognise that these are not their own. White Bluebell provides a cloak of protection which allows the personality to bring into awareness the unconscious reasons why it is unable to make healthy personal boundaries.

### **When to Use**

- Unable to separate from the emotions and thoughts of others.
- Easily drained of energy when around other people.
- Solar Plexus chakra uncomfortable in crowds.
- A feeling of needing protection.

### **Related Bach Flower Remedies**

White Bluebell Flower Essence relates to Dr Bach's Over Sensitivity Group - Agrimony, Centaury, Holly & Walnut

### **Wild Iris Flower Essence: Overcare and Concern for Others**

Those in need of the Wild Iris Essence are often working with deep unconscious feelings of responsibility for the welfare of others or the planet. These feelings are often the result of earlier lifetimes in which lessons relating to balanced authority and responsibility have not been fully learned. Unconsciously still locked into these old memories, the personality continues to try to 'fix' everything around them by subtly attempting to coerce, control or criticise others into doing what they consider right. Wild Iris helps to dissolve these old mindsets, allowing the personality to release the burden of unrealistic responsibility.

### **When to Use**

- Where there are unresolved power issues.
- The need to change others or be in charge is very deep rooted.
- Feelings of deep responsibility like a heavy weight on the shoulders.

### **Related Bach Flower Remedies**

Wild Iris Flower Essence relates to Dr Bach's Over Care & Concern for Others Group - Beech, Chicory, Rock Water, Vervain & Vine

### **Wild Orchid Flower Essence: Uncertainty**

Feelings of uncertainty originate from a belief in separation from Source and therefore from the higher aspects of ourselves. Without this connection we are unable to guide ourselves through life from an intuitive knowing of what is right for us, which can create situations where we experience great doubt and uncertainty at a personality level. Wild Orchid takes you deep into the origin of these uncomfortable states allowing them to transform and your consciousness to expand so that once again you are able to feel your connection with Source.

### **When to Use**

- Where feelings of doubt and uncertainty are a very deep rooted and recurring theme through a person's life.
- Where there is a fear of trusting your intuition because of past 'mistakes'. In this case it might be helpful to alternate Wild Orchid with Pink Rose.

### **Related Bach Flower Remedies**

Wild Orchid Flower Essence relates to Dr Bach's Uncertainty Group - Cerato, Gentian, Gorse, Hornbeam, Scleranthus & Wild Oat.

### **Yellow Rattle Flower Essence: Despondency & Despair**

### **When to Use**

- When feelings of sadness, despair or despondency are very deep-rooted.

Those in need of this essence carry an innate sadness and melancholy from previous lifetimes that they are often unable to express, and which causes recurring and apparently unfounded feelings of hopelessness and despair to surface in their current lives. The intense sadness of this state is not easy to understand as the originating issue has been deeply buried in the unconscious. Yellow Rattle will gently open the inner doorways that will enable the old memories to be released and transformed.

### **Related Bach Flower Remedies**

Yellow Rattle Flower Essence relates to Dr Bach's Despair & Despondency Group - Crab Apple, Elm, Larch, Oak, Pine, Star of Bethlehem, Sweet Chestnut & Willow.