

## **Abundance and Prosperity**

### **Flower, Gem & Crystal Essences to Help**

Abundance in all its forms is an expression of the flow of divine energy available to us when we live in harmony with the Universe.

However, we often unconsciously block this flow of energy due to beliefs, patterns and old stories that prevent us from feeling truly abundant. This includes not being open to receive life's abundance, inner feelings of lack, fears of not having enough, and other unconscious beliefs that we have absorbed from our families and culture about abundance, gratitude, prosperity, divine flow, giving & receiving.

When we are fully aligned with our hearts, we feel connected to the natural abundance of the Universe and know that there is always enough for everyone. The state of abundance that we feel on an inner level then flows out into the world as gratitude and generosity, and we naturally attract more of the same in a divine flow of giving and receiving.

We're focusing on some of the most useful flower, gem and crystal essences for releasing energetic blocks that restrict the flow of abundance and prosperity in your life.

### **BACH FLOWER REMEDIES**

Bach Flower Remedies help you to balance how you are thinking and feeling in the moment, so they can very quickly help to restore an inner sense of balance and perspective. You can take up to 8 Bach Flower Remedies at a time, and they work best when you choose the remedies that most closely match how you're feeling.

### **Oak Flower Remedy Helps You to Receive**

Oak is the Bach Flower Remedy to take if you find it easier to give than to receive. Oak is a great remedy if you are a very responsible person but find it difficult to ask for help or accept support of any kind. We need to be able to both give and receive to enter the flow of abundance. Oak flower remedy will help to open the door to receiving support so you can allow more abundance to flow into your life.

### **Mimulus Flower Remedy Releases Fear of Not Having Enough**

Mimulus is the Bach Flower Remedy for everyday fears of all kinds so it's very useful if you have survival fears including fears about not having enough money. Fears that we don't have enough affect our inner security and stability and can have a very constricting effect on how we live our lives. Mimulus flower remedy will help you to release underlying fears of not having enough that prevent you from entering the flow of abundance.



*Crystal Herbs* - Flower, Gem & Crystal Essences

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## **Chicory Flower Remedy Transforms Feelings of Lack**

Chicory is the Bach Flower Remedy to take if you have an inner sense of emptiness that stops you from feeling abundant. Chicory is a wonderful remedy if an inner feeling of lack makes you look outside yourself in order to feel satisfied. It helps you to open your heart to feel the true abundance of love that exists within you instead of looking outside yourself for love and satisfaction.

## **Willow Flower Remedy Enhances Gratitude**

Willow is the Bach Flower Remedy to take if your tendency is to focus on what you don't have instead of what you do have. This personality pattern stops you from recognising the abundance that already exists in your life and keeps you in a cycle of thanklessness. Willow flower remedy can help you to transform feelings of bitterness, blame and resentment so that you can open your heart to appreciate life's gifts more fully.

### **DEEPER ACTING ESSENCES**

While Bach Flower Remedies are very effective for balancing how you're feeling in the moment, we recommend taking a deeper acting single essence or combination alongside the relevant Bach Flower Remedies to transform long-standing or deeply buried patterns relating to abundance and prosperity. We recommend taking only one of these deeper acting essences at a time, but they will work very well alongside a combination of Bach Flower Remedies.

### **Open to Receive Essence Releases Blocks to Abundance**

Open to Receive Essence (Divine Harmony range) is a combination of 6 deep-acting flower, gem and crystal essences for releasing blocks to abundance.

Open to Receive Essence helps to clear away old beliefs and emotions that block abundance in all forms, so it's a great choice if you feel fearful about not having enough or have difficulty receiving. An inner sense of abundance comes from knowing that there is a plentiful supply of life's riches available to us, being able to receive them fully, appreciate them whole-heartedly, and share them generously. From the consciousness of the heart we remember that giving and receiving are one and the same, so as we feel more abundant in ourselves we become a source of abundance for others.

Open to Receive Essence gently dissolves distorted beliefs, stories, patterns and emotional imprints about abundance so that new pathways to abundance can blossom instead.



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## **Prosperity Essence Transforms Feelings of Never Having Enough**

Prosperity (Inner Child range) helps to release 'poverty consciousness' and buried thoughts and beliefs about never having enough.

When we are in our natural state of abundance, we feel prosperous because we know that we will always have a plentiful supply of what we need to flourish and thrive. However, if you have unconscious thoughts and emotional patterns about not deserving good things or if you grew up in a family where there was never enough, this inner state of prosperity may not come naturally to you.

Prosperity Essence can help you to release buried thoughts and beliefs that limit your experience of prosperity so that the divine energy of abundance can flow more easily into your life.

## **Angel of Abundance Essence Helps You To Attract Abundance**

Angel of Abundance (Angel Essences) is a single flower essence attuned to the angelic realms that helps to lift your vibrational frequency into the divine energy of abundance.

The Angel of Abundance will help you to remember that you live in an abundant universe, and that you are part of the flow of divine universal energy, within which there is plenty for everyone. Use this essence to invite the generous, expansive and loving energetic frequency of abundance into your heart and energy field so that you can attract more of the same.

Angel of Abundance Essence helps to expand your capacity to give and receive fully and freely, knowing that the divine is the source of all.

## **Gratitude Essence Expands Feelings of Appreciation**

Gratitude (Inner Child Range) is a combination of flower, gem and crystal essences for transforming resentment into gratitude

Choose Gratitude Essence if you don't feel that there is much to be grateful for in your life, and you tend to focus on what's missing instead of what you have.

Gratitude Essence helps to expand your heart with love, praise and gratitude for the gift of this sacred life. It's a wonderful essence for opening your heart chakra to appreciate the wonder of life and creation, and the endless opportunities this state of consciousness opens up for you. As you expand the energy of gratitude and possibility in your heart, you will naturally magnetise more opportunities and manifest more abundance.

Gratitude Essence helps you to experience the heartfelt quality of appreciation that attracts more abundance of all kinds into your life.



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## How to Use

### Bach Flower Remedies

Use 1-8 Bach Flower Remedies at a time. Put 4 drops of each remedy in a glass of water or put 4 drops of each directly on your tongue. Alternatively, make a combination bottle (see leaflet for more information). Take Bach Flower Remedies 6-8 x a day.

### Deeper Acting Essences

**Essences:** Use one deeper acting essence at a time and put 4 drops on your tongue 3-4 x a day. For best results, do not add to a glass of water or combination bottle. We recommend you continue until the bottle is finished or you notice a difference in how you are feeling.