

## Intuition and Inner Knowing

### Flower, Gem & Crystal Essences to Help

We all have an innate sense of inner knowing, but from a very young age most of us have been taught that analytic reasoning and external sources of information have more value than our own intuition.



This means that listening to your inner knowing and trusting your intuition doesn't always feel comfortable. However, a clear connection with your inner knowing is essential for following your unique path, navigating change gracefully, and making decisions easefully. What's more, the knowledge and wisdom that you need to guide you as you expand in consciousness comes from your soul via your heart. As Dr Bach said, 'All true knowledge comes only from within ourselves, in silent communication with our own Soul.'

We're focusing on some of the most useful flower, gem and crystal essences for connecting with your intuition and inner knowing so that you can hear the higher wisdom of your soul.

### 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.

### Cerato Flower Remedy Helps You to Trust Your Inner Knowing

Cerato is the Bach Flower Remedy to take if you have difficulty trusting in your own intuition or inner voice. It's a great remedy to use if you tend to seek other people's opinions or do a lot of research before making a decision, and even then don't feel completely satisfied that you've made the right choice. Cerato Flower Remedy creates a bridge between the personality and the soul which restores inner certainty, enhances confidence in your decisions, and deepens your connection with your innate inner wisdom.

### White Chestnut Flower Remedy Calms Mental Chatter

White Chestnut is the Bach Flower Remedy to take if you find it difficult to drop into a quiet inner space to hear your intuition because you have a lot of mental chatter going on.

White Chestnut will be an excellent choice if you over-think things, are unable to switch off mentally, have thoughts that circulate round and round constantly like a hamster on a wheel, or if you have recurring internal mental arguments and conversations. White Chestnut



*Crystal Herbs* - Flower, Gem & Crystal Essences

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Essence helps to bring tranquillity to the mind so that you can hear the deeper guidance that comes from your soul.

### **Wild Oat Flower Remedy For Heeding Your Soul's Guidance**

Wild Oat is the Bach Flower Remedy to take if you want to receive clearer guidance from your soul about your life's purpose. It can help you to hear answers about your path that are within you, instead of searching in the outer world for the 'right' direction. Wild Oat helps to strengthen your inner connection with your soul which brings inner certainty about your direction and leads to inner fulfilment.

### **Aspen Flower Remedy Releases Fears of The Unknown**

Aspen is the Bach Flower Remedy to take if you feel apprehensive about connecting with your inner knowing for no logical reason. Many people feel nervous about opening up to their intuition due to a religious upbringing or past life experiences where using those abilities had negative consequences. Use Aspen if you feel spooked or uneasy about opening up more spiritually and it will help you to feel more comfortable with receiving inner guidance.

### **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.

### **The Brow Chakra Essence Enhances Intuition & Inner Knowing**

The Brow Chakra Essence is a combination of Flower, Gem & Crystal Essences for opening and balancing your Brow Chakra aka Third Eye Chakra.

The Brow Chakra Essence helps to transform any issues related to hearing and trusting your inner knowing and intuition. It's also an excellent choice if you have a lack of faith in yourself or the universe and try to work things out logically instead of trusting in the Great Mystery. Brow Chakra Essence can also help if you find it difficult to focus your thoughts, get stuck in small details, or often feel that you don't know what to do for the best. As your brow chakra comes into balance, it functions as a higher psychic centre providing inner vision and guidance from your multi-dimensional self.

The Brow Chakra Essence helps you to develop greater trust in your intuition and inner knowing and enhances your connection with your soul so that you can see 'the bigger picture' of your life.



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## **Vision Essence Expands Connection with Psychic Gifts**

Vision (Inner Child range) helps to release blocks to connecting with your natural psychic gifts.

Children come into this incarnation with psychic gifts (e.g. clairvoyance, clairsentience & clairsentience) but often shut down these abilities to fit in with cultural norms. Modern Western society prizes logic, facts, evidence, analytic thinking and scientific data over inner knowing, the unseen realms, spirit guides, and a more expansive metaphysical understanding of how the universe works. As a result, many of us unconsciously shut down our childlike sense of magic, wonder and spiritual connection because we absorbed the message from society that these aspects are not welcome.

Vision Essence can help to gently restore your inner connection to the magical nature of the universe, rekindling the memory of your sacred purpose and divine mission in this lifetime.

## **Female Essence Enhances Intuition, Creativity & Nurturing**

Female Essence (Divine Harmony Essences) is a combination of flower, gem and crystal essences that help you to embody inner feminine qualities more fully.

This is an excellent essence to use if you would like to feel more comfortable with qualities that are traditionally associated with the feminine principle including intuition, inner wisdom, creativity and nurturing. Choose Female Essence to clear away any barriers, prejudices or patterns that could be preventing you from accepting and using feminine energy in your life e.g. a sense of injustice, anger or fear about how women and femmes are treated.

Female Essence helps to strengthen and balance the inner feminine and encourages creativity, intuition and nurturing.

## **Wild Orchid Essence Transforms Doubt & Uncertainty**

Wild Orchid Essence (Karmic Range) is a single flower essence for transforming deep-rooted feelings of doubt and uncertainty and fear of trusting your intuition.

Choose Wild Orchid Essence if you find it very difficult to guide yourself through life with an intuitive knowing of what is right for you. It is particularly useful if feelings of doubt and uncertainty are very deep-rooted and have been a recurring theme throughout your life. Take Wild Orchid if you are scared of trusting your intuition because of past 'mistakes' or if you're not sure what action to take or direction to follow.



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Wild Orchid Essence helps you to transform inner doubt and uncertainty into trust in your inner connection to yourself and to Source.

## **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.



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