

The following list are emotional essences your body is asking for. Please review each one and identify an event, place, person, time period, situation etc that comes to mind and make a note by each one. Please ask your Wellness Partner if you need further clarification on an item that appears. Each essence does not always have to be you. It can be a family member, friend or someone of influence from childhood etc.

#### NSP Flower Essence

##### 16.06 **NSP - Be Response-Able (Suppressed Fear Formula)**

Be Response-Able (Suppressed Fear Formula) (2 fl oz)

Stock No. 8783-8

This flower remedy may help encourage responsibility and self-honesty as it supports a person dealing with suppressed fear.

##### Benefits:

May assist the body with promoting self honesty.

May help encourage self-responsibility.

May help with self-defeating behavior.

##### How It Works:

Flower Essences are liquid extracts developed for modern issues of emotional and physical stress.

##### Ingredients:

Black cohosh (*Cimicifuga racemosa*), Black Eyed Susan (*Rudbeckia hurta*), Milkweed (*Asclepias cordifolia*), California Poppy (*Eschscholzia californica*), Agrimony (*Agrimonia eupatoria*), Joshua Tree (*Yucca brevifolia*), Mullein (*Verbascum thaspus*), vegetable glycerin and purified water.

##### Recommended Use:

Take 10–15 drops under the tongue every 10–15 minutes or as needed until symptoms improve. Then decrease to every 1–2 hours, then to four times daily until symptoms are relieved. For children under 4, consult your health care professional. Avoid any contact with dropper to eliminate product contamination.

#### Bach Flowers

##### 17.70 **Gorse**

Gorse is for extreme hopelessness and despair, for people who have given up the fight. They feel that there is no light at the end of the tunnel and have lost all hope. They may believe that their illness is hereditary and therefore incurable. They feel condemned to pain and suffering and do not try to get better. They may try different treatments to please their nearest and dearest but have no faith that they will work.

Dr Bach wrote of Gorse people 'They look as if they needed sunshine in their lives to drive the clouds away'.

The positive potential of Gorse is a sense of faith and hope, despite current physical or mental problems. The patient feels brighter and happier and able to use illness as a positive experience. In milder cases, he or she feels on the road to recovery.

##### 15.49 **Agrimony**

People who need Agrimony often appear carefree and humorous, but their joie de vivre is a mask for anxieties, worries and even real inner torment, which they may be trying to conceal from themselves as well as others. If in pain or discomfort, they are likely to joke about it, unwilling to express their real fears. They dislike being alone and are very sociable, seeking company as a distraction. They try to ignore the darker side of life, and prefer to make light of things rather than enter into a confrontation. They may also suffer from restlessness at night, with churning thoughts (see also White Chestnut).

Agrimony people may suppress their discomfort with the aid of heavy drinking, or the use of drugs or comfort eating.

The positive potential of Agrimony is for those who are genuinely cheerful and good company, communicate their real feelings openly and can accept that life has its less pleasant side. Their cheerfulness stems from a real sense of self-acceptance and inner joy; they see problems in perspective and are diplomatic peace makers.

##### 11.24 **Willow (Bach)**

Willow is for feelings of being short-changed by life - 'I don't deserve this. Why should it happen to me?' The person in the negative. Willow state



begrudges other people's good luck, health, happiness or success. They may be grumbling, sulky and irritable.

These people make difficult patients when ill, since they are never pleased or satisfied, preferring to see themselves as victims and reluctant to admit to any improvement. Constantly maintaining resentment can affect one's overall vitality and lead to poor general health.

The positive potential of Willow allows people to forgive and forget past injustices and enjoy life, thereby attracting positive conditions and friends. No longer victims, they are in control of their own destiny.

#### 11.10 **Larch**

Larch is for lack of self-confidence, for people who won't even try because they are sure in advance that they will fail. They suffer from feelings of inferiority. They are secretly aware they have potential ability but refuse to acknowledge it, thereby avoiding the risk of failure.

This is also a useful remedy for anyone who lacks confidence before examinations, interviews, driving tests, etc. (see also Rescue Remedy).

The positive potential of Larch is expressed in people who are determined, capable, with a realistic sense of self esteem, unworried about failure or success. They are aware of their own potential and work towards achieving it. They are able to take the initiative, to take risks, and refuse to accept the word 'can't'. They use their critical faculties sensibly.

#### 10.17 **Wild Rose**

Wild Rose is indicated for those who are resigned to an unpleasant situation, whether illness, a monotonous life or uncongenial work. They do not complain and are too apathetic to get well, change their occupation or enjoy simple pleasures. Although their situations are unsatisfactory, they are not actually unhappy and make no effort to change their circumstances. This makes them rather dull as companions and unable to fulfill their potential.

When ill, they are over-accepting of medical prognoses such as 'you must learn to live with it'. They are resigned, rather than depressed, at the prospect and accept life the way it is. They lack energy and ambition.

The positive potential of Wild Rose is a lively interest in life, work and the world in general. Resignation gives way to ambition and a sense of purpose, good health and enjoyable friendships. Positive Wild Rose people accept responsibility for their own lives and circumstances and use their initiative to make changes.