

Flower Essence Blends

Please pick **one** of the **colors** that best fits you. Tell your choice to Helen at your appointment.

Green: Suppressed Anger [Find Strength]

The **Find Strength** remedy is helpful for “people pleasers” and enablers who tolerate abuse and neglect instead of standing up for themselves. When a person tries to ignore or suppress their anger, they tend to sacrifice their own needs trying to please others. This suppression of anger causes a person to lose control of their own life and allows others to “leach” off of and drain one’s energy. Low energy manifests as feelings of chronic fatigue, discouragement, loss of enthusiasm and joy in life, and ultimately full-blown depression. It can also weaken the person’s immune system and their ability of the body to detoxify. **Find Strength** helps these people set healthy boundaries and have the courage to communicate their own needs and feelings openly and honestly.

Red: Vented Anger [Keep Cool]

The **Keep Cool** remedy is a blend of flower essences that calm people who are impatient, easily irritated and quick to lose their temper. It helps the angry person be more receptive to others people’s points of view. **Keep Cool** also helps them work for cooperation, rather than competition, in relationships. It promotes forgiveness of past hurts, tolerance for differences, and acceptance of others and facilitates more open and loving communication. It is a good essence to take when negotiating or discussing problems that could lead to a loss of temper.

Orange: Suppressed Grief [Open Heart]

Open Heart is a blend of flower essences that help people to heal wounds that are keeping them from having an open, loving heart. This blend helps a person recognize and acknowledge their unresolved wounds from childhood and previous relationships. It helps them grieve their losses and open to new possibilities of love and connection. It also increases compassion, empathy and trust in relationships, where trust has been lost or damaged. It helps to help people who have become “hard of heart,” resulting in a lack of empathy and compassion for others. A person with a closed heart becomes inflexible, rigid and judgmental and lacks joy, happiness and pleasure in their life.

Blue: Vented Grief [Release It]

Release It is a blend of flower essences that help a person go through a healthy grieving process. This helps a person let go of their pain

and sadness and open up to happiness and joy again. **Release It** is a good remedy for people who are going through breakups, divorce or death of loved ones. It can also help people who are clinging to the past let go of it, finding hope and confidence to face the future.

Purple: Suppressed Fear [Be Response-Able]

The **Be Response-Able** flower essence was designed to help people who are caught up in the addictive, obsessive or self-destructive behaviors. It helps them get in touch with the hidden, inner emotions that are driving their dysfunctional behavior. It promotes self-awareness and self-honesty, which helps a person make more positive choices. It can be helpful in overcoming addictive habits, such as drinking, smoking, taking drugs or gambling. It can also be helpful for compulsive shopping, playing computer games or watching TV or obsessive behaviors like hand washing counting bathroom tiles or hoarding stuff.

Yellow: Vented Fear [Be Courageous]

In dangerous situations fear is a useful emotion. It can prompt us to be alert and careful and help us make choices that keep us safe. Some fears, however, have no basis in any real danger. Instead, they have their roots in unresolved emotional wounds. These fears hold us back from achieving our true potential. **Be Courageous** helps a person develop the courage to take action in the face of their fears. It helps them find the self-confidence to pursue the goals and directions they desire in life. It helps them trust their own observations and judgment rather than blindly trusting in and following the advice of others.

*This last one is **not** one of your possible choices. It is only for traumas when they actually occur. Keep handy at all times.*

Emotional Trauma [Distress Remedy]

Distress Remedy can be used to restore a sense of presence and awareness during situations that provoke shock or trauma. It can help a person stay calm in a crisis situation, keeping them from going into panic or losing their temper. Use it for situations involving sudden illness, injury, accidents, crimes, news of death or tragedies. The flower essences of **Distress Remedy** help a person to stay present and focused during any crisis situation or stress event. It will even promote tissue healing when applied topically to injuries.