

## Healing the Inner Child with Flower Essences

Northern California Women's Herbal Symposium 2014 class with Kathleen Aspenns

### **Creating Safety**

*Angelica* - FES

Feeling the support, protection and guidance of the spirit realm - particularly useful for healing disturbed birthing experiences.

*Holly Grape* - Flora of Asia

Turns on the restorative response by resetting the nervous system to a sense of safety.

*Mariposa Lily* - FES

Provides a connection to the archetypal mother to heal many types of wounds such as abandonment or lack of nurturing.

*Monkeypod Tree* - Jane Bell Essences

Helps you feel the nurturing of the wise masculine spirit that looks out for you and provides guidance.

*Northern Lady's Slipper* - Alaskan Essences

Gentle nurturing energy for the healing of core wounds - allows them to heal and be released in complete safety.

*Star of Bethlehem* - Bach

Helps the spirit seat back into the body after a shocking experience.

*Vervain* - Bach

For those who were obliged to grow up too soon and took on adult responsibilities at an early age.

*Inner Temple* - Flora of Asia

A feeling of complete safety surrounds you so you can become fully grounded and embodied.

### **Taking in Nourishment, Pleasure and Connecting to Others**

*Crab Apple* - Bach

For feeling impure, that the body is a source of shame or weakness.

*Cup of Gold* - Jane Bell Essences

Learning to let the body guide you to what is good and right for you - developing the sense of pleasure as a guidance system.

*Evening Primrose* - FES

Allows healing from painful experiences absorbed from the mother in the womb or in childhood.

*Hyssop* - FES

Cleanses guilt and shame and helps to integrate experiences of pain or suffering.

*Leichtlin's Lily* - Flora of Asia

Helps you find acceptance of your physical body, to know that you are perfect as you are.

*Liard Hot Springs* - Alaskan Essences

Restores a sense of original innocence.

*Pink Monkeyflower* - FES

Addresses fears of vulnerability, of not being accepted for who we are.

*Flowing With Life* - Flora of Asia

Helps you find the right path for you, to not be drawn off course by what others think or tell you to do.

### **Restoring Trust and Self-Confidence**

*Baby Blue Eyes* - FES

Helps to restore trust in the goodness of the world.

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*Bog Rosemary* - Alaskan Essences

Builds trust, especially when you are fearful of taking risks to grow or heal.

*Cerato* - Bach

Builds a connection to your own knowing, for those who don't trust themselves and need to constantly ask others for guidance.

*Columbine* - FES, Alaskan Essences

To build appreciation for your uniqueness and individuality.

*Larch* - Bach

Offers confidence and courage, the "I can do it" essence.

*Monkeypod Tree* - Jane Bell Essences

Offers a template of healthy male nurturing energy.

*Sunflower* - FES, Alaskan Essences

Helps you find an expression of your radiance, a balanced ego expression coming from personal strengths.

### **Healing the Heart**

*Bleeding Heart* - FES

A balm for heartbreak and loss, particularly useful for those who tend to lose themselves in relationship.

*Golden Ear Drops* - FES

Helps for remembering and releasing difficult emotional experiences from childhood.

*Holly* - Bach

Remedies feelings of jealousy, frustration, or neediness.

*Rose Quartz* - Alaskan Essences

Heals the matrix of the heart from experiences that have "dented" the heart.

*Self Heal* - FES

To strengthen the desire and belief that one can heal and be well.

*Wild Rose* - Bach

Useful when hope and optimism for the future have dimmed.

*Healing the Past* - Flora of Asia

Allows painful experiences to be accessed and filled with healing energies so they can release.

### **Contacting Playfulness and Joy**

*Beech* - Bach

Remedies crabbiness and intolerance so you can see the good in yourself and others.

*Centaury* - Bach

For developing a sense of your own needs in the context of your relationships.

*Chiming Bells* - Alaskan Essences

Finding joy in day to day existence.

*Iris* - FES

Accessing joy in creativity and inspiration.

*Zinnia* - FES

Connecting to childlike playfulness and humor.

*Hula Moon* - Jane Bell Essences

Surrounds you in maternal warmth so you can connect to the playful childlike part of yourself.