

MEDICINE OF THE WOMB 11/1-11/11 2024

# FLOWER ESSENCES

WITH, @ARIELLETHEHERBALIST

## “As We Shift Internally, the External World Will Respond”

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It is believed across many traditional cultures that trauma is held in the layers of our energy centers. After traumatic experiences the ego-personality will develop around these experiences to protect us. When a trigger arises that matches the vibration of the trauma, even if it is not as profound of an experience, we can often get triggered by emotions that match the deeper and more painful circumstance of our deeper trauma rather than the circumstance of what is at hand. Our emotions can tumble out like a domino effect. That is a primary indication of when flower essences come in handy. With the vibration of nature, they are able to help us detoxify, stabilize, replace our lower vibrations of anger, shame, guilt, fear, and more and instead leave us with the healing vibrations and signatures of the plants.

Here are five flower essences I love working with:

1. 5 Flower Formula called, “Rescue Remedy” created by Dr. Edward Bach in 1933. This essence was the first flower formula ever made, and it was for a delirious man rescued at sea. Cherry Plum (intense fear), Clematis (grounding), Impatiens (impatience), Rock Rose (Panic), and Star of Bethlehem (Shock and Trauma).
2. Borage- Offers light heartedness and courage. A sense of well-being and relief from depression and burden.
3. Angelica- Provides support in sealing the energy field that is challenged or compromised from growth, processing, or developmental movement. Angelica assists people going through rapid change with angelic protection and peace.
4. Yarrow - Strengthens energy field to repel psychic attacks, thoughts, emotions, any harmful energetic issues. Also helps connect to the ancestors and provide warrior mentality to healing.
5. Canada Thistle - Letting go of pain, guilt, or trauma especially been group or family inflicted.

Rescue Remedy

Borage

Angelica

Yarrow

Canada Thistle



## Contact

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If you feel called to engage with this vibrational method of healing as an individual or practitioner please feel free to reach to learn more with one to one consultations and distance learning at my email [info@arielletheherbalist.com](mailto:info@arielletheherbalist.com).

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