



Suggestions for using Harebell Remedies flower essences with children ~ page 1

First I will mention two of the COMBINATION ESSENCES which are conveniently already combined for certain uses, please see the catalogue for fuller descriptions:

PHYSICAL TRAUMA - A rescue and recovery aid for all kinds of injury, operation, trauma or shock.

TRAVEL & CHANGE - A calming and protective essence for journeys and any time of change.

BLUEBELL is in the combination 'Trauma' essence and can be used by itself as a kind of rescue remedy. It is a cooling and calming restorative.

BORAGE is also a kind of tonic, it cheers and encourages. Especially good **for the emotional ones**. For strength and courage.

BUTTERCUP for appreciation of life and the ability to play joyfully, feeling safe to have fun. This is **for the over-serious or disappointed child**.

CHAMOMILE to calm, soothe and release anxiety. **For the over responsible ones**. Good at bedtime.

CORNFLOWER for being comfortable with one's individuality. Protecting special gifts. **For the sensitive ones**. Good for school or social difficulties.

FLOWERING CURRANT softens, opens and releases the flow of movement. Relaxes tightness in the upper body. Helpful with restricted breathing. An aid to massage or dancing.

JASMINE is gently stimulating. A general clearing and cleansing effect. Can help process things when overwhelmed, from situations to colds.

LADY'S MANTLE for protection and inspiration. I often add this to a remedy just as special extra little prayer. Good for births or meditations.

LUNGWORT encourages clearing and cleansing through breathing. Awareness of and control of one's own well being through breathing is a valuable lesson to learn early in life.

MARJORAM Reassurance, comfort and protection from harm. Helps emotional release and return of trust. **For the insecure ones**.

MARSH WOUNDWORT for fretfulness, letting go of old worry and distress. **For the discontented ones**.

PANSY can help to build up strength and resistance, **for the weak and vulnerable ones**.



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POTATO is in the 'Travel' combination and very useful to calm down after over excitement. **For the hyperactive ones.**

PRIMROSE is cleansing, it releases toxicity and relaxes tight feelings. For stubbornness or eating problems.

RED CLOVER is another ingredient of the 'Trauma' combination, for shock and fright, lessens the tendency to panic.

RED ROSE for boldness, passion, enthusiasm and delight. For being true to our desires. **For the shy, inhibited ones.**

RHUBARB for exhibitionism, insecurity, lack of boundaries. **For the 'acting out' ones.**

ST JOHN'S WORT for protection and containment. Seals the aura and promotes sound sleep. Very useful with children's night fears. **For the frightened ones.** Keep by the bedside.

SNAPDRAGON allows expression of strong emotions. For teething, for tantrums. Liberating the voice. Speech problems. Autism. **For the frustrated ones.**

SPEEDWELL an essence from the 'Travel' combination. Which helps in transitional situations. Any major change or crisis like moving house, separation, changing school etc.

TORMENTIL for confidence and cheerfulness. This brings the ability to spring back from life's little challenges and not be easily defeated.

WHITE ROSEBUD to help a child to grow safely and keep a sense of heaven on earth. A lovely essence to add to any child's remedy but especially infants and even babies in the womb.

YARROW is the white knight of flower essences. Yarrow offers strength and protection against negativity. Can be kept in a spray by the door and used prior to going out.

There are also some others that are useful in certain situations; ELDER or SNOWDROP if there has been sexual or emotional abuse, HAWTHORN or HEARTSEASE for bereavement, and lastly WILD THYME can be added to any combination to cleanse, strengthen and enhance the potency.

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