

Levels of application

Although in practice use of the essences are not limited in this way, the following categories may serve as an aid to prescribing or selecting small sets.

Physical

Comfrey
Dandelion
Flowering Currant
Forsythia
Geranium
Jasmine
Lilac
Pansy
Potato
Primrose
Ragwort
Red Clover
Red Rosebud
Red Tulip
Snapdragon
Yarrow in sea water

Emotional

Bluebell
Borage
Chamomile
Cymbidium
Forget-me-not
Purple Foxglove
Heartsease
Hyssop
Marsh Woundwort
Nettle
Red Rose
Rhubarb
Rosebay Willowherb
St. John's Wort
Tormentil
Yarrow

Mental

Broom
Buttercup
Cornflower
Daffodil
Elder
Eyebright
Heather
Honesty
Lungwort
Plantain
Rosemary
Selfheal
Speedwell
Violet
Thistle
White Narcissus

Spiritual

Alkanet
Harebell
Hawthorn
Iris
Jacobs Ladder
Ladys Mantle
Lavender
Marjoram
Monkshood
Oriental Poppy
White Rosebud
Rowan
Sage
Snowdrop
White Foxglove
Wild Thyme

Seasonal groups

I use essences on a seasonal basis and find demand for certain essences increases at certain times. Here is a suggested guide from which to make seasonal remedies.

Spring

Bluebell
Flowering Currant
Forget-me-not
Forsythia
Heartsease
Lungwort
Primrose
Red Rosebud
Red Tulip
Selfheal
Snowdrop
Speedwell
Violet
Tormentil
White Narcissus
Wild Thyme

Summer

Borage
Buttercup
Chamomile
Cornflower
Eyebright
Geranium
Harebell
Iris
Ladys Mantle
Lavender
Lilac
Marsh Woundwort
Oriental Poppy
Potato
Red Rose
White Rosebud

Autumn

Comfrey
Honesty
Hyssop
Jacobs Ladder
Marjoram
Nettle
Purple Foxglove
Ragwort
Red Clover
Rhubarb
Rosemary
Rowan
Sage
Snapdragon
White Foxglove
Yarrow in sea water

Winter

Alkanet
Broom
Cymbidium
Daffodil
Dandelion
Elder
Hawthorn
Heather
Jasmine
Monkshood
Pansy
Plantain
Rosebay Willowherb
St Johns Wort
Thistle
Yarrow

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Harebell Remedies ~ Dowsing Chart

Level	Physical	Emotional	Mental	Spiritual
Season				
Spring	<i>Flowering Currant</i> <i>Lungwort</i> <i>Primrose</i> <i>Red Tulip</i>	<i>Bluebell</i> <i>Forget me not</i> <i>Heartsease</i> <i>Tormentil</i>	<i>Daffodil</i> <i>Selfheal</i> <i>Speedwell</i> <i>Violet</i>	<i>Forsythia</i> <i>Snowdrop</i> <i>White Narcissus</i> <i>Wild Thyme</i>
Summer	<i>Geranium</i> <i>Lilac</i> <i>Potato</i> <i>Red Rosebud</i>	<i>Borage</i> <i>Dandelion</i> <i>Nettle</i> <i>Rhubarb</i>	<i>Buttercup</i> <i>Cornflower</i> <i>Eyebright</i> <i>Lavender</i>	<i>Harebell</i> <i>Ladys Mantle</i> <i>Red Rose</i> <i>White Rosebud</i>
Autumn	<i>Comfrey</i> <i>Ragwort</i> <i>Red Clover</i> <i>Yarrow in Sea Water</i>	<i>Chamomile</i> <i>Marsh Woundwort</i> <i>Hyssop</i> <i>Snapdragon</i>	<i>Honesty</i> <i>Rosemary</i> <i>Purple Foxglove</i> <i>Plantain</i>	<i>Jacobs Ladder</i> <i>Rowan</i> <i>Yarrow</i> <i>White Foxglove</i>
Winter	<i>Jasmine</i> <i>Pansy</i> <i>Elder</i> <i>St Johns Wort</i>	<i>Cymbidium</i> <i>Marjoram</i> <i>Rosebaywillowherb</i> <i>Oriental Poppy</i>	<i>Broom</i> <i>Heather</i> <i>Thistle</i> <i>Monkshood</i>	<i>Alkanet</i> <i>Hawthorn</i> <i>Iris</i> <i>Sage</i>