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Bailey Combination Essences Information



Bailey Combination Essences

Anger & Frustration

(combination of Red Poppy, Firethorn and Holly Leaf)

We all need energy, but when too much is expressed we become angry and when there is too little we are ineffective. Energy needs to be balanced and this combination helps us to achieve this. Red Poppy helps to build our reserves of energy and to bring up our levels of energy in a controlled manner. Firethorn stabilises our energy so that we may express ourselves clearly without over-reaction. Holly Leaf is for frustration as when we feel this way, our anger turns inwards and we have a tendency to rise to bait easily.

Cellular Memory

(combination of Wood Anemone, Red Frangipani, Pink Purslane, Giant Bellflower, Heather & Charlock)

Memory, whether positive or negative, is stored in every cell of the body, not just in the brain. When these memories are triggered, we feel an instantaneous reaction which happens so quickly we are powerless to stop it. The negative memories arise from powerful suppressions early in life or from past lives and form guilt complexes which rule our lives. This composition helps to heal those cellular memories detrimental to our growth and health, helping us to discover our own true needs and to honour them.

Childhood

(combination of Bracken, Valerian, Charlock & Round Headed Leek)

A majority of us have difficulties affecting us as adults which have their roots in our childhood experiences and conditioning. These issues can take over our lives occasionally making us behave 'out of character'. This composition helps to gradually dissolve these old patterns allowing us to grow and develop without their influence on our lives and behaviour.

Confusion

(combination of Oak, Rosebay, Foxglove & Soapwort)

This composition is for when we feel confused and as if we have lost track of where we should be heading. Our minds become over-active trying to find a way out from the array of obstacles which seem to stand in our way. This essence will help us to relax and view our present difficulties with a more detached view, freeing us to deal with them positively.

Dependency

(combination of Oriental Poppy, Red Poppy, Apricot Poppy & Welsh Poppy)

There are times in everyone's life when we become dependent on something or someone. The problem with dependencies is that they restrict our freedom and ability to act, making us become slaves to our situation. This composition helps us to break these over-dependent patterns.

Depression & Despair

(combination of Bluebell, Hawkweed Flowering Currant & Blackthorn)

There are times when we all feel depressed, times which seem to be negative and beyond our control. Experiencing a horrendous situation can turn this into despair. This essence tackles these times in a few different ways. This essence is not intended to treat any form of clinical (chronic) depression.

Energy Liberator

(combination of Early Purple Orchid, Wood Anemone & Monk's Hood)

To help free up energies that have been blocked by difficulties in the past.

Fears

(combination of Betony, Mahonia & Greater Celandine)

Fear can inhibit our lives and are often difficult to eradicate. They deny us our freedom and enjoyment of life. This combination brings our fears out into the open to be seen as they really are. They may look ferocious in dark corners but when brought out into the light we realise they have no substance or real power. These deep rooted states can come from our childhood and the Childhood essence taken at the same time may be helpful.

Grief

(combination of Yorkshire Fog, Sheep's Sorrel, Trailing St. John's Wort & Dog Rose)

This composition is for those suffering from the anguish of bereavement or the loss of something precious. We need to be able to express the grief we feel at times like this so that it does not become locked inside of us.

Grounding Essence

(combination of Early Purple Orchid, Ivy, Mediterranean Sage & Star of Bethlehem)

Sometimes we feel a little spaced out, perhaps due to travelling, the effects of healing treatments or anything else that takes us away from our normal comfortable situation. This composition helps us to keep our feet on the ground and be fully in the present moment. This essence can be invaluable to travellers, particularly those who travel long-distance and can be useful to practitioners for keeping clients relaxed and at peace.

Insecurity

(combination of Butterbur, Milk Thistle, Moss & Sea Campion)

Feelings of insecurity can range from one off events to a continuing feeling which will not go away. Whichever it is, the cause is the same - a lack of personal power, a sense of not being in control of one's own destiny. What we need to accomplish is a realisation of the things in life we can change and there are some things we can't. It is a fear of the things we cannot control which causes insecurity. This essence helps us to overcome these feelings and take control only over the things that we can.

Liberation

(combination of Lesser Stitchwort, Scarlet Pimpernel & Wild Mallow)

This composition is for those who have become trapped by their circumstances in life. Often it may be that there is a dominant friend or partner who is causing the difficulties. There is a feeling of not being in charge of your own life when this essence is needed.

Protection & Clearing

(combination of Black Locust, Scarlet Pimpernel, Lichen & White Cherry)

This composition helps to clear negative energies and protect us from negative outside influences, while at the same time uplifting one's spirit.

Sadness & Loneliness

(combination of Compact Rush, Dog Rose & Honeysuckle)

Sadness and loneliness can have a devastating effect on our life. We can feel totally dispirited and bereft. What we need a new viewpoint, a new and transforming way of seeing the world. This essence is for those times when we need comfort, love and reassurance. It encourages new beginnings.

Self-esteem

(combination of Butterbur, Moss, Pine Cones & Witch Hazel)

Many people suffer from low self-esteem and it does not always show up as subservience. Over-aggressive behaviour shows a lack of self-esteem just as surely. This composition is for those who feel disempowered and are often dominated by others because they feel unable to assert themselves in the world. It helps bring out blocked off self-love.

Shock and Trauma

(combination of Star of Bethlehem, Ivy & Scabious)

This is the combination of choice for sudden or long-term shock and trauma. When circumstances around us suddenly change, we can become very shocked. Whatever the cause three things are needed to help us emerge from our traumas as rapidly and easily as possible. Star of Bethlehem is for immediate shock reaction, Ivy is to help us stay grounded and at ease and Scabious is to help restore us with it's gentle healing properties.

Stuck in a Rut

(combination of Double Snowdrop, Marsh Thistle, Sumach & Rhododendron)

This is the essence for when we feel stagnated or trapped by the circumstances around us. It is for those who have become bogged down by life. They have become the victim of fixed routines and perhaps the desire for security.

Tranquillity

(combination of Fuji Cherry, Heath Bedstraw & Tree Mallow)

Many of us do not lead a tranquil life, always being busy and not finding peace within that busy-ness. This composition helps us to change our view of life and to find peace in the storms of everyday living. The Tranquillity composite brings calm to the over-active mind and helps us to bring ourselves into the present moment.

Transition

(combination of Bistort, Single Snowdrop & Spring Squill)

The Transition composition essence is designed to help those who experience difficulty as a result of major change in their life. These changes may seem good or bad, both can be extremely stressful. This essence is for when the past needs to make way for the new.

Unification

(combination of Forsythia, Norway Maple, Oak & Speedwell)

This composition helps to unify the mind-body-spirit, helping us to break free of previous restricting beliefs and patterns.

Yang

(combination of Siberian Spruce, Yew, Nasturtium & Red Clover)

To achieve balance, the Yang qualities of a person need to fulfil certain criteria. The fundamental property of Yang energy is personal power. It is about making one's mark in the world. It is strong, steadfast and protective. This energy can become too rigid and without the ability to yield when needed, it makes us domineering and dogmatic.

This makes us vulnerable to opposition. There can be problems if the Yang element is dominant and we need to change our view of the world. "Male pride" is a typical reaction against accepting changes even when they are both necessary and wise. We need to build bridges with our Yin side, so that we become open to our intuition. Without this there will be unease within our self, reflected in unease where relationships with others are concerned.

Yin

(combination of Larch, Marigold, Delphinium & Honesty)

Yin energy is about feminine power and intuition, a feeling for what is going on beneath the surface. It is also about love, compassion and nurturing.

This energy needs to be balanced or intuition will become make-believe.

This composite helps us to unblock Yin energy and combine in balance with Yang so that we are truly balanced. When we are in a state of balance we are able to see the whole picture and act on it with insight as well as be assertive with our needs in the right way.

Yin/Yang Balancer

(combination of Larch, Honesty, Delphinium, Siberian Spruce, Red Clover & Nasturtium)

To balance the essential male and female energies and Yin/Yang qualities within a person.

The Acupuncture Set

Earth Deficient

(combination of Bog Asphodel, Holly Leaf, Ivy & Milk Thistle)

For when the Earth element is deficient.

Earth Excess

(combination of Bladder Senna, Dog Rose, Hairy Sedge, Lichen & Mediterranean Sage)

For when the Earth element is in excess.

Keywords for this element are sympathy, solidity, fertility, stability, security, comfort, centred, sensual and nurturing.

Fire Deficient

(combination of Buttercup, Heath Bedstraw, Oxalis & Sacred Lotus)

For when the Fire element is deficient.

Fire Excess

(combination of Bluebell, Firethorn, Magnolia & Sea Campion)

For when the Fire element is in excess.

Keywords for this element are joy, vitality, ideas, enthusiasm, creativity, intuition, warmth and inspiration.

Metal Deficient

(combination of Bistort, Bracken Alc., Charlock, Indian Balsalm & Ragwort)

For when the Metal element is deficient.

Metal Excess

(combination of Blackthorn, Bracken Aqueous, Cymbidium Orchid & Milk Thistle)

Keywords for this element are grief, substance, strength, structure, re-formable, communication, letting go, efficiency, storage and cutting through.

Water Deficient

(combination of Betony, Bladder Senna, Compact Rush & Cyprus Rock Rose)

For when the Water element is deficient.

Water Excess

(combination of Dwarf Purple Vetch, Flowering Currant, Fuji Cherry, White Lotus & Yorkshire Fog)

For when the Water element is in excess.

Keywords for this element are fears, clarity, willpower, rhythms, life purpose, depth, still and calm.

Wood Deficient

(combination of Lilac, Lily of the Valley, Oak, Soapwort, Welsh Poppy & Spring Squill)

For when the Wood element is deficient.

Wood Excess

(combination of Leopardbane, Nasturtium, Red Poppy & Scarlet Pimpernel)

For when the Wood element is in excess.

Keywords for this element are anger, roots, strength, control, flexibility, vision and decision making.

How to use:

Select the essences you require according to your circumstances. It is recommended that you combine no more than 5 Bailey Essences at a time.

Place two drops of the selected essence(s) into a glass of water and sip a little three times a day. If kept refrigerated, this will last up to three days after which you will need to prepare a fresh batch.

It may be better to prepare a stock bottle. Fill a 10ml dropper bottle with spring water (or 50% spring water and 50% vodka if it needs to keep for a while) then add 2 drops of the essence(s) you have selected. In case of alcohol intolerance, you can use sea salt instead. Just add 25% of sea salt to the amount of water and shake the bottle until the salt has dissolved, add the essence(s) as above. You can then take 3 drops from this bottle a day, either directly on the tongue or in a little water.

A bottle will last around about three weeks if taken as directed above. The whole bottle should be taken normally, though it is advisable for rapidly changing circumstances to check every week if you are taking the correct ones.

These essences are suitable for children, with no change in dose required. Bailey Essences are also suitable for animals with the essences being put onto food or into drinking water. Alternatively, you can put the drops behind the ears of an animal or onto pulse points on children (and adults).

In the case of compositions, you should use them exactly as directed above for single essences.