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Bailey Essences Information



Algerian Iris (*Iris unguicularis*)

We sometimes find ourselves overcome with desire, the sex drive is an incredibly powerful thing, and we become blinded to adverse factors within the relationship. This essence helps us to take a more light-hearted view of sex and our sexuality so that we can be a little more restrained with our wants, easing the pressure that blind 'love' can put on our emotions. It also helps us to see that our sexuality is a part of our nature and needs to be treated with love.

Almond (*Prunus dulcis*)

Almond essence is the inner teacher and guide helping us to remove ourselves from past troubles and see the path ahead. The past holds a strange attraction to us and it is often hard to let go of, but almond will help us through the challenges which inevitably rear their heads when we are truly finding our right path, it will be a gentle guide during these hard times ahead. It will also help us to see how old patterns restricted our lives and the benefits we received during hard times that we not be able to see without help.

Apricot Poppy (*Papaver postii*)

This little flower grows where not much else can live and its qualities are much the same, bringing inspiration for change to those who have none. This essence is very soft in its action yet is very powerful. It encourages us to move forward, leaving stagnation behind so that we may embrace change and new knowledge with joy instead of dread.

Arizona Fir (*Abies lasiocarpa var. compacta*)

It is unfortunate that in many religions, we are told that enjoying life is not "spiritual" and that life should be hard. This is a distortion of the truth and clinging to this path of suffering is disastrous to our personal growth. Many do not enjoy their lives and do not realise that if they viewed it differently, it is actually an amazing and wonderful thing which should be celebrated. This essence helps us to realise that there is nothing wrong with enjoying life, it softens our rigidity and allows us to truly celebrate the miracles we see around us everyday

Betony (*Stachys officinalis*)

This essence is for unrecognisable and unidentifiable fears. These fears come from the subconscious and can dominate our lives. They stop us from realising our true worth and can often appear as inner 'demons' due to conditioning at childhood that to be human is to be full of sin. We need to shed light on these 'demons' and see them for what they really are so that we can go beyond this negative thinking. Betony helps in this, helping us to experience the glory of being alive and to see the opportunity we all have to be able to grow and develop on this wondrous planet we call Earth.

Bistort (*Polygonum bistorta*)

This is the essence for those who find themselves at a point in their life which calls for major change, but they feel unable to do anything about it. This is a crisis point for many which ends up with some suffering 'nervous breakdown'. Bistort can help turn breakdown into breakthrough and help those who cannot see the way forward, to realise the support system they have both from others and from within themselves. This can be very empowering and help people to find the resolve and strength needed to rise above their difficulties and make the necessary changes.

Black Locust (*Robinia pseudoacacia* L.)

This tree has beautiful fragrant flowers in the spring and it is the energy of the flowers which helps us when we feel vulnerable to attack or undesired attention from others. These feelings can be the result of jealousy or anger and usually the people responsible have no idea what they are doing. What is more, we do not have to believe in attack on this level to be a victim or a perpetrator, we can still experience its effects. If you find your energy depleted with no cause then this is the essence to take. The Black Locust tree also has large protective thorns alongside its beautiful flowers, helping to protect us from unwanted attentions.

Blackthorn (*Prunus spinosa*)

Blackthorn is for the ultimate state of despair, that black hole with no way out. Everything seems lost to folk needing this essence, neither life nor death has no meaning and this is the point where self-destruction becomes possible. From these depths, a way of growing into a much lighter way of life is possible but we must accept the challenge for our growth and acknowledge that a different way of life is possible. This essence can help ease the trauma of these times of change and light the way forward, opening up a new and totally transformed way of life.

Bladder Senna (*Colutea orientalis*)

Everyone has episodes at some point in their life that they are ashamed of or feel guilty about. The wisdom of hindsight often shows us things about the past situation that we do not like now and makes us feel guilty about what we did. Guilt is a very destructive emotion, it takes us away from the present moment and produces unnecessary worries. We need to let go of these feelings and old emotional responses by forgiving ourselves for that which we think we did wrong. This essence also helps us clear out other false and unworthy emotions, cleansing our mind and removing blockages to our progress.

Blue Pimpernel (*Anagallis arvensis var. caerulea*)

This essence relates to our ultimate goal - rediscovering our spirituality after growing up in a material world. We are influenced while growing up by just about everything and everyone around us, only starting to question these opinions and actions as we go through puberty. This essence helps us to untangle true spiritual teaching from the dogmas and teachings of organisations which seek to control us. Blue Pimpernel helps us to discover our real spiritual nature.

Bluebell (*Hyacinthoides non-scripta*)

A Bluebell person will typically be someone who has lost most of their self-esteem, feel rotten inside and dislike themselves intently. They become locked into negative ways of looking at themselves, the cause of this probably coming from childhood conditioning that nothing they did was good enough. This flower helps bring light and joy where there once was darkness and fear, unlocking our hidden potential and bringing about a period of personal blossoming.

Bog Asphodel (*Narthecium ossifragum*)

This essence is for those who look after others almost slavishly but take no care for themselves and their own needs. They cannot see when the time has come for someone else to deal with their own problems without help and can block the healing process for someone by trying to assist at the wrong time. This is a good essence for healers who can find themselves attached to the healing process of someone they are treating. Lightness of touch and slightly whimsical approach are essential to healers if they are to help others fully and not become trapped by their work.

Bracken Alcoholic (*Pteridium aquilinum*)

Bracken Alc. Is for those who still play the role of the child even in adulthood. This may be because of parental or other domination and not being encouraged to take increasing responsibility for their lives as they grew older. The alcoholic extract of Bracken help to dissolve the influence of these old childish states and allow a quiet resolve to develop. These people then begin to realise that they don't need to throw their weight around to assert themselves. It may help to take an essence to help with self-esteem at the same time as this, as most needing Bracken Alc. have problems in this area too.

Bracken Aqueous (*Pteridium aquilinum*)

This essence is for blocked psychic sensitivity while still a child. This side of children (all are naturally psychic at birth) is usually squashed by adults who call it childish imagination. This often leads to a deep-rooted fear of the intuitive mind, often thinking that there is something wrong or unreliable about it. These people often appear very logical and 'left-brain'. Bracken Aqueous gently unblocks the intuitive mind, enabling communication on levels other than the logical.

Butterbur (*Petasites hybridus*)

This essence is for those who suffer from a low self-esteem and trust in themselves usually resulting from their situation during childhood. These folk fail to see their own innate goodness and when working on personal growth, will block off their self-esteem and personal power as they are afraid their power will be destructive. Butterbur helps them to open up and trust their innate power as well as develop their self-esteem to see what they should be using it for.

Buttercup (*Ranunculus acris*)

Buttercup is for those who find it difficult to let sunshine into their lives. Because of their experiences, they have a sunny nature which is suppressed and turned into a negative and jaundiced view of the world around them. They are usually cynics with no confidence in others, probably due to past betrayal. This essence helps them to open up to others without prejudice, judgement or suspicion of ulterior motives.

Charlock (*Sinapsis arvensis*)

Growing up is a difficult process for many of us and the transition from child to adult can be traumatic. Some feel it is easier to stay in the state of childhood and do not want to grow up. They have a naïve and trusting approach which leaves them open to con men but taking this essence helps them to leave behind attachment to childish ways without losing the childlike way of approaching new situations. It opens up a new view to what is really going on the world and opens up our true awareness gently. Charlock lets us be confident, competent and joyful in adulthood, knowing that responsibility does not necessarily go hand in hand with being heavy-handed and humourless.

Compact Rush (*Juncus conglomeratus*)

This is the essence for those who feel that life is passing them by, becoming sad as life goes by for what might have been. They feel they have missed out on life and are not being fulfilled. This sadness is suppressed anger at the fact that things were not different, causing resentment towards the actions of others or blame towards themselves. This essence brings about new beginnings, wiping the slate clean and helping us to look on the past with compassion. It opens up the possibilities of the future, enabling us to embrace the present moment with new energy and insight.

Conifer Mazegill (*Gloeophyllum sepiarium*)

Conifer Mazegill is the essence for when we find ourselves in the midst of sudden, abrupt and irrevocable changes in life. Events such as bereavement, divorce or a major natural disaster. These things happen when the old has to die and be replaced by the new. This is a deep acting essence, which may be taken alongside the Grief and Shock & Trauma compositions. When the initial sting has gone from a situation, this essence should be continued, maybe for a few months, to ensure the energy of positive change is activated fully and we do not become trapped by old memories.

Cymbidium Orchid (*Cymbidium hybridus*)

This essence relates to the hidden side of our nature, particularly concerned with the negativities which hide just below the surface of the consciousness. This is where old resentments, anger and repression may be hidden and this essence will help to bring them to the surface. As this happens we see them for what they really are, old shadows from the past and they lose power over us. Cymbidium brings insight and wisdom to our intuition so that we can see the true nature of the dimensions of our being for ourselves.

Cypress Rock Rose (*Fumana arabica*)

This is a very deep acting essence, much more so than the Bach Rock Rose. It is for deep terrors and fears which are difficult to expose and resolve, allowing us to distance ourselves from the cause of the terror. We can then look at the situation without getting emotionally entangled with the energies involved. It is a good essence for those who are feeling suicidal and for those terrified of facing their inner demons and the forces which dominate our lives from time to time. This delicate yellow flower can lead us to breakthrough and total transformation.

Deep Red Peony (*Paeonia lactiflora* ""Suminoichi""")

We live in a time of great change within our world, a time of cleansing and renewal and the resulting chaos is causing many people to re-evaluate what they are doing and how they view the world. This can be an unnerving experience as we see behind the facade of attitudes, beliefs and opinions. There are an increasing number of children who are being born with symptoms that are medically diagnosed as Aspergers, ADD and Hyperactivity Syndrome among others and they see the world as a frightening place. They are intelligent and often bored by the world they see, causing trouble in school with their honest insights, and why should they take an interest in things which are boring or untrue? Those needing this essence have to be able to harness their energy without the risk of burn out or withdrawal from the world as they have much to offer with their understanding. They have the ability to lead others into a new and better way of living. They have the ability to see how mankind as a whole should change and if they cannot release their powers of wisdom, they end up feeling alienated and alone. This essence is particularly for those who are growing up as a spiritual being in a materialistic world, bringing out their latent potential at a gentle pace.

Delphinium (*Delphinium consolida*)

On old maps, areas of unknown territory used to be marked with "Here be dragons", indicating the fear of what was there in the unknown. This essence helps us to access the "Here be dragons" areas of our minds without fear knowing that what we discover there will be for our benefit. It helps us to develop insight with a wide perspective so that we are able to see as wide a view of a situation as is possible. This can be uncomfortable for many but it is a vital part of our progress.

Dog Rose (*Rosa canina*)

This is the Wild Rose of Dr Bach's Remedies but the method of making this essence is different and produces different qualities. This essence helps us when times are hard, when we need loving support from another source to that of our friends and family. When our hurt and need have gone deep, such as in bereavement, we need something to bring solace and support without dulling the senses. The Dog Rose helps to take the sting out of situations, yet provides us with comfort, support and protection.

Dwarf Purple Vetch (*Vicia villosa ssp. Eriocarpa*)

This essence is for old patterns, usually originating in childhood, relating to relationships and sexual attitudes. It works particularly well for difficulties which arise during puberty. During this time changing personal power and sexual roles often produce anguish and uncertainty producing blockages in the understanding of the opposite sex. The desire to relate to our opposing gender is often stifled by fear of being ridiculed leaving open relationships impossible with the opposite sex, sometimes the idea is even revolting. This essence frees us from the ghosts of the past and enables us to open the door to our true personal and sexual freedom.

Early Purple Orchid (*Orchis mascula*)

This essence helps us to get in touch with our true nature particularly when we are getting rid of old patterns but new ones have not yet taken root. At times like this we can feel vulnerable and without a sense of identity, leaving us open to falling back into old ways just because they are familiar. Early Purple Orchid helps to dissolve the blocks, including those within chakras, to bring harmony to mind, body and spirit. This essence can often assist the actions of another, for example that of Milk Thistle for a blocked-off ability to love.

Double Snowdrop (*Galanthus nivalis flore-plena*)

Double Snowdrop is for those who need more flexibility in their lives due to frozen attitudes. Sometimes they seem as if they have been left behind clinging to patterns belonging to the past. The folk needing this essence will feel stuck in a rut and unable to get out of it. They need insight to see that everything is changing and that change, uncomfortable as it may be, is necessary and a fact of life. It is the change these people fear and this essence helps them to rejoice in the newness of life again. They begin to see that nothing is the same from moment to moment, breaking up rigid attitudes which keep out joy and freedom and feeling a sense of security through this period of transformation.

Firethorn (*Pyracantha atalantioides*)

This essence helps us to balance our fire energies, which can become unstable when we suppress emotions, often caused by old conditionings, so they build up and stay hidden until they finally explode. After this release of energy, people will often panic and retreat into themselves. Suppressing emotions in this way means a person will 'blow hot and cold' making life very difficult for those around them. This essence brings the ability to let emotions ebb and flow as they should bringing greater tranquillity. Once the energies stabilise in this way, the causes can be seen and healed, if they haven't been already.

Foxglove (*Digitalis purpurea*)

This is the essence for those who feel they have lost their way in life. They can lose all drive, knowing there is a way out of difficulty but not being able to find it. This creates frustration meaning that although there is usually a clear way out, they are blind to it. Foxglove reduces our emotional entanglement with the difficulties we see before us, creating distance from the problem. This quiets the mind so that new ways of looking at things can emerge and a way out can be found. Those who are always looking for new therapies may benefit from taking this essence.

Fuji Cherry (*Prunus incisa*)

A tense mind creates a tense physical body. Fuji Cherry encourages the mind to relax and brings in a sense of calm and detachment from worries and difficulties. As the mind relaxes, the stress in the body eases. Take this essence to help you develop a quiet, reflective mind.

Flame Azalea (*Rhododendron calendulaceum*)

This essence reminds us that to work with others in ways suitable to us is a large part of what life is about. We all need solitude from time to time but we will not reach our full potential if we cut ourselves off from others. Flame Azalea helps us to remember the energy and power we have within enabling us to face an uncertain future knowing we have the choice in what happens. Taking this essence helps us to regain our life force and to Co-operate with those around us to bringing a sense of loving purpose. This essence works well along with Conifer Mazegill when someone has had major and sudden change in their life helping to energise the new situation and changed life direction for the best.

Flowering Currant (*Ribes sanguineum*)

Flowering Currant is for those who feel they are facing inevitable defeat but still have the energy to keep going. They try to protect the spark within but the emotional pressure can make them feel twisted, indeed their physical body may reflect this. The trouble with these folk is they don't recognise their own strength and power of insight, finding it difficult to look at what opposes them. They hide their faces away hoping it will all go away, not realising that facing up to what stands before them is the way to overcome the difficulties. This essence helps them to let go of their fears and open up to the reality of the situation at hand so it can be dealt with as it should.

Forsythia (*Oleaceae intermedia*)

Forsythia helps us to open up to our spiritual nature, bringing joy and a sense of freedom. It helps us to get rid of outgrown ideas which would get in the way of our development and encourages us to open up to our own spiritual reality which our logical lower brain tries to oppose. This essence also helps us to keep an open and non-dogmatic mind.

Giant Bellflower (*Campanula latifolia*)

This flower helps those that want to change their lives. It gives us the ability to get rid of the old and bring in the new and smoothes the path ahead to help us along the way.

Greater Celandine (*Chelidonium majus*)

This essence is for those who fear their spiritual nature. Many put up a mental block between ourselves and the source of our reality. There may be deep rooted fears to do with death or the psychic dimensions of life and they may seem bitter and self-hating. Greater Celandine helps to dissolve the barriers between the two sides of the brain allowing the intuitive side to take its rightful place as part of the whole bringing a new alignment of mind-body-spirit.

Hairy Sedge (*Carex hirta*)

This essence is for those who find it difficult to live in the present and tend to dwell on the past or possible futures. This can cause problems with short term memory. These people can be brought into the present with the something that has an impact on their wellbeing or by something which gives them pleasure but it is usually short lived. There may be a reluctance to see what is really happening around them as they feel threatened in some way, causing the memory to be selective with anything they don't want to know. Hairy Sedge helps bring them into the now and to see the whole picture without feeling any threat to themselves.

Hawkweed (*Hieracium vulgatum*)

This essence is for the despair brought about by a lack of self-confidence. These folk feel like they have lost touch with their roots and there may be a feeling of being lost in a hellish alien world. There is a sense of being a victim and pressure such as this can cause abrupt personality changes. Hawkweed gently helps to ease us out of depressive emotional states, allowing us to feel at home in the world again with a greater sense of balance and inner wisdom.

Heath Bedstraw (*Galium saxatile*)

Heath Bedstraw supports us as we let go of our tensions and find new and better ways of living. Change on a personal level is nearly always challenging as many of our beliefs are put to the test and found to fall short of our actual needs. The stress of this may be enough to make us want to stop our transformation and go back to our previous ways. This essence helps us to relax and feel supported in these times of major change and can be used with other essences used to actively promote the changes needed.

Himalayan Blue Poppy (*Meconopsis betonicifolia*)

This flower is able to help us to recognise the talents we brought into this world with us and then to develop them for our personal fulfilment. We need to build on skills and strengths we have brought with us to this life if we are to reach our potential in this one.

Holly Leaf (*Ilex aquifolium*)

Holly Leaf is the remedy for anger and resentment, it mirrors our difficulties in its sharp defensive prickles. There are two forms of anger, firstly we have the natural and healthy reaction to unreasonable provocation which we can express appropriately dealing with the situation and secondly there is the anger we are unable to express which is held in the mind and body emerging as resentment. It is the second kind which causes us problems. This essence works in two ways acting as protection so we don't rise to the bait so readily and it also helps to take the sting out of a situation by deflecting any desire to hurt us.

Honesty (*Lunaria annua*)

This is the essence for a lack of openness and receptivity. This can happen when the intuitional aspects of a person are active in a negative way. The assertive side of a person (Yang) has usually been suppressed and then the feminine aspects (Yin) attempt to assert themselves. The problem with this is that the Yin cannot imitate the Yang side of a person and this leads to deceitful behaviour as we try to keep control of a situation. Honesty helps us to overcome the need for this behaviour and encourages openness and honesty. As this happens a balance comes about between the Yin and Yang energy.

Honeysuckle (*Lonicera periclymenum*)

Honeysuckle possesses very strong healing properties with regards to sadness and loneliness. These feelings isolate us from others and when we feel isolated we turn away from the world and become introverted. This essence helps us to change our energy at a subtle level making us more approachable to others. We open up to the world as this essence dissolves the barriers we put up and eases the pain in the heart.

Indian Balsalm (*Impatiens glandulifera*)

This flower brings quietness and healing to the mind which is overrun with thoughts which cause distress. It does this by reducing emotional tensions in the mind, enabling us to take our thoughts less seriously. This in turn helps the never ending loops of negative thinking and to quietly observe the world around us in peace.

Ivy (*Hedera helix*)

Ivy helps to us to ground ourselves in situations where shock or similar circumstances might tend to make us lose the will to live. There are times in everyone's life when we feel life is just not worth the effort. It might be some unfortunate accident or just fortune that makes us crumble like this and whichever it is we will need some help to help us feel rooted in this world again and make us feel secure and loved. Ivy encourages us to put down roots once more and live life again.

Larch (*Larix decidua*)

This essence is for awakening the true power of Yin within us - the power of the intuitive and receptive. Yin represents many things in the East, it is shadow, it is depths rather than heights, it is soft and it is nurturing. It is receptive and intuitive within our nature rather than logical and mental. Yin wisdom is far deeper than Yang ideas of truth. This essence helps us to balance the Yin side with our Yang side, which is something both men and women struggle with this most of the time. Men tend to be dominant Yang and because Yang fears the wisdom of Yin, Yang tends to dominate Yin. Yang covers this by thinking intuition is just wishful thinking. Larch is a powerful activator of the Yin energy and helps the Yin side to be more assertive so that we can hear our intuition above the logical side of our personality.

Leopardsbane (*Doronicum pardalianches*)

This is the essence for those who are waking up to who they really are, whether consciously or not. They may feel they are living on a knife edge and indeed in the extreme, may even think they are going quite mad. It is actually a positive sign that they are breaking through the veil of conditioned thought. However, these feelings can lead to serious depression and maybe even suicidal thoughts. Leopardsbane lessens the attachment to emotional extremes and allows one's perceptions to broaden so that they can see beyond pain and suffering. They begin to accept that madness is part of life until someone begins to wake up and change the way they see, feel and think. This essence helps you to see your own suffering and that of others in a new light of compassion and understanding.

Lesser Stitchwort (*Stellaria graminea*)

Lesser Stitchwort is for those who need to escape from thought patterns which influence them. These can be their own or those imposed on them by others. They can become dominated over by these thought processes and we need to reduce our dependency on them if we are to break free of them. When we can do this, we let go of everything we don't need and keep that which we do. This essence acts as a guiding star during this process, lighting the path ahead and giving us insight and encouragement along the path we will see ahead of us.

Lichen (*Marchantia polymorpha* L.)

Lichen enables us to bond firmly with the universe and all that it contains, not only at the material level of the physical earth, but also at the psychic and spiritual levels which are all part of who we really are and where we come from. This is not always an easy essence to take as it can be uncomfortable for us to realise just how much we are a part of things, we have a tendency these days to feel detachment from many things including the very source of our being. This is because true love is not an easy thing to accept when you are not used to it but it is vital for our health and well-being.

Lilac (*Syringa vulgaris* Massena)

This essence is for those who have had their personal growth stunted, usually during childhood, by dominant forces of one kind or another. They may feel shrivelled up and unable to blossom fully in life. This may be echoed in a stunted physical appearance. This kind of domination leaves them unable to express what they feel like but this essence encourages an opening up so that we can begin to grow and develop once again. It may be the case that folk who need this flower have become addicted to being a victim and as such will have difficulty accepting their own value and

potential. Lilac gives love and encouragement as we open the door to our cage and begin to go through this major change of releasing our bonds.

Lily of the Valley (*Convallaria majalis*)

This is the essence for those who desire things which are unobtainable. It may be that they are in love with someone who does not return the feelings or they may yearn to contact the 'spiritual realms' and cannot achieve it. We cannot reach these things while we are so stuck in our own desperation and as such the answer lies in giving up the search. Lily of the Valley helps us to find the 'empty cup' within us so that what we truly need can find us and enter. The real secret to this is trusting the forces that created us in the first place to provide that which we truly need and not that which we think we seek.

Magnolia (*Magnolia x loebneri Leonard Messel*)

The essence of Magnolia is concerned with our Heart Chakra and is associated with love and compassion. The message of this flower is simple, surrender to love and to your own inner wisdom which knows no limits. This is not an easy thing to do as we are used to the sentimental side of the love we know, which is not true unconditional love. This essence shows that true love does exist and that while it can present us with challenges, it will also provide us with the answers.

Mahonia (*Mahonia aquifolium*)

Mahonia helps to free us from the fear of our negative potential. We are all sometimes afraid of what we could do as we have a sense deep down that we are all basically 'evil'. This may come from childhood when we were naughty or disobedient or it may come from religion and the idea that mankind is inherently evil. It is actually the case that our problems stem from learned characteristics such as greed and not from a fatally flawed nature. This flower helps us to bring the divine into our lives helping us to realise that it is our fears which inhibit us not our fundamental nature, and that these fears are for the most part fictitious and products of our learning and imagination. This essence will help those who feel inadequate or as if there is a hidden hand holding us back from discovering the beauty which lies within.

Marigold (*Calendula officinalis*)

This essence is for those who block the Yin side of themselves. These folk totally deny any existence in the universe other than that proved by scientists. These people are the ones who spend their time exposing fake mediums, healers, dowsers etc. when what they should be doing is accepting that side of themselves which they keep hidden. These people are usually very sensitive but refuse to let it into their personality. This essence is for those who need to let the light of their feminine side in, whether male or female!

Marsh Thistle (*Cirsium palustre*)

Marsh Thistle is for those who are locked in the past, to events, people and possessions. It is a particularly hard habit to break once it becomes entrenched in our personality. For these people, anything new is hard to accept and they fear change of any kind. This essence gently helps change to take effect without fearing it. It is the remedy for all those who are trapped in routine attitudes and situations, allowing them to be open to newness and change.

Meadow Rue (*Phalictum dipterocarpum*)

This is the essence for discernment, showing us that which will be to our detriment and what will be to our benefit. The message of Meadow Rue is to put aside greed and self-seeking because they are weapons that destroy us personally and that could ultimately destroy mankind itself. This flower enables us to live with grace, poise and ease in a difficult world, carrying with it the message of service to others and the realisation that no man is an island, we need to co-operate for the general good of the human race. This essence goes well with Bladder Senna as it brings in the ability to choose well which direction we should take while Bladder Senna helps old negative feelings to fall away.

Mediterranean Sage (*Salvia fruticosa*)

This essence represents all that is powerful within the element of Earth. It mirrors the energy and wisdom of the Mother Earth. It helps us to become firmly rooted in the material world and such grounding is vital if we are to raise our consciousness to other levels of perception. This plant brings a deep rooted wisdom which comes from interaction between insight and experience. Without experience, insight is just information which may or may not be correct, but true wisdom has been proved and tested in the processes of life. We can awaken this wisdom within us and this essence speeds up the process. When we can access this part of ourselves, we can remain at peace even at times of great trauma.

Milk Thistle (*Sonchus oleraceus*)

Milk Thistle relates to the chest area and Heart Chakra. For most people this is a vulnerable place as it is where they feel not only love but fear too. Problems to do with this area of the physical are often due to blocked off love of the self and of others. You can see this in someone when their posture is that of hiding and protecting the area, with shoulders hunched forwards and the breathing is restricted by a pinched-in chest. This 'defeated' posture denotes someone who has a poor opinion of themselves, and self-esteem and self-love are at extremely low levels. This essence encourages people to open up to love and to let go of the fears restricting them. When we do this there may temporarily be feelings of pain or increased vulnerability due to the positive change taking place. A very powerful essence, Milk Thistle is all about helping people to bring more light and love into their lives. Early Purple Orchid helps this process when given at the same time.

Monk's Hood (*Aconitum napellus*)

This is for long standing difficulties which have their roots in the past, often in childhood. These problems were not solved at the time of happening and as such folk needing this essence have not updated their view of the world, retaining their old attitudes and beliefs. During childhood they may well have been indoctrinated with the ideals of religion, politics or nationalism and as a result they are often themselves dogmatic in areas of belief. Monkshood gently helps them to see how they were indoctrinated in the past as they really were with the attitudes and emotions stripped away. It combines this with the wisdom of the present and compassionate understanding. Through this they are freed from the past and encouraged to move forward.

Moss (*Discranella heteromalla*)

Moss is the essence for those who fear the dark spaces within themselves. Many people fear uncharted areas whether out there in the world or within themselves. This essence helps them to see the shadows for what they really are, which is nothing as soon as a light is shone on them. It is fear which prevents this light from showing them the truth. Moss lessens the effect of these addictive fears and loosens their constrictions. The dark spaces are then transformed into places of light and illumination. People needing this essence may feel compelled to help others in a desperate attempt to atone for the 'evil' within themselves they imagine is kept in these dark spaces.

Nasturtium (*Tropaeolum majus*)

Nasturtium is the remedy for those who know they need to make changes in their life but feel unable to make the first move to start the process. There always seems to be something stopping them from getting started. There are two things needed for change to begin and this essence helps both. The first is having enough energy to begin the process and the second is a recognition of the need to let go of attitudes and fears which will inhibit the process. For most, feelings of guilt or fears about change in personal status will almost certainly appear. We need to accept our different future roles and the challenge of change with lightness and positivity rather than fear and dread.

Norway Maple (*Acer platanoides*)

We are all multi-dimensional beings and much more complex than most would be prepared to admit. Most stay with their consciousness firmly rooted in the physical plane. We need to understand more about our true nature and free up our minds so that we can access these other levels of consciousness to discover the riches there. This essence does just that, encouraging us to go deeper in just the way that a good meditation teacher will stretch us so that we do not settle into a lethargic state of insight. Norway Maple helps us to move to these new levels with ease and accuracy.

Oak (*Quercus robur*)

This essence is of great help where there is confusion, an over-active mind or a lack of inner strength. When we feel knocked about by the world, we can feel confusion which causes us to doubt our convictions. What we need at times like this is to feel rooted in the Earth so we can see what is really going on around us and within us. Oak helps us to feel at home in the world and supports us in developing a quiet inner strength so that, just like the tree this essence comes from, we are not easily disturbed by opposing forces. We become strong and resilient giving us a strong standpoint to watch the world, with quiet amusement, at just how seriously some people take themselves. This essence teaches us to act with freedom at the circumstances we face instead of just reacting against the world.

Oriental Poppy (*Papavar somniferum*)

The extracts of this poppy can be very useful in times of extreme pain, but it can also be addictive when taken in too large quantities. This essence helps us to break patterns of addiction and dependence, whether it is related to people, situations or substances we take into our bodies. This delicate poppy helps us to wake up to what has been happening around us and to ease our way out of the dependencies created. The actions of this flower can be enhanced by giving Welsh Poppy and Red Poppy at the same time to help us wake up and then to energise the change process.

Pine Cones (*Pinus sylvestris*)

The essence of pine cones is for those who feel trapped by the authoritarian powers of others and are unable to escape. Folk needing this essence may feel inadequate and constantly seek the approval of others due to a lack of self-confidence. There may have been a dominant parent who would not let go, leaving a child unable to take over self-authority and making its own decisions and mistakes. To these people, the world is a frightening place and they need much reassurance and help from others. This essence helps to free us from worrying about pleasing others and lets us truly understand that authorities are simply people who usually know less about the truth of things than we do! This essence helps us to realise that by breaking free of this authority, all we are losing are chains and what we are gaining is our freedom.

Pink Purslane (*Montia siberica*)

Many of us grow up with views of the world which are influenced greatly by the attitudes of our parents, teachers and peers. They are not gained by our own experience and insight and as such can be deeply flawed. Pink Purslane helps us to evaluate our belief structures from the point of compassion and insight. It is never easy to admit things we have always believed may not be true and compassion is needed in abundance to help us change our ideas. This essence helps outdated ideas and patterns so that we realise the illusions we once believed now have no purpose for us. It helps us find new horizons and richer, more fulfilling ways of living. It is gentle, yet very persistent!

Ragwort (*Senecio jacobaea*)

Ragwort interrupts the endless looping around of thoughts that tend to feed on themselves. This is called obsession and it is caused by our own unstable feedback. Our thoughts try to find answers to our difficulties but always lead us back to the beginning where we have to start all over again.

Ragwort works firstly to remove the emotional kick we get from obsessive thoughts and secondly to give us strength during this period of change as we readjust to having a much quieter mind. A quiet mind can feel quite alien and even distressing when we are used to a constant chatter and this essence helps us learn how to cope without constant emotional stimulus enabling change to take place with the minimum of difficulty.

Red Clover (*Trifolium pratense*)

Red Clover is for those who are emotionally blocked off due to the fear of the damage that unbridled emotions can bring. They suppress their emotions as they believe it will prevent problems but in doing so they reduce their enjoyment of life. This essence encourages the emotional side to emerge gradually so that changes can be integrated without stress. Indications of emotional blockage are when someone appears hard, cold and calculating with everything being directed to utilitarian ends. Many things are thought to be a waste of time and this is all due to the intuitive (right) side of the brain being blocked off. This essence encourages communication between both sides of the brain and personality, meaning that the logical side begins to allow and trust the activities of the right side.

Red Frangipani (*Frangipani plumeria rubra*)

This beautiful flower has the power to reconnect us with the source of our being. Believing in the divine is one thing, whatever you call it, be it God, Allah, Great Spirit, Buddha etc. Actually experiencing the Divine is another thing and the ego knows that in this experience it will begin to dissolve and disappear creating deep fears within us. In our hearts we know there is more than just physical existence and this essence helps to unlock this area of our being. This will generate both joy and fear as our limiting bonds begin to let go, Red Frangipani lessens the fear helping us to recognise that the ego has been blinding us to our true destiny. We will then begin to understand our true nature bringing about a lightness of living and clarity of vision. It brings joy and ease, true self-confidence and new levels of perception. It is the essence of true awakening.

Red Poppy (*Papaver argemone*)

Red Poppy essence stabilises fire energy, the creative life force that needs to be under control at all times. It is vital that we harness our energies in ways which are beneficial rather than harmful and fire energy out of control can be harmful to us as well as to others. Too little Fire and we become ineffective, too much and we become destructive. This flower helps to stabilise our fire energy, assisting us to grasp situations more accurately so we can decide on the most appropriate course of action. This essence prevents us from going into self-destructive mode out of frustration, causing serious repercussions, enabling us to direct our energy in a more positive manner, perhaps by looking to the other ways of changing our circumstances. This essence can make our lives much easier and also the lives of those around us!

Rhododendron (*Rhododendron ponticum*)

This essence is for those who have not learned how to solve problems in their lives and keep trying to push their way through blind alleys. We are conditioned when we are younger that there is an answer to everything somewhere, but when we think like this and things do not go as we expect, we will try and force a solution, which probably won't be right. We need the ability to stand back and look at the whole of the situation, detaching ourselves from it so that we can if what we are trying to do is really impossible or if we are using the wrong methods. A typical example of this is a student studying for an exam who stays up later and later but the harder he tries the more his brain refuses to co-operate. This may even precipitate a nervous or mental breakdown. The same can be said of someone who tries 'throwing money' at something rather than using a simple made-to-measure approach. This essence helps us to see problems in a wider context, leading us to ask questions about the situation. Maybe we will realise that we cannot solve this issue and maybe we will realise we are actually looking at the wrong issue!

Rosebay Willowherb (*Chamaenerion angustifolium*)

This is the essence we need when we feel blown about by the winds of change. We can feel impotent, depressed and confused when we seem to be at the mercy of the world around us. When this happens we suffer a complete lack of Earth energy and we are blown about by forces surrounding us. We feel unsure of ourselves and the world around us, confused about our lives and nothing seems stable and reliable anymore. Rosebay Willowherb helps us to root ourselves firmly in the world giving us stability and strength. Only when we have these qualities can we truly evaluate our situation. When we manage this, then we can go out into the world with renewed confidence.

Round Headed Leek (*Allium sphaerocephalon*)

For unknown difficulties stemming from childhood, particularly when other essences have been ineffective.

Sacred Lotus (*Nelumbo nucifera*)

This beautiful flower encourages the blossoming of personal growth. It helps to open the heart to the love of the Universe and the Divine. Many people seek the knowledge of the Divine and to try to understand it, they have given it many names. The problem with names is that people then try and interpret the name in ways they can understand and very often miss some of the real message. This flower helps us to open our hearts to the ultimate reality, by whatever way you wish to call it. This essence will not do the ego's bidding and as such allows us to develop at a steady pace rather than trying to speed up the process as the ego would have us do. We should not be impatient in our spiritual development and take our time to grow. Our blossoming comes from being firmly rooted in the Earth plane before we can start to grow safely towards the light, just like the Lotus. The intelligence within this essence knows what we need at any given time and will encourage us to open up to the love of the infinite at the same time as learning to radiate that love out to the world around us.

Scabious (*Knautia arvensis*)

Scabious initiates the healing process after a serious shock or traumatic event. It helps us to accept what has happened and brings comfort and ease to the healing process. The healing processes of the body can be seriously disrupted, particularly when there has been injury to the mind or body, and a shocked mind easily inhibits the body's processes that would naturally take place. This essence helps us to accept what has happened so that our distress does not block the natural healing. Scabious also brings in its own unique healing properties as it opens our consciousness to love and compassion. Whatever has happened there is no point having regrets about it, we need to move forward as well as we can. It also helps us to see that even major problems may have positive outcomes that we cannot imagine at the time. It helps us keep going even when the going is rough.

Scarlet Pimpernel (*Anagallis arvensis*)

This is a useful essence for those who are emotionally entangled with another person. There are two states helped by this flower, the first is that of being obsessed and the second is being 'possessed' by someone else. Either way, they are unable to break free even though they may realise it is not a good relationship for them. There may be psychic bonds coming from the dominator and these can be especially hard to break as this person has a lot to gain from a possessive relationship. There is often a deep rooted fear on the victim's part as breaking free would leave them feeling void and desolate. They know they also have to face the anger of the other person. This kind of relationship saps our willpower and takes away our energies. Scarlet Pimpernel works at a hidden level, enabling us to disconnect the ties that bind and to gain sufficient power to break free. It may be helpful to take Early Purple Orchid at the same time as this will help to open up the channels to the changes that are taking place.

Sea Campion (*Silene maritima*)

This essence is for those who suffered from separation early in their lives. Though this is usually from the mother, it can also be from the protective male energy of the father. All human babies, and many animal ones too, need an early bond with their mothers. It builds up a sense of security and of being loved. This gives the infant a strong base to work from as it grows. If a loving stable background is missing, this can lead the child to feel insecure and fearful, which can lead to such things as bedwetting and nightmares. Such fears can greatly dis-empower a child and prevent them from expressing themselves properly. This flower helps to properly Earth folk in this position, giving them a nurturing energy which will help them feel at home in situations. Sea Campion helps return us to our roots and to find our contentment and peace in the world.

Sheep's Sorrel (*Rumex acetocella*)

Sheep's Sorrel is for bitterness, the type that arises when we feel life is unfair. It is for those who cry "why has this happened to me!". Life has a nasty habit of throwing a spanner in the works but we often have the idea that it should be fair, forgetting that fairness is a human concept. In this life everything changes ceaselessly, with a period of calm never lasting indefinitely. Accepting the ebb and flow of life can be difficult if we are always looking for stability. In the event of traumatic change, such as bereavement or separation we can feel bitter. When the bitterness hangs on, it can poison our lives. This essence helps us to understand and accept what has happened. It also helps us move forward even though it may not be to the future we had planned.

Siberian Spruce (*Picea omarica*)

Siberian Spruce is the essence to choose for a lack of assertiveness as it is for those whose Yang 'male' energy is low. The person needing this will have a personality opposite to the one needing Red Clover. In this case it is a fear of being exposed to the harsh light of reality that is the problem, usually with an exaggerated emotional response to life. Many have the mistaken view that the "Rambo's" of this world show a healthy male aspect when this is the male aspect at its most negative. Positive male aspects are uprightness, openness and outgoingness and those qualities are encouraged in this essence, balancing the Yang with the Yin, whether you are male or female.

Single Snowdrop (*Galanthus nivalis*)

This is the essence for those trying to break through to new levels of consciousness and awareness but have encountered a barrier or blockage on their path. Old habitual patterns of behaviour may feel under threat and be reacting negatively to the process and as such efforts to change them may be diverted. Single snowdrop helps to reveal the joyful potential of a true and wider vision so that these old ways can be seen for what they really are and the barriers broken down gently.

Soapwort (*Saponaria ocymoides*)

We have all had those days when we wonder "what are we doing here?" usually followed by a "how do I get out?" We feel bewildered and confused and this state is usually met with when we are going through a stage of personal development and our old identities are falling away. Soapwort helps to stop us from falling back into the old ways we are getting rid of and realise that falling back into them is not the answer for growth.

Solomon's Seal (*Polygonatum verticillatum*)

Solomon's Seal is the essence for those who are constantly busy, with things needing finishing that they never get around to. We get bogged down with trivia sometimes and are unable to see the more essential jobs which need doing. It is the act of being busy that is the issue here, we get to doing things others wish us to do and so push away our own needs. The secret is to become quiet and appear less busy as we start to discover what we actually need for our own fulfilment. We will then comply less with the trivial tasks of others and begin to do things for ourselves. This essence can also be helpful for those who suffer a chattering mind during meditative practice, a very common complaint. Taking this essence will help us to restrain our unruly thoughts, though it may take some time and effort, which is ultimately worth it.

Speedwell (*Veronica persica*)

Speedwell is about increasing our receptivity, bringing insight in a way that seems completely natural. It helps us maintain a sense of detachment during meditation so that we do not get emotionally involved with the insights which may be revealed to us. It is all too easy for our ego to get in the way with things like this and we can have a difficult job interpreting our visions because of it. This essence gives a clarity of vision where we become less inclined to apply our own conditioning and stereotypes interpretations to the insights we gain.

Spotted Orchid (*Dactylorhiza fuchsii*)

Sooner or later, when we are on a path of personal growth, we will hit a block, usually one of the hugely unspoken question, "Where do I go from here?" we can feel lost and confused at times like this, sometimes wondering if we are doing the right thing at all. This is when we tend to turn to a teacher or guru figure. The problem is that while their teaching may help us in some ways, in others it can cause more problems depending on where they are on their path in relation to where you find yourself. Personal growth is a bit like wandering through a large maze in that there are dangers along the way, and for this reason we all need help and encouragement sometimes. Spotted Orchid can provide support and guidance which sometimes points us to another bit of the maze we wouldn't otherwise have ventured into. It can be a hard essence to work with but it supports us in our quest unquestionably and it empowers us with the courage of our convictions.

Spring Squill (*Scilla verna*)

Spring Squill is the essence for those who are finding joy in the realisation that they can really be free, where they have been limited by ideas and concepts before. This can be a difficult period and there may be pressure from family and friends who find the new ways threatening. This flower relates to the crown chakra and can help one to view the world as it is, an amazing workshop for emerging souls. Without this insight, our fears and old attitudes may take over and paint it as a dark and fearsome place which we have to either endure or escape from. This remedy is most effective when other major blockages (especially at the heart centre) have been eased.

Star of Bethlehem (*Ornithogalum umbellatum*)

This is the essence for shock, taking the initial negative reaction out of the system. This can be vital in extreme cases as when we are shocked the whole nervous system is severely upset. Indeed more people die from the shock than do from injury in a severe accident. Shock can have the tendency to make us want to detach and give up the will to live, but giving this essence as soon as possible will help the mind to let go of the immediate traumatic experience. This greatly reduces the body's shock reaction.

Sumach (*Rhus typhina*)

Sumach is the essence for those who steadfastly refuse to accept their own potential. Many gifted souls hide their light from the rest of the world and pretend that it is not a part of them. There could be any number of reasons for acting in this way, perhaps someone in their life does not approve or maybe some financial input is required that they do not possess. There may also be a problem with self-image such as "people like me can't do things like that" or "others do these things far better than I can". These are usually just excuses made by the conscious mind. This essence shows them that there is no hiding place and that it actually takes far less effort to accept themselves and their abilities than it does to try and oppose it. The reaction is always the same when they finally accept the truth, "Why did I put up so many barriers to change, when my life is so much more rewarding this way?". This essence helps them to reveal their true self without fear.

Thrift (*Armeria maritima*)

Thrift is for those who need help to stabilise and ground psychic areas of insight and ability. These gifts will be growing within them but they find themselves ungrounded and as a consequence emotionally attached to their beliefs and ideas. This essence helps this side of a person be developed in balance with other aspects of the personality. These gifts will then be viewed as neither more or less "spiritual" than those in any other area. Thrift can help us to establish a strong, safe base for our inner development in these areas. Especially helpful to healers or teachers who find they tend to take on the symptoms of their clients and students.

Trailing St. John's Wort (*Hypericum humifusum*)

This essence is for healing, especially where there is emotional tension and desperation that are so often a part of grieving. This tiny flower helps us to relax and distance ourselves from emotional trauma. When we have suffered a sudden shock, such as in bereavement, we need gentle, loving support helping us to heal and become whole again.

Tree Mallow (*Lavatera arborea*)

Tree Mallow is for those who have become addicted to being permanently busy but now decide that they will learn to relax. It has wonderful healing and inspiring properties. We may well relax more and more deeply, we may become more tranquil but there is a risk that we will lose our power and drive in the process. This is because it was our tensions that were driving us on for the most part. This essence energises us so that we can go forward into life at the same time as we are becoming increasingly more relaxed. Tranquillity should mean disempowerment, as it does with tranquilising drugs, it should mean we become more powerful as we have now reduced the tensions that once drove us on. We can only do this when we work from the present moment, letting go of the fears which arise from our past actions and future responsibilities. In reality, now is the only time we really have and we should make the most of it.

Tufted Vetch (*Vicia cracca*)

This is the remedy for many sexual difficulties. Many folk have a fairly mixed-up sexual self-image, but this is hardly surprising considering the manipulative power games that are played out with sex as a basis. A normal human sex drive has been portrayed as dirty, obscene and something to manipulate others through, to mention just a few. We are heavily conditioned at childhood to these games and we grow up in a world where this kind of manipulation is rife. This flower helps us to rebalance our own sexual self-image in both male and female aspects. It may be worth taking the Yin composition or the Yang composition alongside this essence to bring those aspects into closer balance. When we become more balanced in this way, we will become more balanced with our sexuality and find it easier relating to others sexually.

Valerian (*Valeriana officinalis*)

Valerian is the essence for the "lost child", someone who appears to be in need of help and support. One's heart goes out to these people as they seem so alone and helpless. In truth, direct help is not what is needed at all. This essence encourages the development of self-love and self-esteem which in turn slowly reduces the need for support from the outside world. The problems for these folk probably started in childhood when they felt deprived of love and although they put on a brave face, they feel unable to love other people deep down. They know that something within them needs the love, support and encouragement that was not given them while they were young.

Welsh Poppy (*Meconopsis cambrica*)

Welsh Poppy is for those who find themselves in a daydream world having lost their fire and inspiration. They will have been previously active and energetic but these qualities will have been worn out. Previous goals will hold no meaning for these folk, though they may feel that their problems are due to the negative influence of others round them. The problem actually relates to their own changing perceptions and old goals seen in this new light, no longer hold any meaning for them. This flower helps to bring energy back into our lives, breaking through blockages and giving us inspiration to find our true path and step onto it.

White Cherry (*Prunus taihaku*)

White Cherry is a deep acting essence which reaches deep into our being allowing us to free ourselves from old patterns and negative influences from the past. We all find ourselves in the grip of an emotion which has its root in our distant past. Just treating the emotion won't work for long as the cause is still there waiting to let the emotion back out of the bag again. This essence helps us to dissolve these cellular memories, meaning we are no longer bound by them. This essence has powerful cleansing and healing properties for unresolved memory patterns.

White Dead Nettle (*Lamium album*)

White Dead Nettle is about addictions and obsessions, whether they are about objects, people or events. When we become addicted to a person, maybe a friend or teacher, we give away our control to them just as we do to a drug. Situations and events are the same whether it be to high speed driving or watching your favourite soap for example. The dangers involved and excitement levels are different in these situations but the underlying factors are the same. We are emotionally addicted to these things and this essence helps us to gently break the ties with our emotional attachments so we do not get so involved in the situation or with the person.

White Lotus (*Nymphaea alba*)

This essence is about bringing peace and tranquillity to all levels of consciousness, at every level of our being. It mirrors the tranquillity we can experience in deep meditation when all barriers are dissolved. All tension, fear, beliefs and opinions are released so that we can just be. White Lotus can be a useful aid to meditation as it quietens the chattering mind and can also act as a purifier by dissolving away things from our past that we no longer need. This flower represents the highest flowering of the human spirit when all that is unnecessary has fallen away.

Wild Mallow (*Malva sylvestris*)

Within all of us there can be hidden possessive energies that try to control our life. These energies can originate from our parents, if they tried to dominate our lives or from others who would try to control and "possess" us. Wild Mallow brings these energies to the surface where we can see them and identify them for what they really are. When this happens, these energies lose their hold over us.

Witch Hazel (*Hamamelis mollis*)

This essence is for those who are always trying to live up to the expectations of others, constantly trying to please their parents, teachers, partners, children or whoever. They are always busy and always helpful, feeling that to let someone down is to fail. They constantly try to gain the approval of others. They need a wider view on life and of the world so that they take their life much less seriously and stop giving themselves such a hard time. Witch Hazel helps to progressively quieten and ease the mind enabling a new evaluation of life and what is truly important.

Wood Anemone (*Anemone nemorosa*)

This essence is for when there are problems have roots that are very old, possibly even of a past life/karmic nature. An indication of this state can be "acting completely out of character and there can be deep feelings of guilt and fear without any apparent reason. Wood Anemone helps to clear these very old blocked issues, illuminating them and resolving the old tension behind them. We have to remember that it is in the present, not in the past, that we can rebalance our lives and as these restrictions become less pronounced, it becomes easier for us to see them. It can be useful to take Monk's Hood at the same time as this essence.

Yew (*Taxus baccata*)

This essence is for resilience and escaping rigid patterns of thought and behaviour. Tensions make people brittle and likely to crack under pressure, even though they appear strong. They may have developed strong principles of which they are very protective, which can result in them reacting fiercely against what they imagine are opposing forces. Yew helps them to see there is nothing wrong in being flexible or resilient and brings the discernment needed to assess what exactly is needed in a given situation. As they take this essence, they will become less proud of their own ideas and more open to new approaches, breaking up the rigidity of outmoded thoughts and behaviour. Yew is very useful for those who have become trapped by their own beliefs and opinions.

Yorkshire Fog (*Holcus lanathus*)

Yorkshire Fog helps us to open up to the pain of grief and to shed the tears that will wash away our anger, frustration and sadness. Accepting these emotions is an important part of the healing process after bereavement or similar traumatic experiences. People tend to bottle them up because it is not socially acceptable to express them. Suppression does not cure the problem, it just goes deeper within us causing problems later on in life. This flower helps us to open up to our grief, express it openly and to let our tears wash it away. It helps us to move on to a new and changed future without dragging the past with us.

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).