

# Combinations for Self-Treatment

## Information



The Combinations For Self Treatment have been created with spiritual help and guidance to assist us during this time of change, transformation and spiritual growth. We currently live in exciting times where the opportunities for personal and spiritual growth are greater than they have been for a very long time.

We are beginning a new period of human evolution in which it is essential that we each become aware of the voice of our Soul calling us to 'wake-up' and remember consciously that we are spiritual beings having a physical experience on Earth. The process of change and transformation that we each go through as we 'wake-up' is rather like the metamorphosis of a caterpillar into a butterfly.

Viewed from this perspective we can see that for thousands of years and many incarnations we have been in the 'caterpillar' stage of development, largely unaware that there is anything beyond the material realm of existence. To reach the 'butterfly' stage - which will allow us to fly freely in conscious union with our Soul, we must first pass through the transforming 'chrysalis' stage.

This is a time of introspection where we look deeply within ourselves at the limiting beliefs and emotional issues that relate to previous experiences in our 'caterpillar' stage. It is these deeply held patterns of the personality self which block conscious connection with our Soul.

The Combinations For Self Treatment are designed to help with this period of transformation. Each combination contains four or five deep acting Flower Essences and Gem - Crystal Essences with a focus on a particular limiting belief or issue. As you take the combinations the positive natural energies contained within them gently help to release old blocked energies from body, mind & emotions, offering an opportunity to raise your consciousness and to choose to move beyond your previous limitation.

Start with the issue that seems to be most on the surface with the recognition that other layers will unfold as you work with this one, or use your intuition to guide you to a combination that will help you to work with the issues that are most important for now.

## **Auric protection**

The aura surrounds the physical body and when it is strong and complete it provides us with a bubble of protection from the outside world. When it is weak through negative emotions, shocking or traumatic events, abuse, we begin to suffer illness and dis-ease. This essence helps to strengthen the aura and the physical body.

*Combination of Yarrow, Pennyroyal, Staurolite & Lodestone.*

## **Balancing Feminine / Balancing Masculine**

Whether we are male or female, we all have an inner masculine and inner feminine aspect. Part of our process as human beings is to bring those inner aspects into balance, this essence helps us to do that so we can live with a healthy balance of both. This essence is for both sexes, whether male or female!

*Balancing Feminine is a combination of Lemon, Loosestrife, Copper & Clear Quartz.*

*Balancing Masculine is a combination of:- Sunflower, Golden Rod, Quartz Amethyst & Gold.*

## **Being present**

In reality, Now is the only time there is, but we have become accustomed to living our lives by the clock and in all likelihood being beaten by it! When we are fully present and grounded in this moment, we allow ourselves to function efficiently in every day situations. If you find yourself easily wandering into daydreams, having difficulty staying fully present or struggle to stay focused enough to start or complete jobs properly, then this essence is for you.

*Combination of Dandelion, Loosestrife, Sweet Pea, Dark Opal & Idocrase*

## **Bereavement**

If we are unable to express our grief properly, especially if it was a shock, whether from this life or a previous incarnation, then we are unable to open our Heart chakra to living our lives. This essence helps to gently release and transmute deep feelings or grief and sadness, helping us to move forward with joy and happiness.

*Combination of Eucalyptus, Bleeding Heart, Snowdrop & Borage.*

## **Clarity**

If we are to be balanced and harmonious within our lives then we need to clear out any confusion and bring clear thinking and the ability to be objective to the front of our thoughts. When our energy systems are blocked with negative emotions and thought forms, we may find it hard to see the bigger perspective in a situation. This essence will help you see the wood from the trees and calm extreme emotional states allowing them to heal bringing clarity to your thought forms and emotions.

*Combination of Soapwort, Hydrangea, Lemon, Dandelion & Dill*

## **Concentration**

This essence is for those who need to develop their powers on concentration, helping to focus the mind, a must for anyone taking exams.

*Combination of Forget-me-not, Celandine, Corn & Mallow*

## **Confidence**

We cannot truly be ourselves unless we have confidence in our abilities. This is an issue which usually has its root in childhood experiences. Taking this essence will help us to release these negative energies and move on down our path with confidence.

*Combination of Angelica, Geum, Copper & Ruby*

## **Creativity**

We all have our part in the Divine Plan, and we all have unique gifts as a part of that. So many people now find that their creative abilities are blocked due to having to live in a primarily logical world and get extremely frustrated as a result without really knowing the cause. This essence helps to bring forward our creative ability and inspiration, bringing out this aspect to allow us to express ourselves fully and truly

*Combination of Rosemary, Tigers Eye, Chalcedony & Gypsum.*

## **Decisiveness**

Many of us suffer from a scattered mind and indecision. It is an important part of our path to be able to be decisive and to act upon any decisions made. This essence helps us to become more decisive and relieve our overburdened minds.

*Combination of Golden Rod, Lemon, Amber, Ruby*

## **Emotional Balance**

Emotional imbalances usually relate to a blocked or imbalanced Solar Plexus Chakra. Folk needing this essence will probably suffer excessive mood swings and have difficulty staying calm. This essence will help to balance the emotions and release tension from the Solar Plexus.

*Combination of:- Evening Primrose, Kerria, Moonstone & Pearl*

## **Environmental Stress**

Our subtle energy system suffers bombardment from negative energies on a daily basis and this can place strain on our aura and physical health as a result. This essence helps to clear pollution and toxicity of all kinds from our energy field and system.

*Combination of White Yarrow, Malachite, Magnetite, Coal & Turquoise.*

## **Forgiveness**

Learning to forgive others and ourselves is an important part of our soul path. We become stuck when we are unable to let go of these situations and emotions and cannot move on with our life. Guilt is created when we are unable to forgive ourselves and this being an intense negative emotion, causes energy blockages which will affect physical health if they are not released. This essence helps to promote Unconditional Love for others and for yourself, easing feelings of guilt and releasing old emotional patterns and thoughtforms.

*Combination of Hyssop, Stargazer Lily, Ruby & Gold*

## **Going Within**

Learning to go within and connect with our Higher Self is an essential part of learning to connect with our Higher Self is essential to be able to access the innate wisdom and knowledge we come to this world with. When we connect with this part of ourselves, we remember who we really are and what we are here to do.

*Combination of Lotus, Chamomile, Daffodil & Sapphire.*

## **Graceful Change**

This essence is designed specifically for women helping them to move gracefully and naturally through the normal changes that occur during a lifetime. It helps to promote harmony and balance at all levels for these sometimes difficult times.

*Combination of Creosolite, Squash, Mallow, Gold & Evening Primrose.*

## **Healing Abuse**

This essence is especially powerful in dealing with physical, mental and emotional trauma caused by physical and sexual abuse. This is particularly helpful for those trying to deal with childhood abuse and also for those dealing with issues of this nature from past lives.

*Combination of Larimar, White Chicory, Calla Lily, Irene of Denmark Rose & Peace Rose*

### **Healing Family**

It is increasingly the case that families no longer stay together and as such many people are hurt in different ways by the happenings during divorce and separation. This essence helps to transmute and clear negative states for all those affected taking away the confusion of bad feelings left behind.  
*Combination of Nettle, Speedwell, Onion, Broom & Garlic.*

### **Inner Calm**

Facing and releasing our fears is a very important part of our transformation during the healing process. Deep fears affect our subtle energy system, affecting our health and well being. Taking this essence will help us to face and release our fears including those hidden in the sub-conscious from childhood and past karma.  
*Combination of Garlic, Fig, Aventurine, & St. John's Wort.*

### **Inner Certainty**

We need to have faith in ourselves to be true to who we really are and our uncertainties reflect our inability to have faith in ourselves. This essence will help to transform uncertainty, helping it to become faith and trust in yourself and the universe.  
*Combination of Sunflower, Pink Geranium, Honesty, Compassion Rose & Ruby.*

### **Inner Child**

Many of the issues we have as adults stem from some part of our childhood which affected us deeply. Healing the Inner Child and 'letting it out play' enables the adult to become free from these problems.  
*Combination of Bignonia, Baby Blue Eyes, Zinnia, & Aventurine.*

### **Inner Joy**

Reconnecting with our own innate inner joy often requires the release of those feelings of despair and despondency that we carry at a deep unconscious level. These feelings can cover many states of mind/emotion ranging from a mild flat feeling to a big black hole of despair from which there seems no way out. This combination will help you to unravel and release the deep-seated patterns that contribute to these feelings.  
*Combination of Daffodil, Dill, Quartz Citrine & Jet*

### **Inner Peace**

Owning and exploring our anger is an important part of being a balanced individual. We are taught when we are young that anger is a bad thing to express and so we squash it and forget how to express it properly. Bottling these feelings up causes a great turmoil within us causing disharmony on all levels. Taking this essence will help to dissolve any feelings of anger, rage, frustration, resentment and blame bringing an inner peace and balance to us as a whole person.

*Combination of Garlic, Rose of Sharon, Rosemary & Cinnabar*

### **Inner strength**

An area we all need help with from time to time is our reserves of inner strength and resolve. This essence will help you to bring forward those qualities of inner strength, resolve, courage and determination.

*Combination of Rosa Sunblest, Yellow Water Lily, Dandelion, & Datura.*

### **Learning Easily**

The ability to reproduce and assimilate information easily is an important part of modern day life. This combination will help to support those who need to work with these abilities.

*Combination of Gold, Copper, Platinum & Celandine.*

### **Letting Go**

Learning to recognise and then let go of unhealthy emotions and emotional attachments is an important part of any healing process. Letting go is sometimes a painful process and so some avoid it to avoid the hurt we will bring up by dealing with these issues. This essence helps the process of letting go leaving you stronger and more able to create loving relationships which are free from possessive neediness.

*Combination of Bleeding Heart, Cleaver, Corn, Sunflower*

### **Loving Communication**

Blockages in the Throat Chakra bring difficulties with expression and communication and are often caused by unconscious fears of ridicule and persecution. This essence helps dissolve blocks in the throat allowing us to express ourselves honestly without fear of anything.

*Combination of Blue Quartz, Aquamarine, Campanula & Cosmos.*

## **Loving Relationships**

Both sides of any intimate loving relationship must be able to give and receive love in a balanced way. Where this does not happen, we must clear blockages from the heart caused by fear of pain or loss based on past experiences. This essence will help to clear these blockages bringing love and trust into close relationships.

*Combination of Smithsonite, Blue Quartz, Ruby, Ruby Red Rose & Iceberg Rose.*

## **Making Change**

Making changes in life can sometimes be a very difficult thing to do, no matter how much we see the need for change and the benefits it will bring. This essence will help to find the courage and strength needed to make any changes needed without feeling daunted or overwhelmed with what is ahead.

*Combination of Garlic, Black-eyed Susan, Elderflower, Shamrock & Sapphire.*

## **Motivation**

This essence will help to gently release and clear any blockages which lead to stagnation and lethargy which oppress our self-motivation and bring new inspiration for us to move forward.

*Combination of Sapphire, Tigers Eye, Light Opal, Shamrock & Lime*

## **Open To Receive**

Abundance in all its forms, not just with regards to money, is an expression of the flow of Divine energy and sometimes we block this by not being open to receiving abundance or by not being willing to pass it on. As you give so shall you receive is the key here and as you learn to pass on abundance in all its forms, so you shall receive it back from the universe.

*Combination of:- Osteospermum, Kirengeshomia, Curcuma & Iceberg Rose.*

## **Patience**

Patience is a quality we all need to develop as part of our journey through life. This essence will help to release feelings of impatience, tension and irritability and helping you to connect to the Eternal Now.

*Combination of:- Onion Flower, Azurite/ Malachite, Cinnabar & Peridot*

## **Relaxation**

Our reaction to events shows itself with feelings of stress and inner tension. We forget that we create our own reality and that we are the only ones with the power to change it. It is very important for our wellbeing on all levels that we regularly find ways of de-stressing and relaxing, allowing us to experience a more balanced outlook. This essence will release emotional and mental tension felt in the physical body, making it easier to relax.

*Combination of:- Bells of Ireland, Chamomile, Herkimer & Beryl.*

## **Releasing addiction**

Addictions can come in many forms with some of the more well known ones being tobacco, alcohol, food and recreational drugs. To truly heal ourselves and release ourselves from addictions we need to work with the emotions these substances are used to cover up. These people find it hard to express their emotions and this is a lesson they must learn. This essence best helps when there is strong resolve to break the dependency and will especially aid those breaking ties with alcohol, tobacco and recreational drugs.

*Combination of Morning Glory, Skullcap, Nicotiana & Poppy Oriental.*

## **Self esteem**

Lack of self-esteem is an issue faced by many people, and many more who don't even realise they manifest this issue. There can be a tendency to need to feel 'better than' others in order to feel comfortable. Until healing takes place and the pattern is balanced, the Universe will constantly provide you with people or situations in your life that reflect this back at you. This essence is for those who need help to accept their own innate value and self-worth from within and for those who 'never feel they are good enough'.

*Combination of Alexandrite, Sapphire, Handel Rose & Daffodil.*

## **Sexuality**

Human sexuality and the way it is approached has varied throughout the history of man, some approaches have left scars on society's consciousness. In these days of tension and stress, these issues need healing more than they ever have so that we can once again think of sexuality in a balanced and natural way. This essence helps us to do just that, allowing us to be truly creative and helping us to relate to others also in a balanced and natural way.

*Combination of Aubergine, Light & Dark Opal, Rose Quartz & Squash*

## **Sleep**

We all experience periods where our sleep is affected. This essence helps to clear the underlying issues related to restlessness, insomnia and other disturbed sleep patterns.

*Combination of Forget-me-not, Morning Glory, Passionflower, & Quartz Amethyst*

## **Strength & wellbeing**

Modern life is hectic and sometimes we need a boost and a bit of protection from its effects. This essence helps to strengthen the energy field building resistance for the physical body. This essence also helps to release energy patterning from the aura related to issues with viruses.

*Combination of Pansy, Jasmine, Moss Agate & Blue Obsidian*

## **Tolerance**

Tolerance in its unbalanced form makes us judgemental and critical of ourselves and of others. We need to recognise and release limiting beliefs allowing tolerance to be extended not only to ourselves but also to those around us. This comes when we realise that in many cases there is no right or wrong, simply other ways of doing things which express our uniqueness. Allowing this freedom of expression for ourselves makes it easier to extend to others too.

*Combination of Beryl, Quartz Solution, Silver Birch, Yew & Nastur*

## **Trusting life**

Many of us hold deep past memories, sometimes past life, of fear, shock and trauma making us unable to trust the flow of life and also feel unsafe often for no reason. Finding change hard to cope with or trusting that you are looked after may also be a part of the emotions felt. Trusting Life gently helps to release and dissolve these old memories, leaving us free to trust our choices.

*Combination of Larimar, Blackberry, Mallow, Scarab & Blue Quartz*

## **Willingness**

Living life with willingness enables us to take part in all aspects of life fully without any expectations or conditions. Giving energy out such as this brings the flow right back at you. Buried feelings of resentment sometimes block our ability to do this and taking this essence will help to release them and help us to cope with life more willingly.

*Combination of:- Celandine, Carob, Rosemary, Cinnabar & Ruby.*

## **How to Use**

Take 4 drops on the tongue from your chosen combination between 2 & 4 x a day, continuing until the bottle is finished. We do not recommend taking more than one combination at a time. Preferably take away from food and drink. These are all stock level combinations, to gain maximum benefit from your combination we recommend that you take it without further dilution.

## **Dosage Notes**

We would recommend that you only take one Combination for Self Treatment at a time and that you do not take any other higher vibrational essences at the same time. However, a well-chosen combination of Crystal Herbs Bach Flower Remedies can often be very helpful when taken alongside (leave a 20 minute gap between doses.)