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Inner Child Essences Information



The Inner Child Essence are a set of 36 flower & gem essence combinations for healing the past to create a new future. Each one has a particular focus, working to bring balance and harmony to that state or pattern.

Working with the inner child:

The inner child is a small one, held within our hearts, who is hurt or damaged in some way from incidents, shocks or trauma which occurred in childhood. Add to this the conditioning and attitudes of our parents, school teachers, the media and society in general, which we subconsciously adopt as our own. While some of these are positive experiences, many come from a negative ego perspective and can cloud the person we really are. These attitudes and patterns can continue with us through life and affect things like our relationships, working career, attitude towards our own children etc. As we heal the inner child which experienced the negative patterns and behaviours of our seniors and peers, we heal the current and future self and start to live life as we want and to bring about unconditional love in our hearts.

Acceptance

Coming to terms with and accepting the life we have chosen brings the ability to appreciate the things we have learned and experienced during our life. From the day we are born, our story is written and accepting the life which has made you the person you are brings the capability to love yourself and allows the Inner Child room to grow. Trusting the flow of life, enables any transformation needed for healing and allows the soul to develop.

Guardian Angel

The Guardian Angel essence helps us to connect more consciously to the Divine wisdom, helping us to receive clear guidance, healing or help on our path through life. The Guardian Angel presence, when listened to, works only for our highest Divine good, helping us to raise our consciousness above the lower vibrations of physical life into the higher vibratory realms of soul contact.

Balance

This is the essence for those who are happy one day and gloomy the next, their personality being unbalanced along with the Solar Plexus Chakra. This is often related to emotional problems in childhood. Those needing Balance, may have digestive or stomach problems and will probably be indecisive and restless in nature. Taking this remedy will bring more balance and harmony to your personality, help you feel more emotionally in control and bring mental clarity.

Be Here Now

It is time to take this essence when it gets difficult to work on issues presenting themselves and the desire to escape from life grows as the going gets tough. Be Here Now helps you to be fully present and awake in this moment, grounding energies and allowing for growth and opportunities to heal the Inner Child.

Becoming Decisive

We experience indecision, and also making wrong decisions, when we are not in touch with our intuition. This is a sacred gift we are all capable of using, but most people choose to ignore it and listen to the logical brain instead. If we practise listening to that Inner Voice, we start to make right decisions, both large and small ones, ensuring our right path in life. This essence opens up the heart to our intuition, healing the Inner Child and bringing back the gift we have lost, allowing us to access inner knowing when we need it.

Birth

Held in the consciousness of our Inner Child is the memory of our birth and the traumatic experience it was to have left the safety of the womb. For many years now, children have been born in the clinical environment of a hospital to slaps, medicine and possibly even surgery. What most babies really need is the love of the mother as soon as it is born. More mothers are realising this and choosing natural births, which cause much less trauma. This essence releases the trauma of birth from the memory of our Inner Child.

Courage

Just looking at a child at play reminds us of the days when we were fearless and had no anxieties. Fear becomes instilled in us as we grow, through the influence of others, the outside world, and maybe as we suffer abuse of one kind or another. As we clear our fears, our consciousness raises itself and brings forward the innate courage we has as a child.

Cutting Ties-Release

This essence is useful for use when we need to release emotional neediness and its causes. This is a good essence to take for the 'needy child' or 'needy mother' whose love is not that of the higher vibrational unconditional love. As we release our emotional ties, so we release the neediness for love it causes. In an extreme negative state, people needing this essence will cling to others and drain their energy.

Delight

This essence revives our ability to delight in everything as if we are experiencing it for the first time, just as we did as children. It brings a joyful playfulness and dissolves some of the seriousness we develop as grown-ups, allowing us to take ourselves more lightly too.

Developing Self Worth

Prosperity means 'to have plenty of' and these days not many people appreciate what they do actually have as many live in a poverty consciousness, always thinking they need more to be prosperous. When we release this mind set helped by this essence, we open ourselves up to Divine Abundance and we come to recognise all that we have got, loving relationships, healthy food, fulfilling work and a place to live. This is when we truly learnt to prosper.

Faith

This sacred essence restores our faith, whether it be in ourselves, Divine nature or with the Universe. It brings a feeling of oneness with all that is from the smallest creature to the furthest star. It opens up our heart, just as it was when we were a child, and we start to make right decisions, trust those worthy and restore the faith we once had that whatever our circumstance, all is as it should be.

Family

With this essence, we restore the purity of our genes, releasing the patterns of our ancestors and transforming it to enable healing of the bloodline and all that has gone before us.

Father

The Father essence helps us to release any patterns or emotions related to our father figure, whether that actually is the father. It helps us to develop understanding, forgiveness and love for the relationship and brings balance to the masculine nature within us all.

Feeling protected

Sometimes we feel vulnerable to the energies of others and of our environment, this essence helps us feel protected and less open to outside influences. This often stems from our childhood and patterns of abuse we have suffered and taking this essence will help to heal the inner child of this trauma. There are some who are born more sensitive than others, or those whose soul is here for the first time, that would benefit greatly from taking this essence.

Forgiveness

To watch a child, who has just been scolded by a parent, then forgive them totally the next instance for the pain they have just caused, is to watch pure forgiveness in action. Forgiveness is a place in our heart where we serve no judgement and harbour no resentment for those and their actions. Forgiving brings complete healing of past situations and brings love into our hearts, for others and for ourselves.

Goodwill

During our childhood, there will always be occasions where we feel anger and for one reason or another, we are taught to repress it as it is seen as 'Wrong'. As we grow, we learn to block out our anger as we do not know how to express it properly. This causes a build up of emotions, eventually leading to physical illness and dis-ease. Learning to express anger appropriately is part of being a balanced human being and this essence helps us to do that as well as transmute the negative energies within us to love.

Gratitude

Gratitude, just like forgiveness, comes from an open Heart Chakra, and is shown in the innocence of children. When we give thanks for this gift of life we have and all that it encompasses, we start to feel at one with everything and all possibilities. We begin to access the Divine abundance waiting for us to accept and also to greet each day and circumstance with thanks for all that they bring.

Innocence

When you look at a newborn baby's face, you see the innocence only capable by a child. A wonder at the world and no knowledge of all that is deemed to be wrong or unacceptable. This essence brings the ability to see all things with that newborn innocence once again.

Intimacy

In childhood, there is often a lack of closeness within a family, usually due to one or both parents being unable to express love outwardly. This is passed down the family and we see that this is a normal way to act. Taking this essence will open up the Heart Chakra to love and the need for deep and close contact with others, whatever our actual relationship is with them

Love

Children simply love everyone and everything with no ties or conditions, unfortunately we lose this as we grow older and our love becomes a selfish, low vibrational type of love which emanates from the Solar Plexus, and not from the heart. Opening our Heart Chakra, this essence brings the higher vibratory unconditional love up and allows us to experience it and to give it to others with no conditions attached.

Mother

This essence helps us to release any patterns or emotions linked to our mother. It helps to bring forgiveness and love to the relationship, whether they are our mother or a mother figure. It also brings balance to the feminine side in all of us. Men need this too!

Mother Earth

Through our past and present lives, we have lived through trauma of one kind or another for the sacred Mother Earth. We hold this within our Inner Child and this essence helps transmute all that once happened and is happening to us such as war, earthquakes, tidal waves, bombings etc. Transmuting these energies allows us to enjoy a sacred relationship with our host once again and also with our own physical body, helping us to feel at one with the sacred energy of the Earth and all that lives within it.

New Beginnings-Moving Forward

We all feel stuck and unable to move forwards with our lives from time to time, this essence helps us to get out of that rut and move forward with the necessary new beginnings we need. As we accept the changes, we experience more joy in life and experience a time of peace from deep within ourselves. This essence should be used when a situation is not moving anywhere or when times are difficult to get through.

Peace

Throughout childhood, there can be many things which affect our sense of peace with our world and all that is in it. There are many issues which can affect the young mind and emotions, from the large such as the death of a parent to something as simple as moving schools. We repress these issues and 'get on with life' not realising the damage it causes. This essence transmutes and heals all that disturbs our peace, mentally and emotionally.

Relate

We develop ways of surviving dysfunctional relationships when we are younger, these habits following us into adulthood without us realising it. This essence helps us to heal those issues and to relate to our fellow companions, whoever they are, on a healthy emotional level.

Restoring Freedom

This essence helps us to regain the freedom of our true selves by releasing controlling aspects of our personality learnt during childhood, usually from parents who had control issues becoming role models for us in our adult lives. An example of this would be the school bully who only picks on those weaker than himself, showing not courage but weakness in himself. When we give others their freedom, we regain our own.

Restoring Humility

True humility shows a deep inner knowing of the Oneness of all life, showing a knowing from the heart and not just the head. We lose our humility when we think ourselves better than the next along for one reason or another, an attitude learnt from those around us during childhood. We regain it when we realise that the world does not revolve around us, but revolves for everyone and everything on this planet.

Restoring Stillness

Patience is a virtue that we seem to have lost in our busy world, we all seem to think we need to pack as much as we can into our days and most cannot wait for something they want or need. WE learn this during childhood when we are told to hurry up at the dinner table or to get things done quickly because the next job is waiting for us. When we learn to restore our stillness and live at one with Mother Earth, then we regain our patience, freeing ourselves from this unnecessary time chasing whirlwind.

Simplicity

Children today are taught at school that it is best to achieve academically, but this pressure to develop a mental approach alone is harmful to us. It makes us forget about all the other things we are capable of doing, the creative work we can produce and the simplicity that life actually is without the trappings of the material world. Bringing back our sense of simplicity, we learn to see the wonder and joy in the world for the simple things in life, such as a child's laughter at something 'silly' or the fact that actually we don't need those new shoes or a big house etc. We learn to stop placing such an importance on all things mental and start to release our creativity.

Soul Gifts

This essence helps us to remember the gifts our soul has. The Akashic records carry memory of these gifts accrued through our lifetimes, but loss of soul contact through materialism and the mental way of the world as it is at this present moment, means we have lost touch with this part of ourselves.

Soul Retrieval

Difficult times in life, especially those bringing shock or trauma, cause us to become ungrounded. We lose touch with our soul and may feel not quite complete as a person. This essence helps us to regain contact with our soul and become complete again.

Transforming Grief

Grief is felt in many ways, such as loss of a loved one, loss of a home or a pet, sometimes even our dearest belongings. When events like this happen during our childhood the effects continue into our adult lives, causing a state of fear. This usually manifests through a blocked heart chakra, causing problems with the heart and lungs. If this state is not healed when the chance is given for it, then severe physical illness may manifest later in life as a result of these severe emotions we have not dealt with properly. This essence helps us to heal these past hurts and release them to the light.

Transforming Obsessions

Addictions and obsessions can cause much sorrow in life, for those with the addiction and those around them. These states are normally a kind of escapism from normal life, the sufferer not wanting to be fully present in life. This essence helps to release trapped thoughts and emotions allowing us to release our dependency on whatever it is we are addicted to or obsessed with.

Truth

Children often speak pure, unadulterated truth, sometimes at the expense of others, but this is because a child has nothing to hide and sees no reason why others do. This ability to see the real truth is lost as we learn to lie, manipulate and keep our thoughts to ourselves. This essence helps us to be truthful to ourselves, and to others, without fear of hurting or saying the wrong thing as the truth we speak comes from an open Heart Chakra and true unconditional love.

Vision

Most of us come into this life fully capable of clairvoyance, clairaudience or clairsentience (clear seeing, hearing and feeling) but we lose it as we grow with importance in the world around us being placed on logical processes which squash these intuitional abilities. This essence helps us to find our true vision again and find our place on the path we were born to follow.

How to use:

Take 7 drops on the tongue from your chosen Inner Child Essence, between 2 and 4 times a day. For those who are very sensitive, start with twice a day.

Take away from food and drink by at least 20 minutes and they should be taken especially first thing in the morning and before you go to bed.

Monitor your thoughts and feelings, perhaps by keeping a diary, and make note of any changes you may feel.