

Flower Remedies for December

If you are finding the festive period stressful in any way, then it's worth trying the gentle yet subtle flower essences.

The 'Christmas' remedies I'd suggest are: Cherry Plum, Crab Apple, Impatiens and Walnut:

Cherry Plum is a remedy for fear of losing self-control, feel like going mad or something driving you mad (like traffic and queues). It's also a remedy for panic attacks and recommended for PMT and Menopause. *The remedy acts in a subtle yet effective way to bring calmness.*

Walnut to keep your own energy field strong enough to support others and protect from others energy without cutting off and *it keeps aura, heart and ground connection strong.*

Crab Apple *cleanses your Aura* and removes unwanted energies and emotions which have been taken on. A great one to use after those busy days at shopping centres.

Elm – This helps with a crisis of confidence after taking on too much responsibility and being overwhelmed. *Elm helps restore strength of mind, confidence and ability to cope.*

Impatiens is for people who become frustrated and irritable if they have to wait for someone to do something. *The remedy restores calm and balance and teaches patience.*

And for those who for whatever reason are feeling low and finding Christmas very hard this year:

Sweet Chestnut

A person who can benefit from taking Sweet Chestnut experiences deep anguish and has reached the most extreme state of depression. They feel desperation, great fear and that all is lost.

Sweet Chestnut encourages positivity and acceptance. It increases courage, strength and hope and helps the person find a peaceful place from which to look forwards. It can be used to aid those experiencing bereavement.

These remedies can be taken as drops in drinks or via an Aura Spray.