

## HOW TO ORDER

The Bailey Flower Essences can be obtained directly from:

### Healthlines

The Barn  
Town Yeat  
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Please write to the above address with your order and enclose a cheque/PO for the correct amount made payable to Healthlines.

WE CAN ALSO TAKE VISA, MASTERCARD & MAESTRO.

## PRICES

Individual essence	£5.15
Acupuncture set (12 essences)	£56.00

PRACTITIONER DISCOUNT AVAILABLE.  
PLEASE ENQUIRE FOR DETAILS.

## POSTAGE

Orders up to £10 - £1.00 Post & Packing
up to £25 - £2.00
up to £50 - £3.00
up to £90 - £4.00
over £90 - £8.50

Please phone or email for International charges.

ALL OUR ESSENCES ARE SUPPLIED IN 10ML BOTTLES  
WITH PIPETTES.

BAILEY FLOWER ESSENCES LTD, 7 NELSON ROAD  
ILKLEY, WEST YORKSHIRE LS29 8HN.



EST. 1967

*Bailey*



ACUPUNCTURE  
SET

## THE BAILEY FLOWER ESSENCES ACUPUNCTURE SET

This is a set of composite essences specially formulated for easy selection by acupuncturists and other practitioners who use meridians in their therapy. They have been developed from the set of 94 single flower essences that have evolved over the last 35 years.

These flower essences are not medicines; they act to enhance the therapeutic effects of treatments on the client. They can also be used on their own as they assist the healing processes at deeper levels than just the physical or emotional.

The set comprises ten essences for the conditions of excess or deficiency in the five Chinese elements. In addition there are essences for Yin/Yang balance and for energy liberation. Brief details of the individual essences within the composites are described below.

### METAL ELEMENT KEYWORDS

Grief, substance, strength, structure, ability to reform, communication, letting go, efficiency, storage, cutting through.

### METAL EXCESS

**Blackthorn.** This essence mirrors the difficulties that we feel when all our structures feel to be falling apart. It also helps us to accept new and changed circumstances in our lives.

**Bracken (aqueous).** This essence relates to our childhood. If our intuitive faculties were suppressed at that time, then an artificial boundary would be created, preventing us from accessing this aspect of our nature.

**Cymbidium Orchid.** This essence relates to our subconscious mind. If there are blockages in communication between the conscious and the subconscious, then stress will result. These blockages are often due to conditioned patterns established early in our lives.

### METAL DEFICIENCY

**Bistort.** This flower relates to major changes. It helps to support change by giving an inner scaffolding whilst providing a loving environment within which we feel safe.

**Bracken (alcoholic).** This essence helps us to leave childhood patterns behind, and so to fully cross the barrier between childhood and adulthood. It helps to dissolve that barrier so that we can live our lives as joyful adults.

**Charlock.** This is for the childhood established pattern of wanting to please other people.

This arises from a lack of self-confidence, and being unable to accept full responsibility for one's actions.

**Indian Balsam.** This flower helps to bring peace and calm to an overactive mind. It helps to create a space where tensions can disappear, enabling us to become open to newness and change.

**Ragwort.** This is the flower for obsessive thought. It helps to give definition and structure to our mind so that the thought processes come back under our control.

### WATER ELEMENT KEYWORDS

Fears, clarity, flow, will power, rhythms, life's purpose, depth, still, calm.

### WATER EXCESS

**Dwarf Purple Vetch.** This is the essence for deep underlying sexual difficulties that usually originate in childhood or adolescence. This flower helps to dissolve those old patterns so that we can reconnect with our true sexual nature.

**Flowering Currant.** This is for people who feel overwhelmed by the pressures on them, yet somehow still seem to bravely keep going. This flower helps us to understand those pressures and to find ways of avoiding or lessening them.

**Fuji Cherry.** This flower helps us to take life more easily, it helps us to detach ourselves from events or people who otherwise would tend to take charge of our lives. This is the key essence for personal tranquillity.

**White Lotus.** This flower relates to the unification of mind body and spirit. It helps remove the emotional blocks that otherwise restrict the energy flows within the system.

**Yorkshire Fog.** This essence allows our emotions to flow. It helps us to be open to what has happened in our life, to shed tears, and so will lead on to a brighter, less restricting future.

### WATER DEFICIENT

**Betony.** This is the flower for fears that are locked in the unconscious mind, fears that seem quite irrational yet are very hard to escape from. Betony helps us to unlock these areas and so opens us up to change and renewal.

**Bladder Senna.** This flower is also in the Earth excess composite and relates to catharsis and change. It helps to rid us of energies that have outlived their usefulness and so create space for new ways of working.

**Compact Rush.** This flower helps us to fulfil our role in life, to activate positive change rather

than feeling stuck in the mud. It assists the emergence new beginnings, new energies and new insights.

**Cyprus Rock Rose.** This flower is for deep-rooted terrors that live in the subconscious mind. It helps to gently bring them to the surface where they can be seen for what they are - merely "Paper Tigers"

### WOOD ELEMENT KEYWORDS

Anger, rootedness, strength, control, flexibility, vascillation, vision, decision-making.

### WOOD EXCESS

**Leopardsbane.** This is for those times when we are unable to make a decision and yet we feel totally unable to stay in our present state. It originates from an inaccurate overview of our present situation.

**Nasturtium.** This is for those who need to make changes to their life yet seem to be unable to make the first move. This flower helps to energise the intuition and understanding, so that a way forward can then be seen.

**Red Poppy.** This flower helps us to leave past limitations behind and also provide positive energy and power to enable much needed changes to take place.

**Scarlet Pimpernel.** This flower is for hidden patterns which can subvert our own energies and so prevent us from moving on to new and changed circumstances. Often these opposing forces will originate from someone who is restricting our freedom.

### WOOD DEFICIENT

**Lilac.** This flower helps those people who at some earlier point in life had their mental, and sometimes physical, growth restricted. Very often this will have been caused by an over dominant parent or teacher imposing their own views on the person.

**Lily of the Valley.** This fragrant flower is concerned with yearning, spending time and energy in trying to attain the impossible. It helps us to see beyond our present views to much broader visions and insights.

**Oak.** This essence mirrors quiet power and resolution. It gives us the strength and determination to press on with what lies ahead of us, giving us the confidence to find our own way in the world.

**Soapwort.** This flower reflects our difficulties when we seem completely lost in life. It helps to bring the quiet insight which is needed for us

to see in which direction we should be heading.

**Spring Squill.** Once we have made a breakthrough into a new direction, we may well need a boost in energy to help us to fly free. Spring Squill helps to energise change, and to feel comfortable in our newly changed circumstances.

**Welsh Poppy.** This is the flower for those who seem to have lost their way. It is as if they have been bewitched, losing their drive and inspiration. Welsh Poppy helps us to restart our travels along our chosen path.

### FIRE ELEMENT KEYWORDS

Joy, vitality, ideas, enthusiasms, creativity, intuition, warmth, inspiration.

### FIRE EXCESS

**Bluebell.** This flower is for those times when one feels as if one is falling apart from within. It is as if one's energies have been used for internal destructive purposes rather than for one's benefit.

**Firethorn.** This is the remedy for unstable energies that occur when somebody is unable to openly express anger or resentment, and bottles up these energies. Finally, like a volcano exploding, all the bottled up emotions come out at once.

**Magnolia.** This is the essence of unconditional love. It represents the double-edged sword of truth. It helps us to actively engage in the world, expressing our energies with love and compassion even though at times it may seem to be hurtful to others.

**Sea Champion.** This essence is for those who were separated in very early childhood from the loving support of their mother or father, causing a deep insecurity.

### FIRE DEFICIENT

**Buttercup.** This flower helps to bring light and joy into our lives. If we are miserable and depressed, then we can develop jaundiced views towards others. Buttercup helps us to open up our energies to the world around us.

**Heath Bedstraw.** This tiny flower enables us to find peace and tranquillity, even when storms are raging around us. It helps to protect our own energies so they can develop safely, without interference from the outside world.

**Oxalis.** This essence is for those situations that "have you by the throat". These may be due to emotional entanglements or a variety of other causes. Such emotional difficulties severely restrict our energies. Oxalis loosens the grip.

**Sacred Lotus.** This beautiful flower helps us to open up our hearts to the outside world whilst keeping us protected from negative influences. In openly expressing our innermost being, our heart can then truly sing.

### EARTH ELEMENT KEYWORDS

Sympathy, solidity, fertility, stability, security, comfort, centred, sensual and nurturing.

### EARTH EXCESS

**Bladder Senna.** This flower is about catharsis; of getting rid of things of the past that we no longer have any use for. This is particularly the case with regard to feelings of guilt and inadequacy.

**Dog Rose.** This essence is for loving comfort, compassion and support. It helps to underpin the Earth element, giving us a feeling of security.

**Hairy Sedge.** This flower relates to our being in the present moment. It relates to distraction, and how distractive thoughts take us away from living happily in the present.

**Lichen.** This essence enables us to feel at ease in our surroundings and with ourselves.

**Mediterranean Sage.** This essence mirrors the Earth qualities of warmth comfort and wisdom. It helps to stabilise and "earth" our energies

### EARTH DEFICIENT

**Bog Asphodel.** This is a flower for those who put their own needs last. It helps to give us the space to consider what *we* need and to energise those needs from a firm base.

**Holly Leaf.** This helps us see things as they really are. It helps us to shed the bitterness that can so often arise when the outside world does not meet up with our expectations.

**Ivy.** This helps us to hold on when other forces would seek to dislodge us. It is a supreme grounding essence, helping to underpin the vulnerabilities of Earth.

**Milk Thistle.** This flower helps us to overcome the difficulties that can arise from a lack of the true mother love in the first few years of life. That lack of nurturing can seriously compromise the same aspect in our own make-up.

### YIN /YANG BALANCER

To balance the essential male and female, Yang/Yin qualities within each person.

**Larch.** This essence conveys the essential quality of Yin. Yin is concerned with what goes on under the surface, i.e our intuition. Larch

helps to reinforce this.

**Delphinium.** This essence helps to open up our intuitive perceptions so that they do not become narrow and bigoted. The intuition needs to see a very broad picture, and Delphinium helps us to retain clear channels for intuitive insight.

**Honesty.** At a mental level, Yin can feel overawed by the mental dexterity of the logical Yang. The essence helps the Yin aspects of our nature to open up to the Yang and not to feel threatened by its presence.

**Siberian Spruce.** This essence conveys the essential quality of Yang. It is about action, going out there and doing things. It is about the logical side of our nature. When this quality is present we will find it easy to assert ourselves in the outside world.

**Nasturtium.** This is the essence that helps moderate Yang so that its energy is always appropriate for the present situation. It also helps to support Yang energy, because Yang energy is much more vulnerable than it might seem.

**Red Clover.** In spite of the apparent self-confidence, Yang energies need the support and information that Yin can provide. This flower helps Yang to open up to the powers of Yin without feeling overwhelmed.

### ENERGY LIBERATOR

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

**Early Purple Orchid.** This flower has the ability to dissolve blockages within the subtle energy flows of the body. Very often, either due to physical damage or mental blockages, there are serious disruptions within our energy systems. As these are progressively corrected, which may take considerable time, mind body and spirit come into much closer union.

**Wood Anemone.** This essence is concerned with karmic or genetic characteristics which may be causing us problems. Wood Anemone has the ability to gradually balance such characteristics.

**Monk's Hood.** This flower can help us to resolve difficulties that relate back to a much earlier time. Growing up inevitably means being heavily conditioned by peers and authorities. Monk's Hood can gently help to liberate us from inappropriate conditioning.