

# HEALTHLINES

## Flower Essences and Natural Health Products

Healthlines is a partnership of professionals, working as therapists in the natural health field, and using essences to great effect to support our clients.

At Healthlines we use, prescribe, teach and make essences ~ in fact, we're passionate about them. Our purpose is to facilitate their use and to ensure the growth of this divine transformational gift.

Essences are a powerful resource to aid us on our personal quest. They can assist in clearing the blocks that stop an individual getting in touch with their true or higher self ~ their own intuitive part which knows their life purpose. Essences can then help us find the courage, strength and enthusiasm to pursue our goals and dreams in all aspects of our lives, physically, emotionally, mentally and spiritually.

Through essences all the strengths and subtleties of the natural world are directly available to us, and by embracing their healing energies we can more easily be guided towards wholeness.

There are now many different sets of Essences and we carry several of them: Australian Bush, Baileys, Alaskan, LightBringer, Indigo, Wild Earth Animal Essences, Greek Tree Essences and Bach. Most of these are described in detail on our website ~ they are the ones we continue to use ourselves and prescribe for other people.

Our range is constantly growing, so if there is anything you want which you can't find, please phone. We may have it in stock, or be able to get it for you ~ usually within a few days.

We offer a speedy mail order service, both for practitioners and public. You can order any of the products in this pamphlet either online or by phone.

We are committed to offering only the best quality natural health products available.



MAIL ORDER ESSENCES AND  
NATURAL HEALTH PRODUCTS

### GUIDE TO THE BAILEY FLOWER ESSENCES



Healthlines  
The Courtyard, Howestone, Whinfell  
Cumbria LA8 9EQ  
Tel: 01539 824776 / 08452 235436

[www.healthlines.co.uk](http://www.healthlines.co.uk)

[admin@healthlines.co.uk](mailto:admin@healthlines.co.uk)

## THE BAILEY FLOWER ESSENCES

Flower essences are very dilute extracts made from plants, usually from the flowers.

Bailey essences, established in 1967, are particularly well suited to personal growth work, letting go of ingrained belief structures that stop us from reaching our true potential. They are for attitudes of mind and old conditioned responses.

## HOW TO CHOOSE THE ESSENCES

We recommend looking through the list to see which essences “jump out” as being relevant, and trying to keep your choice down to about 4 or 5 essences. Any other intuitive methods of working, like dowsing, are wonderful.

## HOW TO TAKE THE ESSENCES

In acute cases such as shock, drops can be taken directly on the tongue; otherwise 3 drops can be added to a glass of water and sipped at intervals.

Where the essence is to be taken over a period of more than a day or so, we recommend that a prescription bottle be prepared. To 10ml of 50% water and 50% vodka or brandy, add 3 drops of each essence required. Take 3 drops 3 times a day.

Where there is an intolerance to alcohol, a saline solution can be prepared. Take 5 parts water to 1 part salt and shake well.

## FIVE ELEMENTS SET

A set of essences specially formulated for easy selection by acupuncturists and other therapists who use meridians in their therapy.

The set comprises 10 essences for conditions of excess or deficiency in the five Chinese elements, eg Wood Deficient and Wood Excess. In addition there are essences for Yin/Yang balance and for Energy Liberation.

Essences can be selected according to five elements theory, TCM patterns, or intuitively.

In practice we have found rapid changes to the pulse/hara when the essences are taken, further helping to confirm the essences selected

## BRIEF ESSENCE DESCRIPTIONS

\* = **included in standard set of 60 Bailey Essences**

## COMPOSITE ESSENCES

### Anger & Frustration\*

To balance and stabilise our fire energies so that we can take proper control of our lives.

### Cellular Memory\*

Cellular memories can give rise to deeply entrenched behaviour patterns that can dominate our lives. This essence helps to lift those blocks.

### Childhood\*

Helps to free energies that have been blocked since childhood. For those locked in childhood patterns.

### Confusion\*

For when our lives are confused and we feel unable to see clearly what we should be doing.

### Dependency\*

For those who have an addiction to (or dependency on) a substance, person or situation

### Depression & Despair\*

For those times when we become locked in negative thought patterns, including the depths of despair.

### Energy Liberator

This is to help free up energies that have been blocked by difficulties in the past.

### Fears\*

Fears can constrict much of our lives. This essence helps us to let go of fears so that we can live in greater freedom.

### Grief\*

This is very helpful for all cases of grief and anguish where there is deep distress.

### Grounding Essence\*

Keeps one firmly grounded in the present and stops the feeling of being spaced out.

### Insecurity\*

For all cases of insecurity.

### Sea Campion

For separation in early childhood and its consequent insecurity and fears. Stimulates loving, protective energies.

### Sheep's Sorrel

For the bitterness that arises when we feel that life is being desperately unfair to us.

### Siberian Spruce

This remedy is for those whose “male” energy is lacking, producing frustration and a lack of clarity.

### Single Snowdrop

For breaking through to new levels of consciousness. Helps to bring insight and support during such times.

### Soapwort

For use where there is bewilderment and lack of vision. For the “What the hell am I doing here?” type of feeling.

### Solomon's Seal\*

For the busy mind. This remedy helps bring quietness and detachment.

### Speedwell

Increases powers of insight whilst preventing us from becoming emotionally entangled with what we perceive.

### Spotted Orchid\*

To help us overcome difficulties and blocks on our path of personal growth.

### Spring Squill\*

For freedom after breakthrough. Helps us to soar like a bird, finding our own true path in limitless space.

### Star of Bethlehem

This is the key essence for reducing the effects of shock and trauma to the whole system.

### Sumach

For those who ignore their own potential for fear of loss of their old identities.

### Thrift\*

For helping to open up to psychic sensitivity but keeping the person firmly grounded at the same time.

### Trailing St John's Wort

For helping us when our life has been irrevocably changed.

### Tree Mallow

For those who have become addicted to being permanently busy.

### Tufted Vetch\*

For sexual difficulties caused by an incorrect sexual self-image - usually due to childhood conditioning.

### Valerian

For those who have not had their need for love fulfilled in their childhood.

### Welsh Poppy\*

For those who have lost their fire and inspiration and become day-dreamers.

### White Cherry

This essence helps past negative influences to lose their grip and be dissipated.

### White Dead Nettle

For removing the addictive effects of obsessive thought patterns

### White Lotus\*

For bringing peace and unification to body, mind, spirit and soul.

### Wild Mallow

For helping to free us from energies that otherwise tend to possess us.

### Witch Hazel

For those who sacrifice themselves in trying to live up to the expectations of others.

### Wood Anemone\*

For use where there are very old difficulties - genetic or Karmic.

### Yew

For resilience where previously the person has been too brittle - not bowing to the inevitable.

### Yorkshire Fog

For grief, helping us to express it without becoming entangled in it.

**Meadow Rue\***

For discerning what is worth striving for in our life and what is unhealthy. Brings clarity to see where we need to be heading to fulfil our true purpose in life.

**Mediterranean Sage\***

For the “Earth” qualities of warmth, comfort and wisdom. Helps to catalyse insight from a firm earthed base.

**Milk Thistle\***

This remedy is for those who do not live themselves. Often they try to make up for this by trying to please others.

**Monk’s Hood\***

For difficulties of long standing that have their roots in the distant past. Helps to bring one up-to-date.

**Moss**

For those who fear freedom and lightness in their lives. Often a fear of dark spaces within the being.

**Nasturtium**

For those who know that they need to make changes in their life but seem to be unable to make the first move.

**Norway Maple**

Helps us understand more about our true nature, freeing up our mind so that we can more easily enter other levels of consciousness.

**Oak**

Mirrors quiet inner strength and wisdom. It helps us to relax and find our own strengths.

**Oriental Poppy**

Alleviates the pain of addiction and helps to break up dependencies whether they be in mind, body or spirit.

**Oxalis\***

For things that “have you by the throat” and seem so overpowering that there appears to be no way out.

**Pine Cones**

For those who are trapped by the authoritarian power of others, and feel unable to escape from them.

**Pink Purslane**

For those needing to expand their horizons and leave behind the limitations of the past.

**Ragwort**

To break the power of obsessive thoughts that keep on endlessly looping round and round.

**Red Clover**

For those who are blocked off by fear of their own emotional nature.

**Red Frangipani\***

The essence of awakening. Re-unites us with the true source of our being which lies beyond the spiritual dimension. Brings joy and new levels of perception and confidence.

**Red Poppy**

This is to help us leave our limitations behind and to find our true energy and power.

**Rhododendron**

For those who lack flexibility and keep trying to push through blind alleys.

**Rosebay Willowherb**

For times of major upheaval when we feel disoriented and lost.

**Round Headed Leek**

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

**Sacred Lotus\***

A powerful essence to open the Heart to the love of the Universe and the Divine.

**Scabious**

For healing us when we need gentleness and quiet support.

**Scarlet Pimpernel**

For those who are emotionally trapped by others, often with a psychic dependence.

**Liberation\***

To dissolve our emotional attachment to objects, events and people.

**Obsession\***

For when a particular thought just keeps going round and round and will not go away. The “mouse on the treadmill” type of feeling.

**Protection & Clearing\***

Helps to protect one from negative influences whilst uplifting one’s spirit at the same time.

**Sadness & Loneliness\***

For those times when we need comfort, love and reassurance. Encourages new beginnings.

**Self-Esteem\***

For those who feel disempowered, often dominated by others, and are unable to assert themselves in the world. Blocked-off self-love.

**Shock and Trauma\***

Essence of choice for sudden or long-term shock and trauma.

**Stuck in a Rut\***

For use when we feel stagnated or trapped by the circumstances surrounding us.

**Tranquillity\***

Brings peace to the over-active mind. It helps to empower us by bringing us into the present moment.

**Transition\***

For when there are major changes in life, when the past needs to make way for the new.

**Unification\***

This helps to unify the mind-body-spirit, helping us to break free of previous restricting beliefs and patterns.

**Yang**

Helps to build the outgoing “male” power whilst bringing stronger links with the intuitive “Yin” aspects of the personality.

**Yin**

The counterpart of the Yang essence, this builds the intuitive wisdom aspects of the personality whilst keeping both feet firmly on the ground.

**Yin/Yang Balancer\***

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

**SINGLE ESSENCES****Algerian Iris\***

Makes us less susceptible to getting sexually involved in relationships that are inherently flawed.

**Almond\***

The supportive inner teacher, the guide. Forms links with our soul and encourages intuition.

**Apricot Poppy**

Brings beauty to barren areas of our lives. Its soft quiet persistence is what we need to survive upheaval and trauma.

**Arizona Fir\***

To help us to celebrate life and existence as spiritually based beings.

**Betony**

For fears that are hidden in the subconscious mind, including apparently irrational fears.

**Bistort\***

To provide loving support at times of major change in our lives.

**Black Locust\***

For protection against the negative influences of other people, including psychic attack.

**Blackthorn**

The remedy for the depths of despair - “Valley of the Shadow of Death”.

**Bladder Senna\***

For escaping from feelings of guilt and being unworthy, brought about by judging ourselves far too harshly. It brings compassionate understanding of our past actions.

**Bluebell**

Where there has been depression, when one feels to be falling apart inside.

**Blue Pimpernel\***

Rediscovering our spiritual nature whilst growing up in a superficially material world.

**Bog Asphodel\***

For the “willing slave” - those who help others yet frequently ignore their own needs.

**Bracken (Alc)**

Where there has been a habitual playing of the “child” role in life.

**Bracken Aq.\***

For when intuitive sensitivity was blocked in childhood, resulting in a fear of the intuitive side of one’s nature.

**Butterbur**

For blocked-off self-love, and not realising one’s own inherent “goodness”.

**Buttercup\***

For those who find it difficult to let the “sunshine” into their lives. Helps one to let go of embittered feelings.

**Charlock**

For the “Peter Pans” of this world who cling to childhood states. They want to be liked and so often become habitual victims.

**Compact Rush**

For lack of fulfilment, life seeming to pass one by. This essence assists new beginnings, new energies and new insights.

**Conifer Mazegill\***

For sudden, irrevocable changes in our lives. Continually activates energies of positive change.

**Cymbidium Orchid\***

Relates to the hidden side of our nature, brings peace and harmony to the subconscious parts of our mind.

**Cyprus Rock Rose\***

For deep terrors and fears that are difficult to expose and resolve. More powerful and deeper-acting than common Rock Rose.

**Deep Red Peony\***

Reflects our spiritual life-blood, helping us to discover our true spiritual destiny. It encourages latent powers of energy and wisdom at a gentle pace.

**Delphinium**

Catalyses the opening up of our intuitive faculties.

**Dog Rose**

For loving comfort and support, for help along our path when life gets difficult.

**Double Snowdrop**

For when there are frozen attitudes and approaches to life. This remedy brings openness; a lighter touch.

**Dwarf Purple Vetch\***

For deep-rooted, hidden patterns, usually originating in childhood and often resulting in sexual difficulties.

**Early Purple Orchid\***

For unblocking the energy centres in the body and protecting any vulnerable spaces so created.

**Firethorn**

This remedy is concerned with balancing up the “fire” energy within a person. This unbalance can be due to long-suppressed emotions.

**Flame Azalea\***

Helps us to regain our vital life force and sense of community after major changes in life.

**Flowering Currant**

For those who have lost heart but still keep going. Often they feel that they are facing inevitable defeat.

**Forsythia**

Forsythia helps us open up to our spiritual nature, bringing joy and a sense of freedom in that realisation.

**Foxglove**

For those who feel confused in life and suffer from woolly thinking. Foxglove helps to bring the needed stillness of the mind.

**Fuji Cherry**

Helps us to relax and take life less seriously. The key essence for personal tranquillity.

**Giant Bellflower\***

The clarion call for change. It is the catalyst for action where old habit patterns have been holding us back.

**Greater Celandine**

Encourages us to go deeper into our consciousness - to discover more of what we really are.

**Hairy Sedge\***

For those who worry and find it difficult to keep their minds in the present moment. This inattention can result in poor memory.

**Hawkweed**

For those times when we have little confidence in ourselves because life seems to be so uncertain.

**Heath Bedstraw**

For helping us to find inner stillness and the peace of tranquil meditation states.

**Himalayan Blue Poppy\***

The essence of spiritual lineage. To fulfill our potential in this lifetime, we need to build on strengths gained in the past. Furthers insight and psychic skills.

**Holly Leaf**

Helps us to see things as they really are and therefore to let go of pent-up anger and bitterness.

**Honesty**

For bringing openness and receptivity where previously there were subversive negative characteristics.

**Honeysuckle**

Helps us to become more open to the world and those around us.

**Indian Balsam**

Brings quietness and peace to an overactive and disturbed mind.

**Ivy**

Helps us to be strongly rooted in the world when we feel uprooted by the forces around us.

**Larch**

Encourages the intuitive side of our nature to expand and take its rightful place in our life.

**Leopardsbane\***

For those who are at a major change point in their lives. They may feel as if they are living on a knife-edge.

**Lesser Stitchwort**

For “possession”, ie for those whose behaviour is dominated by others or by strongly held ideas.

**Lichen**

To help us feel at ease and at one with our surroundings.

**Lilac\***

For those whose personal development has been stunted by dominant influences, usually in childhood or adolescence.

**Lily of the Valley\***

For yearning. For those who have become blocked by desiring the unattainable.

**Magnolia\***

For unconditional love. This essence helps to bring and awaken within us the energies of love and compassion.

**Mahonia**

Helps us to let go of our illusions and thus see into the true nature of things.

**Marigold**

For where there is a rigid materialistic approach to life, often with a total denial of the psychic and spiritual dimensions.

**Marsh Thistle**

The remedy for those locked in the past. For those who cling on to old outmoded patterns of thought and behaviour.