What is Karma?

What we call Karma is actually the result of the Universal Principle of Cause & Effect working out in our lives. In simple terms this Principle ensures that the Universe returns to us exactly what we give out in life, be that positive or negative. Essentially this is a process of balance and fairness that is designed to allow for us to learn from our experiences and to recognise the power that our thoughts, beliefs and emotions have in the creation of both our personal and collective realities. Unfortunately, because we have not understood this principle in the past we have assumed that the cause of any difficulty in our lives lies outside of ourselves, allowing repeating cycles of negative behaviour to build up. It is these patterns that are often described as 'Karmic' because their origins are deeply buried in old experiences which, although no longer conscious none the less continue to direct our lives. All that is needed for us to change these patterns and to release the 'karma' is simply awareness and transformation of the underpinning beliefs so that new choices can be made.

How To Use the Karmic Essences

Take 4 drops 3 or 4 x a day directly from the stock bottle for as long as needed to create a shift in the energy of the pattern you are working with. The amount of time needed for this to happen can vary from a couple of days to a week or more depending on the circumstances. In our experience it is not unusual to finish a whole bottle before all possible transformation feels complete. In addition any of the essences in this set can be taken short term to help promote a quick shift of energy in a pattern that you are working with. For instance a few drops of Pink Rose, either taken on the tongue or diffused into the auric field during a healing session, can be invaluable to help clear away old fears. We do not recommend giving Karmic Essences to children under 12 years of age.

Please Note - Using vibrational essences does not replace medical treatment.

How to Order

You can order the Karmic Essences as individual bottles or as a complete set of all 10.

Tel: 01379 608059

Online: www.crystalherbs.com

Or you can order by Post

Crystal Herbs - 16 Hall Farm, Station Road,
Pulham Market, Norfolk. IP21 4XF. U.K.
Please include payment with order.

Prices

For our latest prices, please see our current order form or look on our website - www.crystalherbs.com

Help & Advice

If you need any help or advice with choosing and using these Essences, please do contact us.

Handmade with Love & Care

From making the Mother Tincture to bottling and labelling the stock bottles that we send you, each essence is handmade with love and care helping to ensure that we provide you with the best possible quality of essence.
Storage Advice - It is best to store vibrational medicine in a cool place away from TV's, microwaves, computers etc.

Find Out More

You can find out more about our complete range of Bach Flower Remedies and Flower, Gem & Crystal Essences, by visiting our website - **www.crystalherbs.com**
or by requesting a copy of our **free catalogue**.

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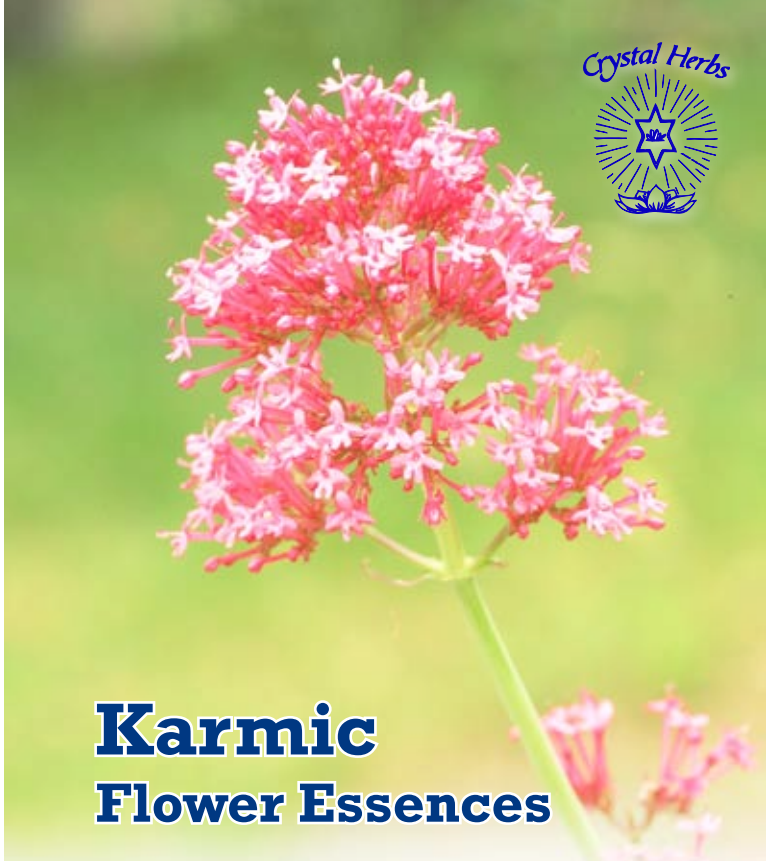
Tel - 01379 608059 www.crystalherbs.com

Crystal Herbs is a member of the British Association of Flower Essence Producers



Crystal Herbs

Karmic
Flower Essences

A powerful set of ten essences promoting a swift release of any unconscious belief pattern that is holding you back

The Karmic Essences are a powerful set of essences that can help to open the inner doorways and take you straight to the heart of an issue, promoting a swift release of any unconscious belief pattern that is holding you back. Simple and easy to use they link directly into the seven personality groups identified by Dr. Edward Bach. Each Karmic Essence will help to release the unconscious beliefs that underpin the surface personality issues of one of these groups. The three Bridging Essences can be used as additional support especially where you feel there is a need to clear away blockages in the heart that might prevent full access to the underlying karmic patterns.

Crystal Herbs Ltd
A wonderful selection of Flower, Gem & Crystal Essences promoting Unity of Mind, Body & Spirit.

Flower Essences - Handmade with Love & Care

The Seven Karmic Essences

White Bluebell ... *Hyacinthoides non-scripta*

Over Sensitivity Group - Agrimony, Centaury, Holly & Walnut

All the remedies in this group express different ways in which the personality reacts to the feelings of vulnerability created by extreme sensitivity to the emotional and mental energies of others. Those in need of this essence are acutely and uncomfortably aware of the thoughts and emotions of others and are often unable to recognise that these are not their own. White Bluebell provides a cloak of protection which allows the personality to bring into awareness the unconscious reasons why it is unable to make healthy personal boundaries.

When to use -

- Unable to separate from the emotions & thoughts of others.
- Easily drained of energy when around other people.
- Solar Plexus chakra uncomfortable in crowds.
- A feeling of needing protection.

Pink Rose ... *Rosa 'Queen Elizabeth'*

Fear Group - Aspen, Cherry Plum, Mimulus, Red Chestnut & Rock Rose

Fearful and traumatic experiences have been a part of life on Earth for thousands of years and many people still have the emotional memory of these experiences locked away in their unconscious. Pink Rose will help to unlock these old memories and transform the crystallised energy that has collected around the issues. Once the root cause has been brought into the light of awareness, it is much easier for us to recognise the lesson attached to the original experience and to overcome the fear.

When to use -

- When it feels like you cannot get to the root of the fear.
- Phobias or fears with no apparent cause in this lifetime.
- Fear that has been present since birth.
- During healing, hypnotherapy or past life regression.

Wild Iris ... *Iris pseudacorus*

Over Care & Concern for Others Group - Beech, Chicory, Rock Water, Vervain & Vine

Underlying all the remedy states in this group are deep unconscious feelings of responsibility for the welfare of others or the planet. These feelings are often the result of earlier lifetimes in which lessons relating to balanced authority and responsibility have not been fully learned. Unconsciously still locked into these old memories, the personality continues to try to 'fix' everything around them by subtly attempting to coerce, control or criticise others into doing what they consider right. Wild Iris helps to dissolve these old mind sets, allowing the personality to release the burden of unrealistic responsibility.

When to use -

- Where there are unresolved power issues.
- The need to change others or be in charge is very deep rooted.
- Feelings of deep responsibility like a heavy weight on the shoulders.

Wild Orchid ... *Orchis mascula*

Uncertainty Group - Cerato, Gentian, Gorse, Hornbeam, Scleranthus & Wild Oat

Feelings of uncertainty originate from a belief in separation from Source and therefore from the higher aspects of ourselves. Without this connection we are unable to guide ourselves through life from an intuitive knowing of what is right for us, which can create situations where we experience great doubt and uncertainty at a personality level. Wild Orchid takes us deep into the origin of these uncomfortable states allowing them to transform and our consciousness to expand so that once again we are able to feel our connection with Source.

When to use -

- Where feelings of doubt and uncertainty are very deep rooted & are a recurring theme throughout all aspects of a person's life.
- Where there is a fear of trusting your intuition because of past 'mistakes'. In this case it might be helpful to alternate Wild Orchid with Pink Rose.

Water Lily ... *Nuphar lutea*

Loneliness Group - Heather, Impatiens & Water Violet

Deep feelings of loneliness or isolation often originate from experiences in other lifetimes that have left deep emotional scars in the heart. These form barriers around the heart that the personality unconsciously sees as security against further pain, without realising that the resulting feelings of isolation and loneliness are self-created. Water Lily helps to gently dissolve the barriers, and to release the old energy bringing understanding and the ability to reach out to others once again.

When to use -

- Deep feelings of isolation and loneliness.
- Unexplained feelings of great grief & sadness.
- Feeling that you do not belong here.
- Deep heart chakra blocks and barriers.

Valerian ... *Centranthus ruber*

Lack of Interest Group - Clematis, Chestnut Bud, Honeysuckle, Mustard, Olive, White Chestnut & Wild Rose.

The issue underlying all the remedy states in this group is a deep reluctance to fully take part in life or to completely occupy the physical body due to past difficult experiences which, although long forgotten, continue to exert an unconscious influence on the personality. Some in need of this essence might choose to live in past 'happier' times, or in an imaginary future where life will be 'better' than the present, while others find themselves all too easily caught up in the whirling thoughts of an over active mind. Valerian helps us to uncover and transform the deep-seated beliefs that underpin these states at a personality level.

When to use -

- When there is a deep disconnection from the physical body.
- Always feeling ungrounded or spaced out.
- Inability to function fully in the world.
- Recurring feelings of not wanting to be here.

Yellow Rattle ... *Rhinanthus minor*

Despair & Despondency Group - Elm, Larch, Pine, Star of Bethlehem, Sweet Chestnut & Willow

Those in need of this essence carry an innate sadness and melancholy from previous lifetimes that they are often unable to express, and which causes recurring and apparently unfounded feelings of hopelessness and despair to surface in their current lives. The intense sadness of this state is not easy to understand as the originating issue has been deeply buried in the unconscious. Yellow Rattle will gently open the inner doorways that will enable the old memories to be released and transformed.

When to use -

- When feelings of sadness, despair or despondency are very deep-rooted.

The Three Bridging Essences

Fuchsia ... *Fuchsia 'Riccartonii'*

Fuchsia helps to quickly release pent up emotions such as anger, fear & resentment from the heart chakra, giving us access to the higher perspective on a situation that will allow us to forgive and move on.

Geranium ... *Pelargonium*

Geranium helps those who recognise the need to contact their spiritual essence but cannot seem to find the doorway that will give them access to this part of themselves. This situation can create a feeling of being in the dark or a feeling of gloominess. Geranium helps to open the inner doorways so that we can more easily contact our own inner light.

Lily ... *Lilium 'Mont Blanc'*

This essence, made from a pure white lily, helps to keep us aligned with our spirituality, bringing greater peace, serenity & comfort. It is especially helpful for those experiencing feelings of spiritual insecurity – something that can happen to us all from time to time.