



Aspen Bach Flower Remedy

by
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Find out more at www.reformedbohemian.com



Aspen Flower Remedy

Aspen is a good flower remedy for anyone who has the feeling of impending doom. The fear is not something the individual can put their finger on, it's just a deep sense of unknown fear that they can't seem to shake off no matter how much they try to rationalise it or others try to reassure them.

About Aspen

According to popular folklore, the cross used for the crucifixion was made from the Aspen tree which caused the tree such anguish that it still trembles at the memory to this day. This gives a clue to the healing properties of the Aspen flower remedy, it's useful for people who experience feelings of unknown dread, anxiety or foreboding as if something terrible is going to happen but they don't know what.

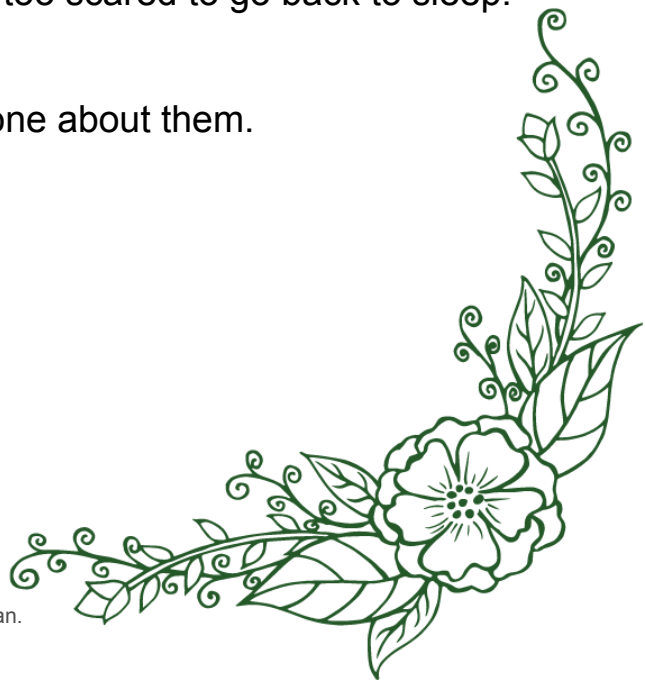
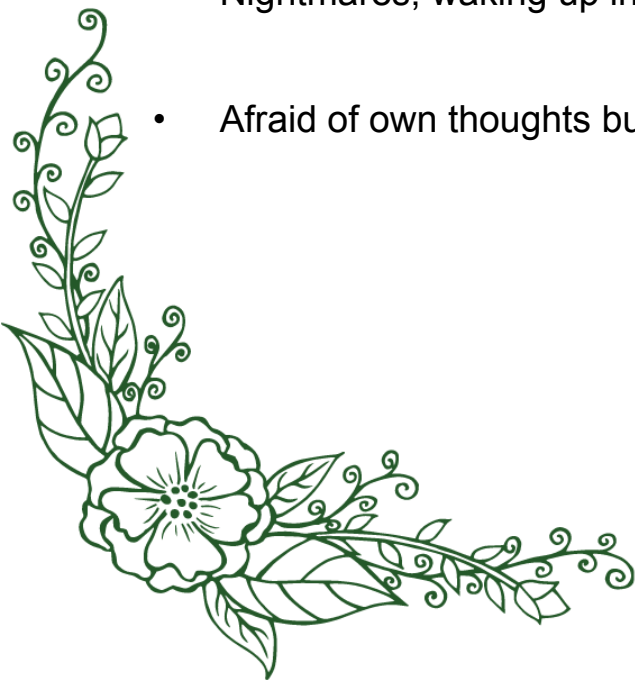


Signs You May Need Aspen

Aspen can be used to restore harmony in people who are experiencing the following symptoms:

Aspen Key Symptoms

- Feelings of dread, apprehension or fear, this can be at any time day or night.
- Vivid imagination that goes into overdrive.
- Anxiety attacks that can happen either alone or around people.
- A creepy sensation, hairs on the back of your neck type feelings.
- Feelings of persecution or punishment.
- Fear of an invisible force or power.
- Fearful fascination with occult phenomena, superstitious, religion and death.
- Nightmares, waking up in sheer terror often too scared to go back to sleep.
- Afraid of own thoughts but afraid to tell anyone about them.



How can Aspen flower essence help?

The essence of Aspen can help to release the energy block and allow their natural energy to flow freely. People will notice this through changes in their behaviour and feelings.

- Increased confidence and courage that replaces fear and inner turmoil.
- Feelings of inner calm and ability to self soothe and calm themselves down when intrusive thoughts or fears start to bubble up.
- Have the ability to avoid anything that will disturb their inner peace such as alcohol, horror films etc.
- Will gain more insight into religious or esoteric lines of thought without the obsessive, fearful intrusive thoughts.
- Will be able to access the higher spiritual spheres and be attracted to them rather than fearful of them.



Dosages

Drops

- 4 drops x 4 times per day preferable on an empty stomach.
- Using a dropper to put the drops straight on or under the tongue.
- Hold in the mouth for a few seconds before swallowing for maximum benefit.
- Try not to let the dropper touch the tongue as this will transfer digestive enzymes back into the bottle.
- If the symptoms are particularly acute you can increase the dosage to 4 drops every 10 – 30 minutes until you notice the symptoms improving.
- Can be taken as often as it feels necessary but a minimum of 4 times per day to start feeling the benefits.
- Alternatively, in acute cases you can add 2 drops to a drink, such as water or juice and sip frequently refilling as needed.

NB: Safe to use for babies, simply add the drops into the baby's bottle.



Side Effects

It's very rare for flower remedies to have any side effects, however in rare cases people can experience what is known as 'aggravation', this is simply that the original symptoms are temporarily intensified and you may feel worse for a short period of time before you start to notice benefits.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian
Health & Well-Being Powered By Nature



Find out more at

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