

Tara Health Centre

Futureplex Essences List

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1. SPIRITUAL CLARITY

Affirmations

I am attracting, positive and loving energy. I am safe and secure. I am one with all. I offer love and goodness to all. I am pure at heart.

Ingredients

Chaparral, Deer Brush, Golden Ear Drops, Cedar, Mountain Pennyroyal, Yarrow, Pink Yarrow, Sagebrush, Crab Apple, Self Heal, Holly, Pine, Star Tulip.

Potencies: 3M, 7M, 15M, 30M, 60M

Asafoetida: 3M, 7M, 15M, 30M, 60M

Lycopodium: 3M, 7M, 15M, 30M, 60M

Primary Application

For general spiritual cleansing and clearing; starting fresh; for strengthening the practitioner's bioenergy.

Other Application

Provides bioenergetic support for:

- Releasing negative energy absorbed from others;
- Clarifying one's intent and purifying one's motives;
- Catharsis (combine with fasting);
- Cleansing accumulated psychic toxins;
- Cleansing practitioner's aura after working with patients;
- use with breathing exercises or meditations;
- Protecting one's aura in crowded areas.

Meridians

Kidney & Bladder

Somatoenergetics

Pineal, pituitary, thyroid & endocrinal axis.

Bioenergetic evaluation

- Accumulation of psychic toxins
- Taking on negative vibrational influences from others

Complementary

8-Positivity, 51-Urban-Harmony, 21-Harmony, 5-Bioenergy Protection,
14-Cosmos, 43-Intuition

2. ENERGY FLOW

Affirmations

I feel relaxed. I am letting go of all tension. I let go of all resistance.

Ingredients

Dandelion, Chamomile, Aspen, Garlic, Impatiens, Vervain, Yerba Santa, White Chestnut, Sweet Chestnut, Apricot. Potencies: 6C, 9C, 12C

Taraxacum: 4X

Nux vomica: 8X, 10X

Passiflora incarnata: 4X

Humulus Lupulus: 4X

Zincum valerianicum: 9X, 12X

Magnesium phosphoricum: 8X, 10X

Primary Application

To release constrained energy associated with muscular tension.

Other Application

Provides bioenergetic support for:

The muscles;

Energetic imbalance related to impatience;

Recovery of the somatoenergy after impacts.

Meridians

All meridians, especially those related to tendons and muscles; primarily effects the Gall Bladder and Liver Meridians

Somatoenergetics

Gall bladder, muscles, tendons, and circulatory system.

Chakras

1, 2 and 3

Bioenergetic evaluation

Tendency to restrict one's flow of energy; energetic rigidity.

Complementary

68-Flexibility, 32-Adaptation, 27-Relax Thoughts

3. INCIDENT RELEASE

Affirmations

I release the past. I am enthusiastic about my future. I am positive about my course in life. I learn from my mistakes and accidents.

Ingredients

Arnica, Cherry Plum, Clematis, Mariposa Lily, Rock Rose, Impatiens, English Hawthorne, Star of Bethlehem, Bleeding Heart, Self Heal, Golden Ear Drops, Saint John's Wort.

Potencies: 6C, 9C, 12C

Staphysagria: 6C, 9C, 12C

Ignatia: 9C, 12C, 15C

Hypericum: 4X, 6X, 9X, 12X, 15X, 20X

Ruta: 4X, 6X, 9X, 12X, 15X

Arnica Montana: 6X, 9X, 12X, 15X, 30X

Primary Application

To erase cellular memory of recent or old bioenergetic shock.

Other Application

Provides bioenergetic support for:

Deficiency of regenerative energetic fields due to disruptive events;

Shocks causing somatoenergetic disturbance;

Blocks energetic pathways resulting from scars;

Childhood bioenergetic shock;

Emotional upset or hurt feelings from past incidents;

Loss of a loved one.

Meridians

Bladder

Somatoenergetics

Gall On all organs, especially the heart (circulation) and pineal gland.

Chakras

All

Bioenergetic evaluation

Need for energetic recovery of tissues.

Release of disruptive energetic impressions and memory.

Complementary

19-Acceptance, 66-solace, 10-Etheric Body, 56- The Inner Child

4. HEART CHAKRA

Affirmations

I am a loving person. I feel love for all. I accept love from others.

Ingredients

Aloe Vera, English Hawthorne, Chicory, Bleeding Heart, Borage, Holly, Yerba Santa, Quince, California Wild Rose, Mariposa Lily.

Potencies: 6C, 9C, 12C

Crataegus oxycantha gemmae: 4C, 6C, 9C

Strophanthus hispidus: 4C, 6C, 9C

Phosphoric acid: 4C, 6C, 9C

Primary Application

For softening, toning and opening the heart chakra; to promise the expression of love.

Other Application

Provides bioenergetic support for:

Dealing with lack of love or the loss of love;

Opening the heart to receive and experience abundance.

Meridians

All Heart and Triple Burner.

Somatoenergetics

Heart (circulation), brain and lungs.

Chakras

4 and 5

Bioenergetic Evaluation

Resistance to giving or receiving love;

Blocked 4th Chakra.

Complementary

18-Positivity, 20-Closeness, 23-Sharing, 22-Softness

5. BIOENERGY PROTECTION

Affirmations

I am attracting positive and loving energy. I am safe and secure. I radiate a strong and powerful energy.

Ingredients

Dandelion, Aloe Vera, Buttercup, Goldenrod, Lavender, Morning Glory, Mountain Pennyroyal, Nasturtium, Peppermint, Pink Yarrow, Yarrow, Self Heal, Yerba Santa, Hornbeam.

Potencies: 6C, 9C, 12C

Phosphorus: 6C, 9C, 12C

Natrum muriaticum: 6C, 9C, 12C

Ribes nigrum gemmae: 6C, 9C, 12C

Taraxacum: 6C, 9C, 12C

Primary Application

For protecting the integrity of the bioenergetic and auric fields from external influences.

Other Application

Provides bioenergetic support for:

Protection when feeling vulnerable and naked;

Protection of practitioners with busy practices;

Sensitive and easily affected persons;

Stimulating the Wei-Chi (defense/protective energy);

Traveling through time zones;

Sudden climate changes.

Meridians

Bladder, Stomach, Lung, Governing Vessel, Conception Vessel & Gall Bladder.

Somatoenergetics

Thymus, Pancreas, Pineal, and Adrenal.

Chakras

All - especially 3 and 7.

Bioenergetic Evaluation

Weak electromagnetic force field.

Complementary

6-Inner Chi, 70-Love Within, 21-Harmony, 45-Influence, 10-Etheric Body.

6. Inner Chi

Affirmations

I am optimistic. I feel excited about life. My energy level is high. I have unlimited energy resources within. I feel protected.

Ingredients

Arnica, Aloe Vera, Hornbeam, Olive, Self Heal, Elm, Vervain, White Chestnut, Wild Iris, Zinnia, Nasturtium, Peppermint, Black-Eyed Susan, Bleeding Heart, Borage.

Potencies: 3C, 6C, 9C

Chininum arsenicosum: 4C, 6C, 9C

Alfalfa: 4X

Avena sativa: 4X

Phosphoric acid: 4C, 6C, 9C, 12C

Kali phosphoricum: 4C, 6C, 9C

Primary Application

For enhancing and revitalizing the life force, especially when feeling depleted.

Other Application

Provides bioenergetic support for:

Enhancing one's defense energy;

Stimulating Kidney Yang;

Overcoming Inertia;

Courage, confidence & cheerfulness in facing new challenges.

Meridians

Kidney (Yang aspect)

Somatoenergetics

Adrenals, thyroid & pancreas.

Chakras

1, 2 and 3

Bioenergetic evaluation

Depleted life force, low vitality.

Complementary

18-Positivity, 15-Groundedness, 42-Motivation, 44-Creative Energy.
Also Cellular Recharge (A-1) and Adrenal Pep (B-2), (Futureplex Antitox)

7. Inner Voice

Affirmations

I hear my inner voice. I have patience. I trust my intuition.

Ingredients

Calendula, Forget-Me-Not, Heather, Cerato, White Chestnut, Impatiens, Mullein, Quaking Grass, Star Tulip, Lotus, Mugwort, Live Forever, Daffodil, Sunflower, Larch, Wild Oat.

Potencies: 6C, 9C, 12C

Coffea cruda: 6C, 9C, 12C, 15C, 20C

Primary Application

For developing the ability to listen & trust in one's own inner knowledge.

Other Application

Provides bioenergetic support for:

Finding one's direction;

Overcoming the tendency to seek direction from others when doubting one's own inner knowing

Connecting with one's spiritual guides;

Increasing self-confidence;

Cultivating respect for other's thoughts and words.

Meridians

Conception vessel.

Somatoenergetics

All

Chakra

6

Bioenergetic evaluation

Too much left brain activity blocking contact with the creative, instinctive self, lack of co-ordination & frequent colds.

Complementary

43-Intuition, 45-Influence

8. Female Spirituality

Affirmations

I am able to express my desires. I experience loving sensations. I balance the masculine and feminine within myself.

Ingredients

Moonstone, Almond, Maple, Fairy Lantern, Bleeding Heart, Chamomile, Goldenrod, Platinum, Sticky Monkeyflower.

Potencies: 6C, 9C, 12C

Pulsatilla: 6C, 9C, 12C

Sepia: 6C, 9C, 12C

Lachesis: 6C, 9C, 12C

Agnus castus: 6C, 9C, 12C

Staphysagria: 9C

Primary Application

For releasing blocks in feminine expression and the endocrine bioenergy.

Other Application

Provides bioenergetic support for:

Creative expression of the feminine aspect of self.

Lack of warmth and responsiveness in sexuality.

Bioenergetic disturbances from relationship with one's mother.

Emotion-related bioenergetic disturbances from puberty.

Menstrual bioenergetic disturbance patterns.

Meridians

Spleen, Triple Burner and Heart

Somatoenergetics

uterus, ovaries, thyroid, hypothalamus, and the limbic system.

Chakras

1, 2 and 6

Bioenergetic evaluation

Endocrine bioenergetic block. Disturbance of Chakra 1 and 2

Stagnation and blockage of emotional bioenergies limiting sexual consciousness and growth.

Complementary

11-Sexuality, 31-Life Changes, 32-Adaptation

9. Male Spirituality

Affirmations

I experience loving sensations. I please my partner. I balance the masculine and feminine within myself.

Ingredients

Almond, Saguaro, Poison Oak, Maple, Goldenrod, Centaury, Agave, Crab Apple, Fairy Lantern, Heather, Sunflower, Larch, Penstemon, Pink Monkeyflower, Tiger Lily, Vine, Platinum.

Potencies: 4C, 7C, 9C

Nux vomica: 6C, 9C, 12C

Agnus castus: 6C, 9C, 12C

Cantharis: 6C, 9C, 12C

Staphysagria: 9C

Primary Application

For balancing and softening excessively masculine qualities.

Other Application

Provides bioenergetic support for:

Creative expression of the masculine aspects of self.

Reducing excessive masculine power and control tendencies.

Releasing the fear of intimacy and the fear of showing emotions.

Harmonizing emotion-related energy imbalances from the relationship with one's father.

Harmonizing emotion-related energy imbalances from puberty.

Meridians

Kidney, Heart and Triple Burner

Somatoenergetics

Prostate, testicles, thyroid, pituitary, hypothalamus, and the limbic system.

Chakras

1 & 2

Bioenergetic evaluation

Check endocrinal axis bioenergy.

Disturbance of Chakra 1 and 2.

Stagnation & blockage of emotional bioenergies which limit sexual consciousness and growth.

Complementary

11-Sexuality, 31-Life Changes, 32-Adaptation, 49-Anger Energy Release

Note: May be indicated for females

10. Etheric Body

Affirmations

My body can heal itself. I feel whole and protected.

Ingredients

Skullcap, Camphor, Arnica, Aloe Vera, Sweet Flag, Sugar Beet, Witch Hazel, Chinese Wisteria, Thyme, Spruce, Green Jasper

Potencies: 3M, 7M, 9M, 12M

Arnica montana: 6M, 9M, 12M, 15M

Bellis perennis: 6M, 9M, 12M, 15M

Ledum: 6M, 9M, 12M, 15M

Primary Application

For repairing breaks in the etheric body or in the auric field.

Other Application

Provides bioenergetic support for:

Bioenergetic injury or shock.

Balancing tendencies to fixate on extremes of physical or etheric perceptions.

Maintaining connection with one's higher self.

Meridians

Governing vessel, Bladder, Stomach, Conception vessel, Gall Bladder.

Somatoenergetics

Thymus and thyroid.

Chakras

1 through to 7.

Bioenergetic evaluation

Breaks & gaps are present in the etheric body, which create vulnerability to external forces.

Complementary

5-Bioenergy Protection, 1-Spiritual Clarity, 45-Influence

11. Sexuality

Affirmations

I am free to experience ecstasy. I feel good about expressing my sexuality. It is OK to experience intimacy.

Ingredients

Basil, California Pitcher, Crab Apple, Dogwood, Fairy Lantern, Fuchsia, Hibiscus, Manzanita, Mariposa Lily, Golden Ear Drops, Star of Bethlehem, Arnica, Sticky Monkeyflower, Sunflower, Maple, Spice Bush.

Potencies: 6C, 9C, 12C

Agnus castus: 4X, 6X, 9X

Staphysagria: 9X, 12X

Cantharis: 7C, 9C, 12C

Sabal serrulata: 9X, 12X

Nux vomica: 12X, 15X

Primary Application

For balancing male and female bioenergy; for integrating spirituality with sexuality.

Other Application

Provides bioenergetic support for:

Developing warmth and responsiveness in sexuality.

Releasing the fears of intimacy and rejection.

Clarifying confusion about sexual orientation.

Meridians

Liver, Kidney and Spleen.

Somatoenergetics

Endocrine system, uterus, and prostate.

Chakras

1 & 2

Bioenergetic evaluation

Imbalance of Chakra 1 and 2.

Emotional shock impressions.

Complementary

26-Warmth, 63-Trust, 9-Male Spirituality, 8-Female Spirituality

12. Kundalini - Chi

Affirmations

I am attracting positive and loving spiritual energy. I feel the positive energy around me. I allow life energy to move within me. I am ready to rise to the next level.

Ingredients

Lilac, Dandelion, Dogwood, Fuchsia, Cayenne, Lotus, Peach, Spice Bush, Camphor, Chestnut Bud, Pimpernel, Lotus, Maple, Gold.

Potencies: 6C, 9C, 12C

Agnus castus: 4X

Ginseng: 4X

Phosphoric acid: 4X

Cantharis: 4X, 6X

Nux vomica: 12X

Primary Application

To channel and balance primal kundalini life force energy.

Other Application

Provides bioenergetic support for:

Assisting spiritual growth and the breakthrough process.

Meridians

Kidney 7, Bladder 60, Spleen 6 and Conception Vessel 3.

Somatoenergetics

Limbic system.

Chakras

2, 6 and 7

Bioenergetic Evaluation

Stagnation of Kundalini energy.

Complementary

31-Life Changes, 1-Spiritual Clarity.

13. Meditation

Affirmations

I feel one with the universe. I feel a deep love of life.

Ingredients

Sweet Flag, Mango, Forget-Me-Not, Eyebright, Banana, Pimpernel, Green Rose, Angelica, California Poppy, Hounds Tongue, Lavender, Lotus, Mugwort, White Chestnut, Star Tulip, Fire Agate.

Potencies: 6C, 9C, 12C

Coffea cruda: 9C, 12C, 15C

Stramonium: 9C, 12C, 15C

Primary Application

To enhance receptivity in meditation; to balance spiritual awareness

Other Application

Provides bioenergetic support for:

Inspired meditations.

Increasing one's awareness of benevolent spiritual forces.

Balancing overly-intense meditative work.

Meridians

Bladder 62 and Small Intestine 3

Somatoenergetics

Limbic system.

Chakras

5, 6 and 7

Bioenergetic Evaluation

Spiritual blockages.

Bioenergy of the central nervous system needs balancing.

Check chakras 6 and 7.

Complementary

38-Psychic Abilities, 35-Insight, 34-Clear Thoughts Also Yang Balance (E-7

Futureplex Antitox)

14. COSMOS

Affirmations

I am in touch with my inner visions. I am expanding my conscious awareness beyond the five senses. I am in touch with my highest spiritual essence.

Ingredients

Orange, Cotton, Comfrey, Witch Hazel, Eyebright, Banana, Green Rose, Lotus, Shooting Star, Angelica, California Poppy, Forget-Me-Knot, Canyon Dudleya, Garlic, Mugwort, Aspen.

Potencies: 6C, 9C, 12C

Corydalis: 9C, 12C, 15C

Bellis perennis: 9C, 12C, 15C

Belladonna: 9C, 12C, 15C

Primary Application

To assist in opening the 7th (crown) chakra and also chakras above the 7th chakra.

Other Application

Provides bioenergetic support for:

Softening resistance to the spiritual realm;

Breaking through when feeling blocked in one's spiritual development;
use as a general spiritual elixir and when connecting with the higher self.

Meridians

Governing Vessel 20 and Spleen 3

Somatoenergetics

Pineal gland & substantia nigra.

Chakras

7

Bioenergetic Evaluation

At the gateway to higher understanding, but needs opening and activation.

Complementary

1-Spiritual Clarity, 38-Psychic Abilities

15. Groundedness

Affirmations

I am safe and warm. I feel stable. I feel connected to my environment.
I integrate my spirituality with daily life.

Ingredients

California Wild Rose, Clematis, Honeysuckle, Corn, Rosemary, Yarrow, Shooting Star, Sweet Pea, Star Tulip, Banana.

Potencies: 6C, 9C, 12C

Anacardium: 6C, 9C, 12C, 15C

Cimicifuga: 6C, 9C, 12C, 15C

Kali phosphoricum: 6C, 9C, 12C, 15C

Staphysagria: 6C, 9C, 12C, 15C

Sulphur: 6C, 9C, 12C, 15C

Zincum metallicum: 6C, 9C, 12C, 15C

Primary Application

For harmonizing spirituality with the physical body and mundane reality; for grounding.

Other Application

Provides bioenergetic support for:

Assisting newborn babies to adapt to their environment;
Assisting one to connect with one's environment and community;
Protection of those who are too open and expanded.

Meridians

Stomach 36, Liver 3, & Large Intestine 4

Somatoenergetics

Pineal Gland

Chakras

1 & 7

Bioenergetic Evaluation

Lack of grounding and practicality
Overemphasis on spirituality
Overcharge of the higher chakras

Complementary

1-Spiritual Clarity

16. Colour Balance

Affirmations

I am a clear channel for the healing energy of the universe. The light of GOD surrounds me. I embrace myself with white light. All is well. I am safe. I allow the light to flow through all energy centers in my body.

Ingredients

Pear, Bells of Ireland, Tuberose, Thyme, Chinese Wisteria, Sweet Flag.

Potencies: 6C, 9C, 12C

Cistus canadensis: 6C, 9C, 12C, 15C

Limulus: 12C

Silicea: 9C, 12C

Primary Application

To balance and harmonize the vibrational fields of sensitive people.

Other Application

Provides bioenergetic support for:

Assisting the regulation of colour and light energy in one's bioenergy field

Persons with healing and psychic capabilities

The use of other flower essence and vibrational formulas

Meridians

Liver 3, Gall Bladder 34, Stomach 36 and Yin Tang

Somatoenergetics

Cerebral cortex (visual area)

Chakras

4, 5, 6 and 7

Bioenergetic Evaluation

The bioenergetic field is highly sensitive, subtle vibrational approaches to healing are necessary; proceed carefully with bioenergetically active formulas herbs, and nutritional supplements

Complementary

All other flower essence formulas

17. New Hope

Affirmations

I can see light. I have patience. I have faith. I trust in life's processes.

Ingredients

Gorse, Scotch Broom, Grapefruit, Sweet Chestnut, English Hawthorne, Borage,
California Wild Rose, Mustard, Yerba Santa.

Potencies: 6C, 9C, 12C

Aurum metallicum: 12X, 15X, 20X

Ignatia: 15X, 20X

Anacardium: 12X

Primary Application

To neutralise bioenergetic disturbances and stagnations due to deep negative interpretations, feelings of despair, and helplessness.

Other Application

Provides bioenergetic support for:

Inner turmoil and lack of peace;

Feelings of being overburdened or overwhelmed by responsibilities;

Difficulty in finding solutions.

Meridians

Kidney and Heart; Points: Kidney 3 and Heart 3

Somatoenergetics

Pineal, pancreas, liver, stomach, spleen, kidneys and heart.

Chakras

6 and 7

Bioenergetic Evaluation

Energy system is depressed and blocked;

Defense energy may be weakened.

Complementary

27-Relax Thoughts, 35-Insight, 18-Positivity

18. Positivity

Affirmations

I cope well with life's challenges. I handle situations with a positive attitude. I have faith in divine guidance. I see the good in each new day.

Ingredients

Willow, Spiderwort, Lotus, Dill, Oregon Grape, Madia, Carob, Comfrey, German Chamomile, Nectarine, Beech, Holly, Mountain Pennyroyal, Yarrow, Gold.

Potencies: 6C, 9C, 12C

Psorinum: 12C

Naja tripudians: 6C, 9C, 12C

Cuprum aceticum: 8C

Sabal serrulata: 6C, 12C

Primary Application

For developing a positive outlook; for releasing the tendency to be critical and doubtful.

Other Application

Provides bioenergetic support for:

Negative interpretations about life;

Feeling incurable even when recovering;

Feelings of desperation;

The inability to forgive.

Meridians

Bladder, Kidney and Spleen; Points: Bladder 23, Kidney 7 and Spleen 1

Somatoenergetics

All

Chakras

All (especially 4)

Bioenergetic Evaluation

Negative thoughts blocking recovery (check Asafoetida D60);

Somatoenergetic disturbances arising from negativity;

Metal Element (Five Elements) may be disturbed;

Denial and suppression of emotions.

Complementary

1-Spiritual Clarity, 63-Trust, 67-Encouragement, 65-Self Esteem

19. Acceptance

Affirmations

I eliminate anger from my life. I let go of all struggle.

Ingredients

Agrimony, Buttercup, Fuchsia, Penstemon, Scotch Broom, Zinnia, Aspen, Borage,
Larch, Mimulus, Scarlet Monkeyflower, Petunia.

Potencies: 6C, 9C, 12C

Arsenicum album: 7C

Gelsemium: 6C, 9C, 12C

Primary Application

For blocks due to not accepting unpleasant incidents or situations.

Other Application

Provides bioenergetic support for:

Accepting oneself and others as they are;

Accepting one's inner child;

Accepting other people's feelings;

Developing a greater sense of self-worth;

Coming out of denial.

Meridians

Liver and Conception Vessel; Points: Liver 2, Conception Vessel 12

Somatoenergetics

Uterus, Liver and Pancreas

Chakras

1 & 3

Bioenergetic Evaluation

Person is in resistance, has difficulty accepting;

Emotional energy is often suppressed and inaccessible;

Possible self-sabotage;

May be distrustful of the practitioner;

Earth Element disturbed (Five Elements).

Complementary

31-Life Changes, 22-Softness

20. Closeness

Affirmations

I live and work in harmony with those around me. I respect and understand others. I am patient with others. I feel close to others.

Ingredients

California Wild Rose, Golden Ear Drops, Manzanita, Mariposa Lily, Shooting Star, Sunflower, Sweet Pea, Violet, Holly, Poison Oak.

Potencies: 6C, 9C, 12C

Sepia: 6C, 9C, 12C, 15C

Primary Application

To promote harmony with the social environment when feeling alienated.

Meridians

Governing and Conception Vessels

Somatoenergetics

Thyroid

Chakras

3 & 6

Bioenergetic Evaluation

Tendency to withdraw;

Energetic healing potentials blocked by social disharmony;

Check for imbalance of Wood Element (Five Elements);

Suppression of feelings; social withdrawal.

Complementary

23-Sharing, 64-Pride, 26-Warmth

21. Harmony

Affirmations

I feel strong and resilient. I am in control of my mental processes. I handle depressing situations with a positive attitude. My mind and body are working well together.

Ingredients

Avocado, Aloe Vera, Tuberosa, Morning Glory, Star Tulip, Beech, Lavender, Pink Yarrow, Walnut, Saint John's Wort, Yarrow, Red Chestnut, Silver.

Potencies: 6C, 9C, 12C

Pulsatilla: 6C, 9C, 12C, 15C

Lycopodium: 12C

Kali Carbonicum: 12C, 15C

Sarsaparilla: 15C

Silicea: 9C, 12C

Phosphorus: 12C, 15C

Primary Application

For oversensitivity to emotional, environmental and psycho-spiritual factors, to enhance bioenergetic protection.

Other Application

Provides bioenergetic support for:

Energetic oversensitivity to others or the problems of others;
the environment; to spiritual energies; emotions & psvho-energies.
Imbalances of chakra 6 (brow chakra)

Meridians

Stomach 36, Liver 3 and Large Intestine 4

Somatoenergetics

Liver, Pancreas, Stomach, Gall Bladder, Adrenals and Kidneys

Chakras

3, 5 & 6

Bioenergetic Evaluation

Person with expanded or open energetic field;
Person has poor regulation capacity;
Check Wood and Metal Elements.

Complementary

5-Bioenergy Protection, 10-Etheric Body, 51-Urban-Harmony

22. Softness

Affirmations

I feel strong and resilient. I am in control of my mental processes. I handle depressing situations with a positive attitude. My mind and body are working well together.

Ingredients

Calendula, Deer Brush, Dogwood, Pine, Quince, Star Tulip, Garlic, Goldenrod, Indian Paintbrush, Cayenne, Corn, Dandelion, Indian Pink, Mallow, Mountain Pride, Pink Yarrow, Zinnia, Larkspur.

Potencies: 6C, 9C, 12C

Pulsatilla: 6C, 9C, 12C

Silicea: 6C, 9C, 12C

Sepia: 6C, 9C, 12C

Lachesis: 6C, 9C, 12C

Primary Application

For softening and releasing of bitterness and hardened emotions; to promote gentleness and grace in relating to others.

Other Application

Provides bioenergetic support for:

Being more open and receptive;

For balancing power with softness, grace and gentleness.

Meridians

Kidney and Liver. Points: Kidney 2 and Liver 3

Somatoenergetics

Liver

Chakras

4

Bioenergetic Evaluation

Hardened emotions and protection of feelings restricting the expression of sensitivity and gentleness.

Complementary

23-Sharing, 4-Heart Chakra

23. Sharing

Affirmations

I am a giving person. I am open to giving and receiving love. I feel one with all creations.

Ingredients

Calendula, Centaury, Cherry Plum, Holly, Mallow, Pink Monkeyflower, Tiger Lily, Star Thistle, Violet, Water Violet, Oregon Grape, Quaking Grass, Mimulus, Sticky Monkeyflower.

Potencies: 6C, 9C, 12C

Gelsemium: 6C, 9C, 12C

Ignatia: 6C, 9C, 12C

Staphysagria: 6C, 9C, 12C

Carbo animalis: 6C, 9C, 12C

Bugo rana: 6C, 9C, 12C

Ambra grisea: 6C, 9C, 12C

Primary Application

To promote openness to others despite fear; to develop warmth toward others.

Other Application

Provides bioenergetic support for:

The ability to give and receive;

Sharing with a group without fear of losing one's personal identity;

Developing social warmth.

Meridians

Bladder 60 and Kidney 3

Somatoenergetics

Liver and kidneys

Chakras

3 and 7

Bioenergetic Evaluation

Difficulty in giving and receiving.

Complementary

36-Communications, 4-Heart Chakra, 20-Closeness, 26-Warmth

24. Joy

Affirmations

I feel younger. I feel excited about life. I am truly happy to be alive.

Ingredients

Zinnia, Mustard, Larkspur, Borage, Star Thistle, Sticky Monkeyflower, Sagebrush,
Quince, Nasturtium.

Potencies: 6C, 9C, 12C

Coffea cruda: 6C, 9C

Crocus sativa: 9C

causticum: 9C

Primary Application

For restoring playfulness and joy when one is too serious; for restoring the life force.

Other Application

Provides bioenergetic support for:

Recovery from burnout;

People with workaholic tendencies;

Learning to relax and play;

Contacting the inner child.

Meridians

Heart 3 and Conception Vessel 22

Somatoenergetics

Heart and Endocrine Glands

Chakras

4

Bioenergetic Evaluation

Over serious or over-worked person;

Need for pleasure and recreation;

Energy blocks due to an inability to relax.

Complementary

68-Flexibility, 6-Inner Chi, 27-Relax Thoughts

25. Inner Balance

Affirmations

I am letting go. I release all tension now. I rest my body and mind.

Ingredients

Dill, Impatiens, Lavender, Chamomile, Coffea, Morning Glory, White Chestnut, Wild Oat, Red Chestnut, Aspen, Agrimony.

Potencies: 6C, 9C, 12C

Coffea: 10X

Zincum metallicum: 10X

Rhus toxicodendron: 12X

Ignatia: 6X, 9X, 12X

Primary Application

For harmonizing restless and scattered bioenergy.

Other Application

Provides bioenergetic support for:

The tendency to constantly change practitioners;

Impatient temperament (Type "A" personality);

The tendency to be a "Jack of all trades";

The inability to be spiritually open and find inner peace;

An erratic lifestyle with overstimulated and nervous bioenergy;

Excess stimulant (Coffee, etc) energy;

Drained life force from the above mentioned tendencies.

Meridians

Pericardium 6, Liver 8, Kidney 7 and Bladder 23

Somatoenergetics

Heart, Kidneys and Liver.

Chakras

4 & 5

Bioenergetic Evaluation

Check for biogenetic disturbances from the CNS (heavy metals, pesticides, chemicals);

Check for weak digestive bioenergy.

Complementary

30-Changing Patterns, 34-Clear Thoughts, 21-Harmonh, 58-Peace of Mind, 1-Spiritual Clarity

26. Warmth

Affirmations

I am able to express my feelings and desires. I am open to receiving love from others. I support others, and others support me.

Ingredients

Calendula, Cayenne, Hibiscus, Mallow, Rosemary, Sticky Monkeyflower, Agrimony, Poison Oak, Aloe Vera, Basil, Bleeding Heart, Violet, Tiger Lily, White Chestnut.

Potencies: 6C, 9C, 12C

Sepia: 6C, 9C, 12C

Gelsemium: 6C, 9C, 12C

Melilotus: 6C, 9C, 12C

Primary Application

To enhance the ability to give and receive warmth, love and support.

Other Application

Provides bioenergetic support for:

Overcoming fear in sexual relationships;

Releasing the tendency to hold back in relationships.

Meridians

Stomach 36 and Triple Burner 3

Somatoenergetics

Heart, thymus and lungs.

Chakras

3, 4 & 5

Bioenergetic Evaluation

Difficulty giving and receiving;

Hurts and mistrust from negative experiences.

Complementary

61-Forgiveness, 3-Incident Release, 63-Trust

27. Relax Thoughts

Affirmations

I feel peaceful. I create inner peace and tranquility as I let go of all tension. I make time to rest and relax.

Ingredients

Chamomile, Elm, Morning Glory, Vervain, White Chestnut, Calendula, Lavender, Star of Bethlehem, Impatiens, Indian Pink, Yarrow, Pink Yarrow, Dandelion.

Potencies: 6C, 9C, 12C

Ignatia: 6C, 9C, 12C

Hyoseyamus: 3C, 6C, 9C

Passiflora: 3C, 6C, 9C

Valerian: 4X

Hypericum: 4X

Chamomilla: 4X

Ficus carica gemmae: 4X

Primary Application

For general calming and soothing when overworked and feeling overwhelmed.

Other Application

Provides bioenergetic support for:

Workaholic tendencies;

Over enthusiasm;

Impatience, frustration, and nervous bioenergy.

Meridians

Triple Burner, Stomach and Liver;

Points: Large Intestine 4

Somatoenergetics

Stomach, Liver, Large Intestine and Endocrine Glands.

Chakras

6

Bioenergetic Evaluation

General overwhelm from too much stress;

Need of vacation, massage, relaxation, etc.

Complementary

58-Peace of Mind, 62-True to Self, 47-Taking Charge, 24-Joy

28. Attachment

Affirmations

I find true happiness within myself. I am enthusiastic about my future. I am complete with myself.

Ingredients

Arnica, Honeysuckle, Bleeding Heart, Chicory, Red Chestnut, Sagebrush, Trillium, Walnut, California Wild Rose, Dandelion, Dogwood, Yerba Santa, Chamomile, Chestnut Bud, White Chestnut, Fuchsia.

Potencies: 6C, 9C, 12C

Chamomilla: 6C, 9C, 12C, 15C

Pulsatilla: 6C, 9C, 12C, 15C

Arnica montana: 6C, 9C, 12C, 15C

Oxytropis: 6C, 9C, 12C, 15C

Palladium: 6C, 9C, 12C, 15C

Primary Application

For releasing emotional over attachment in relationships; coming to terms with an emotional loss.

Other Application

Provides bioenergetic support for:

Coping with grief, heartache and hurt feelings;
Accepting the end of a relationship or loss of a loved one;
Coping with present reality following a loss;
Releasing the tendency to dwell on past relationships.

Meridians

Spleen

Somatoenergetics

Spleen

Chakras

3

Bioenergetic Evaluation

Incoherence of the defense energy due to blocked emotional condition;
Bioenergetic disturbance due to loss;
Tension due to the suppression of emotional energy.

Complementary

4-Heart Chakra, 36-Communication, 66-Solace

29. New Directions

Affirmations

I am enthusiastic about my future. I can handle any situation. I look forward to life.

Ingredients

Fairy Lantern, Honeysuckle, Cayenne, Lotus, California Wild Rose, Blackberry, Walnut, Clematis.

Potencies: 6C, 9C, 12C

Lilium tigrinum: 12C, 15C

Lycopodium: 12C, 15C

Sepia: 9C, 12C, 15C, 20C

Capsicum: 9C, 12C, 15C, 20C

Phosphoric Acid: 15C, 20C

Helleborus: 15C, 20C

Primary Application

For letting go of the past; for increasing one's interest in the present and in future possibilities.

Other Application

Provides bioenergetic support for:

Moving smoothly through life's transitions;

Releasing the tendency to daydream or be overly sentimental.

Meridians

Spleen and Stomach;

Points: combine Governing Vessel 20, Liver 3, Stomach 36, and Large Intestine 4

Somatoenergetics

Spleen and Liver

Chakras

3 & 4

Bioenergetic Evaluation

Clinging to memories of past experiences - both positive and negative;

Defense energy is weakened due to dwelling on the past;

Check Earth Element (Five Element).

Complementary

31-Life Changes, 32-Adaptation, 30-Changing Patterns

30. Changing Patterns

Affirmations

I am in control of my mind and my body. I take good care of my mind and my body. I have the energy for a new start.

Ingredients

Agrimony, Arnica, Chestnut Bud, Cayenne, California Poppy, Chamomile, Caparral, Lavender, Morning Glory, Sagebrush, Self Heal, Sunflower, Star Tulip, Walnut, Honeysuckle.

Potencies: 6C, 9C, 12C, 15C

Nux vomica 6X, 9X, 12X, 15X

Sepia: 6X, 9X, 12X

Passiflora: 4X

Caladium: 4X

Plantago: 4X

Primary Application

For bioenergetic support in breaking free of repetitive habits and patterns.

Other Application

Provides bioenergetic support for:

Developing new patterns;

Making transitions;

Quitting: smoking, drinking etc.

Meridians

Spleen, Stomach, Liver and Gall Bladder.

Somatoenergetics

Pancreas, Liver and Thyroid.

Chakras

3 & 4

Bioenergetic Evaluation

There is a feeling or situation of stuckness or addiction;

Check for energetic overload of vitamins, drugs etc;

Check Earth Element (Five Element);

Check for energetic pancreatic stress.

Complementary

42-Motivation, 29-New Directions

31. Life Changes

Affirmations

I am in control of my mind and my body. I take good care of my mind and my body. I have the energy for a new start.

Ingredients

Mallow, Walnut, Petunia, Cayenne, Cotton, Live Forever, Black Helleborus, Henna, Beech, Khat, Buttercup, California Wild Rose, Heather, Honeysuckle, Penstemon, Sage, Willow, Poison Oak, Herkimer Diamond.

Potencies: 6C, 9C, 12C, 15C, 18C, 24C, 30C

Sepia: 12C, 15C, 18C, 20C, 24C, 30C

Arsenicum album: 12C, 15C, 18C, 20C, 24C, 30C

Lachesis: 12C, 15C, 18C, 20C, 24C, 30C

Primary Application

For integrating and understanding past and present experiences; for making positive changes.

Other Application

Provides bioenergetic support for:

Releasing bitterness about life or feelings of blame

Releasing the tendency to live in the past

Accepting changes of the physical body and circumstances of ill health; accepting the process of aging.

Meridians

Kidney;

Points: Kidney 21 and Kidney 3

Somatoenergetics

Endocrine System

Chakras

5 and 6

Bioenergetic Evaluation

Need for harmonizing the mind-body energy complex;

Life changes are not smooth;

Check Water Element (Five Elements).

Complementary

19-Acceptance, 61-Forgiveness, 41-Clear Recollections; as well as methods for harmonizing the body and mind.

32. Adaptation

Affirmations

I am enthusiastic about my future. I can handle any situation with ease. I find happiness within myself.

Ingredients

Corn, Indian Pink, Pink Yarrow, Yarrow, Sweet Corn, Poison Oak, Shooting Star, Star Tulip, Violet, Oregon Grape, Nectarine, Walnut, Honeysuckle

Potencies: 6C, 9C, 12C

Nux vomica: 9X, 12X, 15X

Sulphur: 9X, 12X

Adrenal Cortex: 7C

Epiphysis: 7C

Pancreas: 7C

Ribes nigrum gemmae: 4X, 5X, 6X, 8X, 10X

Primary Application

For enhancing the ability to adapt to new environment and situations.

Other Application

Provides bioenergetic support for:

Change of environment (new school, neighbourhood, marriage, moving etc);

Releasing resistance to positive change;

Stimulating Kidney Yang.

Meridians

Kidney and Bladder;

Points: Combine Kidney 3, Bladder 23, Governing Vessel 4, and Conception Vessel 3

Somatoenergetics

Adrenal Glands

Chakras

2

Bioenergetic Evaluation

Rigidity of the energetic system (an inability to regulate and compensate effectively);

Blockage of 3rd Chakra; Check for geoenergetic stress.

Complementary

68-Flexibility, 51-Urban-Harmony, 29-New Directions

33. Overview

Affirmations

I expand my view. I enhance my vision. I am free of worry. I see the big picture.

Ingredients

Filaree, Quaking Grass, Peppermint, Rabbit Brush, Madia, Redwood, Shasta Daisy, Trillium, Self Heal, Scotch Broom, Mountain Pride, Mountain Pennyroyal, Mullein, Elm

Potencies: 6C, 9C, 12C

Arsenicum album: 6C, 9C, 12C

Sepia: 6C, 9C, 12C

Primary Application

For keeping details in proper perspective when overwhelmed.

Other Application

Provides bioenergetic support for:

Feeling overwhelmed with responsibilities;

Obsession with details;

Overconcern and worry about the petty problems of life;

Difficulty in being a team player.

Meridians

Lung and Large Intestine;

Points: Combine Lung 7, Large Intestine 4, and Lung 1

Somatoenergetics

Thyroid Gland

Chakras

6

Bioenergetic Evaluation

A general need to place problems and concerns in the proper context;

Discomfort due to information overload;

A need to create space for one's feelings;

Overuse of the analytical and logical mind (left brain).

Complementary

43-Intuition, 31-Life Changes, 34-Clear Thoughts, 59-Letting Go, 27-Relax Thoughts

34. Clear Thoughts

Affirmations

I can focus my mind on any situation. I see clearly.

Ingredients

Fig, Hornbeam, Olive, Peppermint, Rabbitbrush, Nasturtium, Grapefruit, Clematis, Dill, Madia, Wild Oat, Saint John's Wort, Sagebrush, Manzanita, Sweet Clover.

Potencies: 6C, 9C, 12C

Zincum metallicum: 15C

Phosphoric acid: 4C, 6C, 12C, 15C

Melilotus: 6C, 9C, 12C

Selenium: 9C, 12C, 15C

Senecio aureus: 6C, 9C

Primary Application

To neutralize bioenergetic disturbances that reduce clarity, consciousness and focus.

Other Application

Provides bioenergetic support for:

"Dreamer" type persons;

Becoming "clear";

Following through and completing projects;

Clarifying needs and desires.

Meridians

Stomach and Heart;

Poisons: Stomach 36 and Heart 7

Somatoenergetics

Cerebral cortex

Chakras

5

Bioenergetic Evaluation

Lack of clarity; Tendency to get distracted;

Mental blocks, sometimes due to overwork;

Possible "switching" tendency;

Check Water Element (Five Elements).

Complementary

33-Overview, 41-Clear Recollections, 42-Motivation

35. Insight

Affirmations

I trust my inner feelings. I have inner vision. I connect with my inner self.

Ingredients

Live Forever, Henna, Harvest Brodiaea, Angelica, Shasta Daisy, Black-Eyed Susan, Blackberry, Cayenne, Fuchsia, Golden Ear Drops, Scarlet Monkeyflower, Agrimony, Honeysuckle, Chestnut Bud, Poison Oak.

Potencies: 6C, 9C, 12C

Nu moschata: 9C, 12C

Phosphoric acid: 9C, 12C, 15C

Zincum metallicum: 12C

Primary Application

For confronting and bringing insight into hidden or suppressed emotions.

Other Application

Provides bioenergetic support for:
Cathartic release of suppressed energy;
Overcoming inertia;
Translating thoughts into action.

Meridians

Conception Vessel 22, Yin Tang and Governing Vessel 20

Somatoenergetics

Pituitary Gland

Chakras

6

Bioenergetic Evaluation

Suppressed emotional energy;
Need for cathartic release;
Check 5th and 6th Chakras;
Check Fire Element (Five elements).

Complementary

43-Intuition, 19-Acceptance

36. COMMUNICATIONS

Affirmations

I have confidence in myself. I have the right to my own opinions. I respect others' opinions. I communicate freely and without hesitation.

Ingredients

Calendine, Koenign Van Daenmark, Rosa Baniscia Lot, Manzanita, Buttercup, Calendula, Deerbrush, Dogwood, Larch, Quaking Grass, Mullein, Scarlet Monkeyflower, Trumper Vine, Violet, Garlic, Mariposa Lily.

Potencies: 6C, 9C, 12C

Pulsatilla: 6C, 9C, 12C

Gelsemium: 6C, 9C, 12C

Primary Application

For the confident expression of inner feelings and convictions.

Other Application

Provides bioenergetic support for:

Releasing blocks of the throat (5th) chakra;

Gaining clarity concerning thoughts and feelings.

Meridians

Heart

Somatoenergetics

Liver

Chakras

5

Bioenergetic Evaluation

Blocks in communicative expression;
unexpressed feelings of frustration with one's circumstances;
Fear of expressing one's feelings.

Complementary

58-Peace of Mind, 30-Changing Patterns, 23-Sharing

37. Set - Point

Affirmations

I take care of myself. I am in control of my desires and cravings. I feel loved. I release my pain and frustration.

Ingredients

California Pitcher Plant, California Wild Rose, Crab Apple, Chamomile, Goldenrod, Impatiens, Mariposa Lily, Rockwater, American Pawpaw, Pearl.

Potencies: 6C, 9C, 12C

Thyroidinum: 7C

Iodum: 6C, 9C, 12C

Nuxvomica: 4X

Argentum nitricum: 6X, 9X, 12X

Fucus: 4X

Lycopodium: 6X, 9X, 12X

Primary Application

For increased clarity concerning the role of food in one's life.

Other Application

Provides bioenergetic support for:

The tendency to use food as compensation for negative interpretations, past or present;
Energetic imbalances related to abnormal eating habits;
The tendency to eat when frustrated.

Meridians

Spleen, Stomach and Large Intestine.

Somatoenergetics

Thyroid and endocrine glands.

Chakras

5

Bioenergetic Evaluation

Difficulty eating according to the body's true needs;
Using food to compensate for emotional needs and pain.

Complementary

18-Positivity, 42-Motivation, 48-Perseverance, 30-Changing Patterns

38. Psychic Abilities

Affirmations

I am healthy in mind, body and spirit. I trust my inner feelings. I am open to a wealth of new information. I am receiving new information.

Ingredients

Daffodil, Macartney Rose, Harvest Brodiaea, French Marigold, Mango, Lotus, Date Palm, Mugwort, Queen Anne's Lace, Papaya, Self Heal, California Poppy, Green Rose, Eyebright, Star Tulip, Azurke.

Potencies: 3M, 7M, 12M, 15M, 21M

Aconite: 15C

Nux moschata: 9C, 12C, 15C

Phosphorus: 12C, 15C, 30C

Primary Application

To promote trust in one's own natural psychic abilities.

Other Application

Provides bioenergetic support for:

Fear of one's own psychic gifts;

Blocks in one's personal growth;

Fear impressions from previous psychic occurrences.

Meridians

Lung 1 and Yin Tang

Somatoenergetics

Pineal gland

Chakras

All

Bioenergetic Evaluation

Lack of motivation to be healthy;

Deeply suppressed life issues;

Check Chakra 6 and 7 for blocks;

Check Epiphysis D400;

Check for resonance with Inner Child.

Complementary

43-Intuition, 35-Insight, 5-Bioenergy Protection, 7-Inner Voice

39. Mind Body Harmony

Affirmations

I am in control of my mind. I have a healthy personality. I think healthy thoughts. I create a healthy body.

Ingredients

Arnica, Fuchsia, Lavender, Pomegranate, Wild Rose, Dandelion, Self Heal, Yerba Santa, Golden Seal, Beech, Nectarine, Orange, Peony, Crab Apple, Yarrow, Turquoise, Silver.

Potencies: 6C, 9C, 12C

Aurum metallicum: 6C, 9C, 12C

Kali phosphoricum: 6C, 9C, 12C

Ferrum metallicum: 6C, 9C, 12C

Natrum muriaticum: 6C, 9C, 12C

Echinacea: 4X, 6X, 9X

Arnica: 6X, 9X, 12X

Primary Application

To release psychoemotional energies that are causing somato-energetic disturbances.

Other Application

Provides bioenergetic support for:

Emotional bioenergetic shock;

The inability to find clear answers within.

Meridians

Gall Bladder 2, Conception Vessel 12

Somatoenergetics

Endocrine system

Chakras

All

Bioenergetic Evaluation

Somatoenergetic complaints originating in the psychoenergetic realm;
Excessive effect of emotions on the defense energy.

Complementary

59-Letting Go, 2-Energy Flow, 18-Positivity, 31-Life Changes

40. Body Mind Balance

Affirmations

It is safe for me to feel my true feelings. It is safe for me to release my true feelings. I allow myself to face my painful feelings and memories. I am free. I forgive myself.

Ingredients

Agrimony, Dandelion, Black-Eyed Susan, Fuchsia, Golden Ear Drops, Larch, Pink Monkeyflower, Scarlet Monkeyflower, Sticky Monkeyflower, Yerba Santa, Stinging Nettle.

Potencies: 6C, 9C, 12C

Natrum muriaticum: 6C, 9C, 12C

Echinacea: 4X, 6X, 9X

Dandelion: 4X, 6X, 9X

Hydrastis: 4X, 6X, 9X

Myristica sebifera: 4X

Primary Application

For releasing suppressed emotional energy which is inhibiting the defense energy.

Other Application

Provides bioenergetic support for:

Energy from suppressed anger;

Blocked energy from unaccepted or denied feelings.

Meridians

Stomach 36 & Conception Vessel 12

Somatoenergetics

Autonomic nervous system

Chakras

3 & 4

Bioenergetic Evaluation

Somatoenergetic blocks due to suppressed feelings.

Complementary

39-Mind/Body Harmony, 2-Energy Flow, 35-Insight, 49-Anger Energy Release

41. Clear Recollection

Affirmations

I remember whatever I choose to recall. My mind and my memory are crystal clear. I release anxiety and worry.

Ingredients

Sweet Clover, Peppermint, Buttercup, Grapefruit, Forget-Me-Not, Comfrey.

Potencies: 6C, 9C, 12C

Kali bromatum: 8X, 10X

Lac caninum: 8X, 10X

Anacardium: 6X, 8X, 12X

Phosphorus: 10X, 12X

Phosphoric Acid: 6X, 8X, 10X

Agnus castus: 4X, 6X

Primary Application

For improving the assimilation, storage and recall of information.

Other Application

Provides bioenergetic support for:

Provides bioenergetic support for;

Clearing confused and disordered mental energy.

Meridians

Governing Vessel 20, Gall Bladder 20, Bladder 10, Stomach 5

Somatoenergetics

Cerebral cortex

Chakras

4

Bioenergetic Evaluation

Mental energetic overload or interference;

Suppression and denial of emotions;

Excessive pressure, bioenergetic mental stagnation;

Possible traumatic events impeding memory.

Complementary

34-Clear Thoughts, 58-Peace of Mind, 31-Life Changes

42. Motivation

Affirmations

I am interested and ready to do it! I am capable of achieving my goals.
I set and achieve my goals!

Ingredients

Blackberry, Cayenne, Tansy, Hornbeam, Walnut, Peppermint, Mountain Pride,
Scleranthus, Wild Oat, Scotch Broom, Peach.

Potencies: 6C, 9C, 12C

Iodum: 9C

Carlsbad: 9C, 12C

Primary Application

For generating motivation and willpower; for overcoming inertia.

Other Application

Provides bioenergetic support for:

Putting ideas into action;

Maintaining motivation in spite of difficulties;

Developing a more positive involvement in life.

Meridians

Kidney, Bladder, Lung and Large Intestine

Somatoenergetics

All

Chakras

All

Bioenergetic Evaluation

Lack of zest;

Person has been struggling for a long time and wants to give up;

Loss of faith in practitioner and therapy;

Check Water and Metal Element (Five Elements).

Complementary

67-Encouragement, 17-New Hope, 48-Perseverance

43. Intuition

Affirmations

I handle life's challenges with patience and faith. I know what to do and when to do it. I follow my intuition.

Ingredients

Pansy, Madia, French Lavender, Lotus, Blackberry, Shasta Daisy, Iris, Star Tulip, Chestnut Bud, Lapis Lazuli, Gold, Diamond.

Potencies: 6C, 9C, 12C

Phosphorus: 9C, 12C, 15C

Primary Application

For releasing blocks to following one's intuition.

Other Application

Provides bioenergetic support for:

Activating spiritual inspiration;

Trusting in one's gut feelings;

Synthesizing many ideas into an integrated whole.

Meridians

Gall Bladder 2, Governing Vessel 20, and Yin Tang

Somatoenergetics

Endocrine System

Chakras

5 & 6

Bioenergetic Evaluation

Blockage of 6th and 7th Chakras;

The defence energy is blocked from not following one's intuition.

Complementary

35-Insight, 40-Body/Mind Balance

44. Creative Energy

Affirmations

I use my imagination in positive ways. I have unlimited energy for creating what I choose.

Ingredients

Blue Flag, Rosemary, Comfrey, Aloe Vera, Blackberry, Indian Paintbrush, Natrurtium, Hornbeam, Iris, Pomegranate, Ziníia, Shasta Daisy, Pear, Bloodroot.

Potencies: 6C, 9C, 12C

Phosphoric Acid: 6C, 9C, 12C

Primary Application

For activation and revitalisation of the creative life forces

Other Application

Provides bioenergetic support for:

Mental energetic depletion of burnout;

Inertia, feeling stuck;

Conflict between career and family.

Meridians

All

Somatoenergetics

Autonomic nervous system.

Chakras

4, 5 & 6

Bioenergetic Evaluation

Overworked - in need of rest and recreation;

Blockage of energy flow due to stagnation of energies in Chakras 4, 5, 6 & 7.

Complementary

42-Motivation, 18-Positivity, 34-Clear Thoughts, 6-Inner Chi, 27-Relax Thoughts

45. Influence

Affirmations

I believe in myself. I feel optimistic and enthusiastic. I do what I know is right for myself.

Ingredients

Black Pennyroyal, Red Chestnut, Corn, Centaury, Cerato, Garlic, Pink Yarrow, Yarrow, Walnut, Indian Pink, Self Heal, Sagebrush, Mountain Pennyroyal, Violet.

Potencies: 6C, 9C, 12C

Hyoscyamus: 6C, 9C, 12C, 15C

Lachesis: 6C, 9C, 12C, 15C

Staphysagria: 6C, 9C, 12C, 15C

Silicea: 6C, 9C, 12C, 15C

Pulsatilla: 6C, 9C, 12C, 15C

Primary Application

For developing more autonomy when unduly influenced by the needs, feelings or opinions of others.

Other Application

Provides bioenergetic support for:

Protecting oneself from the influence of others' energy;

Learning to be assertive and to say "No";

Not being the dominated partner in a relationship;

Protection from others' negativity;

Releasing overconcern for the well-being of others.

Meridians

Kidney and Bladder, Water Element

Somatoenergetics

Pancreas and stomach

Chakras

3

Bioenergetic Evaluation

Suppressing ones individuality in order to serve the needs of others;

Absorbing and acting out the thoughts and feelings of others.

Complementary

5-Bioenergy Protection, 65-Self Esteem

46. Timeliness

Affirmations

I let go of all resistance to act now. I am on time. I am an achiever. I have an inherent sense of timing.

Ingredients

Khat, Cayenne, Clematis, Mountain Pennyroyal, Pink Yarrow, Walnut, Hornbeam, Honeysuckle, Blackberry, Seleranthus, Tansy, Larch, White Chestnut, Luffa, Olive.

Potencies: 6C, 9C, 12C

Bryonia: 9C, 12C

Baryta carbonica: 9C, 12C

Primary Application

For releasing the tendency to procrastinate.

Other Application

Provides bioenergetic support for:

Putting ideas into action;

Overcoming inertia, lack of energy and self confidence.

Meridians

Kidney, Triple Burner and Lung.

Somatoenergetics

Thyroid, Adrenals & Thymus; defense energy.

Chakras

2, 4 & 5

Bioenergetic Evaluation

Tendency to procrastinate rather than to take action and deal with issues;

Pattern of self sabotage by not taking action.

Complementary

6-Inner Chi, 18-Positivity, 30-Changing Patterns, 44-Creative Energy, 42-Motivation, 48-Perseverance

47. Taking Charge

Affirmations

I live and work in harmony with those around me. I handle responsibility with dynamic leadership. I am a dynamic person.

Ingredients

Elm, Larkspur, Mountain Pride, Walnut, Oak, Red Clover, Sunflower, Tiger Lily & Vine.

Potencies: 6C, 9C, 12C

Nux vomica: 6C, 9C, 12C, 15C

Gelsemium: 6C, 9C, 12C, 15C

Primary Application

For developing and enhancing one's leadership qualities with joy and charisma.

Other Application

Provides bioenergetic support for:

Controlling one's tendency to overpower others;

Engaging in teamwork;

Remaining calm in the midst of group panic;

Balancing the extremes of one's ego;

Taking control of one's own life.

Meridians

Kidney (Yang aspect); Points: Bladder 23, Governing vessel 4 and Kidney 3.

Somatoenergetics

Adrenal Glands, Pancreas and Liver.

Chakras

4

Bioenergetic Evaluation

Disharmonies in working with others;

Check Chakra 3.

Complementary

34-Clear Thoughts, 20-Closeness, 68-Flexibility, 24-Joy

48. Perseverance

Affirmations

I do not give up. It can be done. I will do it! I can do it! I continue onward.

Ingredients

Onion, Mullein, Loosestrife, Green Rose, Luffa, Borage, Gentian, Larch, Penstemon & Scotch Broom. Potencies: 6C, 9C, 12C

Apis mellifica: 12X, 15X

Natrum muriaticum: 12X, 15X

Mercurius solubilis: 12X, 15X

Helleborus: 12X, 15X

Pulsatilla: 12X, 15X

Sepia: 12X, 15X

Platina: 12X, 15X

Primary Application

For activating perseverance; for overcoming discouragement and loss of self confidence.

Other Application

Provides bioenergetic support for:

The tendency to give up;

Discouragement after a setback;

Lack of faith.

Meridians

Kidney (Yang aspect) and Lung.

Somatoenergetics

Adrenal Glands, Pancreas and Liver.

Chakras

1, 2 & 3

Bioenergetic Evaluation

Discouraged, ready to give up;

Energy stagnation due to discouragement;

Lack of energy for continuing on with current projects;

Negative expectations for the future.

Complementary

42-Motivation, 67-Encouragement

49. Anger-Energy Release

Affirmations

There is good in every situation. No one is to blame. I let go of anger and resentment. I have patience.

Ingredients

Chamomile, Willow, Beech, Rabbitbrush, Quaking Grass, Garlic, Dogwood, Impatiens, Tiger Lily, Vine, Larkspur, Star Thistle, Sagebrush, Calendula, Chicory, Holly, Watermelon, German Chamomile.

Potencies: 6C, 9C, 12C

Nux vomica: 6X, 8X, 12X, 15X, 20X

Natrium muriaticum: 12C

Liver: 15C, 20C, 30C, 60C

Gall bladder: 15C, 20C, 30C, 60C

Primary Application

For releasing energy of anger and impatience.

Other Application

Provides bioenergetic support for:

Dealing more gracefully with others;

Releasing the tendency to be resentful and overly critical;

Harmonising the Liver Fire.

Meridians

Wood Element (Liver and Gall Bladder), use Shu/Mu points.

Somatoenergetics

Liver, Gall Bladder, Muscles and Tendons.

Chakras

2

Bioenergetic Evaluation

Suppressed anger, past or present;

Conflict with self or others;

Dissatisfaction with one's life or direction;

Imbalance of the Wood Element.

Complementary

61-Forgiveness, 24-Joy, 13-Meditation

50. Fear-Energy Release

Affirmations

I let go of all fear. I am safe and secure. I have faith.

Ingredients

Aspen, Loquat, Cherry Plum, Mimulus, Mountain Pride, Red Chestnut, Violet, Sticky Monkeyflower, Rock Rose, Blackberry, Watermelon, Luffa, Garlic, Poison Oak.

Potencies: 6C, 9C, 12C

Arsenicum album: 6C, 9C, 12C, 15C, 20C

Lilium tigrinum: 6C, 9C, 12C, 15C, 20C

Gelsemium: 6C, 9C, 12C, 15C, 20C

Primary Application

For releasing fear-related energy.

Other Application

Provides bioenergetic support for:

Taking examinations;

Dealing with nightmares;

Insecurity.

Meridians

Water Element (Kidney and Bladder).

Somatoenergetics

Thymus and Adrenal Glands.

Chakras

1 & 2

Bioenergetic Evaluation

Conscious / unconscious fears are blocking the energetic pathways and the defence energy;

Check Water Element (Five Elements).

Complementary

18-Positivity, 19-Acceptance

51. Urban Harmony

Affirmations

I let go of all tension. I operate smoothly in any environment.

Ingredients

Sweet Corn, Yarrow, Sweet Pea, Shooting Star, Scotch Broom, Red Clover, Mountain Pride, Mallow, Indian Pink, Golden Rod, Dandelion, California Wild Rose, Corn.

Potencies: 6C, 9C, 12C

Phosphorus: 6C, 9C, 12C, 15C

Primary Application

For bioenergetic support and protection from urban disharmony and chaos.

Other Application

Provides bioenergetic support for:

Strengthening one's electromagnetic force field against environmental influences such as electromagnetic and noise pollution;

Overcoming the tendency to create barriers to personal relationships;

Feelings of social alienation.

Meridians

Stomach and Spleen (Earth Element).

Somatoenergetics

Adrenal glands and thymus.

Chakras

3

Bioenergetic Evaluation

Environmental stress factors are blocking the healing process;

Check for electromagnetic force field disturbances;

A need for improved social adaptation;

Check Water Element and Earth Element (Five Elements).

Complementary

45-Influence, 42-Motivation, 5-Bionergy Protection

52. Happy Motherhood

Ingredients

Angelica, California Wild Rose, Forget-Me-Not, Manzanita, Crab Apple, Mariposa Lily, Mugwort, Mullein, Pink Yarrow, Pomegranate, Walnut, Shooting Star, Star Tulip, Yarrow, Pine.

Potencies: 6C, 9C, 12C

Calcarea carbonicum: 6X, 9X, 12X

Calcarea fluorica: 6X, 9X, 12X

Calcarea phosphorica: 6X, 9X, 12X

Lycopodium: 6X, 9X, 12X

Solidago: 6X, 9X, 12X

Pulsatilla: 6X, 9X, 12X

Sabina: 4X

Mercurius corrosives: 12X

Cuprum aceticum: 8X, 10X

Primary Application

To promote acceptance of changes and new responsibilities during pregnancy. For spiritual protection and guidance of the incoming child.

Other Application

Provides bioenergetic support for:

Bonding with the spirit of the new child;

Dealing with difficult feelings about pregnancy, both before and after birthing;

Enhancing communication with the child;

Listening to the guidance of one's higher self.

Meridians

Spleen 9.

Somatoenergetics

The endocrine system.

Chakras

4 & 5

Bioenergetic Evaluation

For new mothers: Presence of mixed feelings about the pregnancy or the baby.

For males: Desire for offspring; mixed emotions about pregnancy and having children; Carrying emotional impressions from one's own gestation period.

For non-pregnant females: Ambivalent feelings about pregnancy; Suppressed desire for offspring; Guilt about a previous abortion or miscarriage; had caesarian instead of natural birth.

For babies: Presence of emotional bioenergetic disturbance arising during gestation (miasms).

53. Serene Transition

Affirmations

Birth is a beautifully arranged, gentle process of nature. I release all fears, doubts and anxiety. I will have an easy and gentle delivery. I have bonded with my child. My child and I are ready to experience the miracle and joy of birth.

Ingredients

Saint John's Wort, Mariposa Lily, Red Clover, Squash, Aspen, Impatiens, Mimulus, Chamomile, Clematis, Cherry Plum, Rock Rose, Vervain, Arnica, Star of Bethlehem, Sweet Chestnut, Walnut, Hornbeam, Olive, Elm, Self Heal. Potencies: 6C, 9C, 12C

- Rhus toxicodendron: 6X, 9X, 12X
- Bellis perennis: 6X, 9X, 12X
- Ruta: 6X, 9X, 12X
- Millefolium: 4X, 6X, 9X
- Hypericum: 4X
- Passiflora: 4X, 6X, 9X, 12X

Primary Application

For psycho-spiritual & bio-energetic support of the mother before & during the birthing process.

Other Application

Provides bioenergetic support for:

- The baby's bio-energy during the birth process;
- Releasing fearful energy before and during delivery; also useful for bystanders;
- Reducing bio-energetic injury to the mother and child.

Meridians

Bladder 60, Spleen 6 and Stomach 36

Somatoenergetics

uterus and cervix

Chakras

1

Bioenergetic Evaluation

- General need for bioenergetic repair and balances; Non-recent delivery;
- Negative emotional impressions from one's own gestation / birth;
- Negative impressions in very deep energetic layers, if this formula tests again after initial use & clearing of outer disharmonic layer.

Complementary

- 52-Happy Motherhood, 55-New Life Serenity, 54-New Born Tranquility, 3-Incident Release,
- 31-Life Changes

54. New Born Tranquility

Affirmations

My baby & I are one. I release all negative energy from my birth.

Ingredients

Golden Ear drops, Arnica, Mariposa Lily, Loquat, Shooting Star, Manzanita, Zinnia, Red Clover, Poison Oak, Chamomile, Chicory, Star of Bethlehem, Oregon, Grape, Sunflower.

Potencies: 3M, 7M, 15M, 30M, 60M

Arnica Montana: 3M, 7M, 15M, 30M, 60M

Hypericum: 3M, 7M, 15M, 30M, 60M

Staphysagria: 3M, 7M, 15M, 30M, 60M

Primary Application

For clearing energetic shock impressions left from one's birth process.

Other Application

Provides bioenergetic support for:

Balancing the bioenergy in newborn babies;

Enhancing the bonding with the mother;

Energetic stresses from an unnatural or premature childbirth.

Meridians

Large Intestine, Liver & Stomach;

Somatoenergetics

Liver & Nervous System.

Chakras

1

Bioenergetic Evaluation

Baby or child needs clearing and harmonizing after the birth process;

In adults: this is a deep energetic layer.

Complementary

19-Acceptance, 28-Attachment, 58-Peace of Mind

55. New Life Serenity

Affirmations

My baby & I are bonding emotionally and spiritually.

Ingredients

Mustard, Hornbeam, Red Chesnut, Pine, Star, Walnut, Wild Rose, Aloe Vera, Star Thistle, Quince, Nasturtium, Mariposa lily, Zinnia, Arnica.

Potencies: 6X, 9X, 12X

Sepia: 6X, 9X, 12X

Kali Carbonicum: 6X, 9X, 12X

Viburnum Opulus: 6X, 9X, 12X

Cinnamomum: 6X, 9X, 12X

Millefolium: 6X, 9X, 12X

Arnica Montana: 6X, 9X, 12X

Primary Application

For balancing the mother's bioenergy after giving birth.

Other Application

Provides bioenergetic support for:

Somatoenergetic repair following delivery;

Reducing post-delivery energy relapse;

Enhancing the bonding process;

Enhancing the endocrinal bioenergy;

Energetic impression remaining after a failed pregnancy.

Meridians

Large Intestine, Spleen & Stomach

Somatoenergetics

Endocrine System.

Chakras

2, 3 & 4

Bioenergetic Evaluation

Recent Delivery: General need for energetic repair & balance;

Non Recent: May indicate deeply imprinted cellular memory related to emotional events, or energy depletion following delivery.

Male: Vibrational impressions picked up from spouse after delivery.

Female: The mother's negative postpartum impressions still affecting the bioenergy.

Complementary

61-Forgiveness, 6-Inner Chi, 31-Life Changes, 67-Encouragement

56. The Inner Child

Affirmations

I forgive my parents. I acknowledge that they were unaware of the effects they had on me. I am a stronger person because of my childhood experiences. I let go of all resentment. I reclaim my inner child.

Ingredients

Golden Ear Drops, Dogwood, Poison Oak, Saguaro, Pink Yarrow, Yerba Santa, Star of Bethlehem, Black-Eyed Susan, Pine Pink Monkey Flower, Banana, Mariposa Lily, Zinnia, Arnica.

Potencies: 9C, 12C, 15C, 30C, 60C, 90C, 120C

Sepia: 6X, 9X, 12X

Arnica Montana: 12C, 15C, 30C, 100C, 120C

Ignatia: 15C, 30C, 60C

Primary Application

For releasing psychoenergetic tensions from childhood events; for contacting one's inner child.

Other Application

Provides bioenergetic support for:

Being rejected as a child;

Guilt from childhood;

Family divorce or abuse;

Mother-child bonding difficulties;

Bioenergetic disturbance from an unnatural or premature birth.

Meridians

Hearts, Livers & Kidneys

Somatoenergetics

Limbic System.

Chakras

4 & 5

Bioenergetic Evaluation

Negative emotional/etheric memory from childhood causing blockage of energy flow;
Indication of reaching a deep energetic layer.

57. Inner Peace

Affirmations

I resolve all inner conflicts. I let go of all guilt. I feel happy within myself. There is nothing to feel ashamed of. I follow my higher guidance and make wise decisions.

Ingredients

Agrimony, Basil, Calendula, Deerbrush, Pomegranate, Quaking Grass, Quince, Dill, Saguaro, Scleranthus, Self Heal, Sunflower, Wild Oat, Pine, Tammy, Hyssop, Holly, Scarlet Monkey Flower, Emerald, Quartz .

Potencies: 6C, 12C, 15C

Arsenicum Album: 12C, 15C

Pulsatilla: 9C, 12C, 15C

Primary Application

Provides support for releasing inner conflicts.

Other Application

Provides bioenergetic support for:

Releasing guilt, jealousy, ambivalence.

Feeling confident in making decisions.

Meridians

Heart 7 & Liver 2.

Somatoenergetics

Autonomic Nervous System.

Chakras

4

Bioenergetic Evaluation

Blockage of energies due to inner conflict, ambivalence jealousy or guilt.

Mixed motives.

Complementary

18-Positivity, 34-Clear Thoughts

58. Peace of Mind

Affirmations

I am free of fear. I meet all challenges. I feel at peace. No harm can come to me.

Ingredients

Bottle Brush, Comfrey, Date Palm, Apricot, Peach, Aspen, Chamomile, Saint John's Wort, Mimulus, Garlic, Filaree, Elm .

Potencies: 6C, 9C, 12C, 15C

Gelsemium: 6C, 9C, 12C, 15C Pulsatilla: 9C, 12C, 15C

Sepia: 9C Stramonium: 12C

Coffea: 12X, 15X Scutellaria: 4X, 6X

Passiflora: 4X

Primary Application

For releasing energetic disharmonies created by anxiety.

Other Application

Provides bioenergetic support for:

Fear impressions of known and unknown origin.

Suppressed "excess" or "nervous" type energy.

Meridians

Yin Tang, Conception Vessel 12 & Stomach 36.

Somatoenergetics

Autonomic Nervous System & Endocrine Glands.

Chakras

4

Bioenergetic Evaluation

Blockage of energies due to worry and over-concern.

Complementary

27-Relax Thoughts, 50-Fear Energy Release

59. Letting Go

Affirmations

I conquer my fears. I am free of worry. Whatever will be, will be. I do my best and am satisfied with the result.

Ingredients

Crab Apple, Filaree, Red Chesnut, Rock Water, Vervain, White Chesnut, Agrimony, Nasturtium.

Potencies: 6C, 9C, 12C

Arsenicum Album: 6C, 9C, 12C Sepia: 6C, 9C, 12C

Silicea: 9C Lachesis 9C

Stramonium: 9C

Primary Application

For releasing the tendency to worry & be obsessed with one's self and others; bioenergetic support for "letting go".

Other Application

Provides bioenergetic support for:
Obsession with one's own outlook.
Recurring thoughts and worries.

Meridians

Stomach & Spleen.

Somatoenergetics

Stomach & Pancreas.

Chakras

4

Bioenergetic Evaluation

Energy loss from mental preoccupation.
Block to self healing.

Complementary

68-Flexibility, 28-Attachment, 33-Overview

60. At Ease

Affirmations

I let go of all tension. I am comfortable. I am calm. I am at ease.

Ingredients

Golden Ear Drops, Coffea, Impatiens, Dill, Chamomile, Filaree, Garlic, Watermelon, Yerba Santa, Red Clover, Scarlet Monkey Flower, Oregon Grape, Mariposa Lily, Mallow, Indian Pink, Golden Rod, Poison Oak.

Passiflora: 4X

Zincum valerianicum: 9X

Zincum Metallicum 10X

Hypericum: 4X

Scutellaria: 4X

Primary Application

To balance children & adults who possess "excess" type energy.

Other Application

Provides bioenergetic support for:

Enhancing the ability to focus one's mental energy;

Releasing suppressed or repressed energy;

Reducing sensitivity of a child's protective bioenergetic field;

Balancing bioenergetic disharmonies of the nervous system associated with food or environmental sensitivity.

Meridians

Liver 2, Kidney 3 & Large Intestine 4

Somatoenergetics

Liver & brain.

Chakras

2

Bioenergetic Evaluation

Check for bioenergetic sensitivities;

Suppressed emotional energy;

Excessive parental expectations, too much pressure on child;

Conflicts and/or communication difficulty with the parents;

Bioenergetic disharmony of the brain.

61. Forgiveness

Affirmations

I clean my heart of anger. I know there is good in every situation. I forgive all who have hurt me.

Ingredients

Beech, Golden Ear Drops, Hyssop, Holly, Arnica, Willow, Pine, Crab Apple, Deerbrush, Mullein, Pink Monkey Flower.

Potencies: 6C, 9C, 12C

Arnica Montana: 9C, 12C, 15C

Ignatia: 9C, 12C, 15C

Primary Application

For forgiving oneself & others.

Other Application

Provides bioenergetic support for:

Perceiving the other person's viewpoint.

Releasing emotional energy associated with resentment.

Purifying the heart.

Meridians

Stomach, Spleen and Liver

Somatoenergetics

Gall bladder & Liver.

Bioenergetic evaluation

Holding onto pain and resentment from the past.

Blocked & stagnant energies from unresolved issues.

Complementary

28-Attachment, 4-Heart Chakra, 66-Solace

62. True To Self

Affirmations

I am confident in myself. I am the person I want to be. I do what I need to do.

Ingredients

Agrimony, Centaury, Goldenrod, Mullein, Sagebrush, Walnut, Pine, Cerato, Self Heal.

Potencies: 6C, 9C, 12C

Indigo: 6X, 9X, 12X, 20X, 30X

Primary Application

For self-acknowledgement and honesty with one's self. For understanding one's own motivation.

Other Application

Provides bioenergetic support for:

Acknowledging inner turmoil or conflict.

Serving others while remaining true to oneself.

Ending an unhealthy relationship.

Meridians

Earth Element. Spleen.

Male: Apply on right side

Female: Apply on left side.

Somatoenergetics

Spleen, Thymus & Pituitary.

Chakras

4 & 5

Bioenergetic Evaluation

Not listening to one's true needs. Check for auto-aggression.

Stagnation of the defense energy.

Complementary

65-Self Esteem, 33-Overview, 7-Inner Voice

63. Trust

Affirmations

My body heals itself. I have confidence in myself. I trust my body's innate intelligence.

Ingredients

Angelica, Mullein, Cerato, Mariposa Lily, Oregon Grape, Saint John's Wart, Self Heal, Mountain Pride, Lotus, Deer Brush, Holly.

Potencies: 6C, 9C, 12C

Lachesis: 6C, 9C, 12C

Moschus: 6C, 9C, 12C

Mercurius: 9C

Hyoscyamus: 6C, 9C, 12C, 15C

Primary Application

To develop trust in oneself and others.

Other Application

Provides bioenergetic support for:

Trusting the good intentions of others;

Trusting in one's self healing power;

Developing positive inner values.

Meridians

Metal Element (Lung and Large Intestine)

Somatoenergetics

Thymus, Adrenals and Spleen.

Chakras

4, 5 & 6

Bioenergetic Evaluation

A need to trust oneself and others.

Complementary

61-Forgiveness, 19-Acceptance, 7-Inner Voice

64. Pride

Affirmations

I live and work in harmony with those around me. I dedicate myself to helping others. I am humble. We are all equal in God's eyes.

Ingredients

Violet, Water Violet, Sweet Pea, Mallow, Sunflower, Shooting Star, Trillium, Tiger Lily,

Poison Oak, Platinum.

Potencies: 6C, 9C, 12C

Palladium: 9C, 12C, 15C

Platina: 9C, 12C, 15C

Primary Application

For feelings of pride, superiority, or separateness.

Other Application

Provides bioenergetic support for:

Overbearing individuality;

Menopausal bio-energetic incoherencies.

Meridians

Wood element (Liver and Gall Bladder)

Somatoenergetics

Liver and Pituitary

Chakras

4

Bioenergetic Evaluation

Feels distant from or superior to others;

Block of 3rd Chakra; disregulation in meridian energy flow;

Check Metal and Earth Element.

Complementary

20-Closeness

65. Self Esteem

Affirmations

I believe in myself. I fill myself with optimism and enthusiasm. I see my confidence grow to new heights.

Ingredients

Saguaro, Jasmine, Prickly Pear Cactus, Buttercup, Centaury, Cerato, Larch, Mallow, Sunflower, Trumpet Vine, American Paw Paw

Potencies: 6C, 9C, 12C

Gelsemium: 6C, 9C, 12C

Pulsatilla: 6C, 9C, 12C

Lac caninum: 6C, 9C, 12C

Lycopodium: 6C, 9C, 12C

Primary Application

For promoting self-respect, self-confidence and self-expression.

Other Application

Provides bioenergetic support for:

Knowing one's true worth and serving others out of a feeling of self-worth;

Dealing with the fear of new situations, exams, etc;

Overcoming shyness;

Increasing vitality in speaking.

Meridians

Stomach 36, Liver 3, Large Intestine 11, and Spleen 6

Somatoenergetics

Thymus

Chakras

5

Bioenergetic Evaluation

Lack of self confidence;

Fear of change.

Complementary

18-Positivity

66. Solace

Affirmations

I cope well with life's sorrows. I understand and accept life's processes.

Ingredients

Eucalyptus, Bleeding Heart, Pine, Arnica, Borage, Dandelion, Fuchsia, Golden Ear Drops, Star of Bethlehem, Yerba Santa.

Potencies: 6C, 9C, 12C

Natrum muriaticum: 9C, 15C, 20C

Ignatia: 9C, 15C, 20C

Phosphoric acid: 9C, 15C, 20C

Cocculus: 9C, 15C, 20C

Lachesis: 9C, 15C, 20C

Primary Application

For releasing bio-energetic disturbance related to grief and loss.

Other Application

Provides bioenergetic support for:

Dealing with sadness;

Dealing with suppressed grief; releasing tears that have been held back;

Releasing a relationship which has ended;

Stabilising after the shock of death or other loss.

Meridians

Wood (Liver and Gall Bladder) and Metal (Lung and Large Intestine) Elements

Somatoenergetics

Thymus, Spleen, Adrenals and the defense energy.

Chakras

4

Bioenergetic Evaluation

Somatoenergetic organs and well being are affected by feelings of loss;

The need to heal emotional wounds.

Complementary

28-Attachment, 19-Acceptance, 31-Life Changes

67. Encouragement

Affirmations

I love life. I know life is good to me, even at it's worst moments. I have patience. I have faith. There is a lesson in every experience.

Ingredients

Borage, California Wild Rose, Hornbeam, Olive, Gentian, Gorse, Mustard, Oak, Scotch Broom, Yerba Santa, Larch, Wild Oat, Elm, English Hawthorne.

Potencies: 6C, 9C, 12C

Sepia: 6C, 9C, 12C

Zincum metallicum: 6C, 9C, 12C

Aurum Metallicum: 6C, 9C, 12C

Primary Application

For activating energy and faith when discouraged and doubtful

Other Application

Provides bioenergetic support for:

Feelings and inadequacy;

Fatigue and lack of energy.

Meridians

Water Element (Kidney and Bladder)

Somatoenergetics

Kidneys, prostate, bladder and spleen.

Chakras

4

Bioenergetic Evaluation

General state of discouragement, decreased motivation;

Defense energy is low.

Complementary

18-Positivity, 1-Spiritual Clarity

68. Flexibility

Affirmations

I live and work in harmony with those around me. I am kind toward myself. I forgive myself. I am gentle with myself.

Ingredients

Redwood, Dogwood, Quaking Grass, Rockwater, Willow, Cayenne, Morning Glory, Sagebrush, Walnut, Pine, Star Tulip, Vervain, Vine.

Potencies: 6C, 9C, 12C

Arsenicum album: 12C, 15C

Sepia: 12C, 15C

Primary Application

For releasing rigidity and strictness with one's self;
For forgiving and being kind toward one's self.

Other Application

Provides bioenergetic support for:

The tendency to be hard on one's self;

The tendency to blame one's self;

The tendency to be self-destructive;

Workaholic tendencies;

Difficulty in surrendering one's ego to teamwork.

Meridians

Wood element (Liver and Gall Bladder)

Somatoenergetics

Liver

Chakras

3

Bioenergetic Evaluation

General rigidity in belief structures and expectations;
Check Earth and Water Elements.

Complementary

30-Changing Patterns, 35-Insight

69. First Rescue

Affirmations

I am in control of my body. My body always heals itself. I am calm & centred.

Ingredients

Arnica, Cherry Plum, Impatiens, Star of Bethlehem, Clematis, Rock Rose, Calendula, Self Heal, Saint John's Wort, Chamomile, Crab Apple, Indian Pink, Red Clover, Yarrow, Angelica.

Potencies: 3C, 6C Arnica montana: 4X

Echinacea: 4X Hypericum: 4X

Ruta Graveolans: 4X Belladonna: 4X

Hamamelis: 4X Bellis perennis: 4X

Lachesis: 10X Ledum: 4X

Lactic acid: 6X

Primary Application

For bioenergetic support in acute situations

Other Application

Provides bioenergetic support for:

Situations of extreme stress to the bioenergy;

Recuperating from bioenergetic shock; Remaining centered in an emergency;

Protection during disassociate states of the energy bodies;

Taking examinations.

Meridians

Bladder 62, Stomach 36 and Large Intestine 4

Somatoenergetics

Brain, Autonomic Nervous System and Circulatory System

Chakras

All

Bioenergetic Evaluation

Recent emotional events have upset bio-energetic regulation;

Need for somatic-energetic tissue repair and stabilisation after recent bio-energetic shock.

Complementary

3-Incident Release, 47-Taking Charge, 32-Adaptation, 58-Peace of Mind

70. Love Within

Affirmations

My body and mind work together as my healer. I have faith in God and in my own abilities. I am a channel for divine energy.

Ingredients

Self Heal, Papaya, French Lavendar, Skullcap, Lotus, Daffodil, Macartney Rose, Live Forever, Azurke, Herkimer Diamond, Gold, Lapis Lazuli, Green Jasper.

Potencies: 6C, 9C, 12C

Thuya: 6C, 9C, 12C

Phosphorus: 6C, 9C, 12C

Primary Application

To enhance one's energetic healing capacity.

Other Application

Provides bioenergetic support for:

Developing greater capacity in working with healing energy;

Trusting and acknowledging one's healing capacities;

Doing hands-on energy work;

Being intuitive and creative in the healing process.

Meridians

Outer Bladder Meridian Points.

Somatoenergetics

Pineal Gland

Chakras

All

Bioenergetic Evaluation

The need to cultivate one's energetic healing abilities;

May indicate an incomplete stage of self-healing.

Complementary

38-Psychic abilities, 43-Intuition, 35-Insight